

Sedbergh & District

LOOKAROUND

October 2024

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Issue 436

The good news is that Flicks in the Fells is planning to return, but they need volunteers to help. Go along to the meeting - for details see page 11.

The Spring Show Committee want

suggestions on to how to renew the show. Read more on page 5.

We have another new advertiser this month Ryedale Plant and Hose, see the ad on page 55. *Ed.*



Sedbergh Town Band

Remembrance Day Concert

Sunday 10th November 2024

7.30 p.m.

St Andrew's Church, Sedbergh

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All proceeds to the Royal British Legion

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Mags Hall

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Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 2nd October - St Andrew's

Wed 9th October - Christian Aid

Wed 16th October - Support for Ukraine

Wed 23rd October - Sedbergh Town Band

Wed 30th October - Royal British Legion

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or email lebriggs@hotmail.co.uk

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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,

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SEDBERGH SPRING SHOW

Anna Wetherell

Sedbergh Spring Show, in its current form, started in 1996 and has become an annual tradition, celebrating the range of skills we have as a community in craft, home produce, flower arranging, photography, art and more. We enjoy seeing the work of Sedbergh Primary and Settlebeck School pupils, listening to the Town Band and consuming tea and cake. It's a chance to chat and catch up with people we maybe don't see that often, as well as look at what everyone has been up to and find out who has won what. But entry numbers have been declining, and, along with so many of these events, we have been struggling to get volunteers to help out.

There is a small team of people who arrange everything behind the scenes, doing the necessary advance planning and publicity, making sure dates are in key people's diaries, organising judges, as well as getting the entry forms and boxes out, collating entries and generally oiling the wheels so it can all happen smoothly. There is a larger ad hoc team who just help out on the weekend itself, setting the tables up along with the various hanging systems, putting entries out in the right places and in an attractive way, helping with the judging process, making and serving the tea and cake, manning the entrance, and then clearing away again at the end.

With some changes to the small team, along with the declining entries, we have been asking around

for suggestions, and have some ourselves.

- we can simplify and open out the categories to encourage more entries
- we could invite Dent School to join in as well
- we could link it into the town more, encouraging the shops to link their window displays to the show
- it could become an Autumn rather than Spring show, to include garden produce and a pumpkin competition along with the usual entries. Its origins were as a Summer Show.

We can always do with some more volunteers. Decisions around what will happen to the Show going forward will be made by the small core team. We would love to have a couple more people join us so that the planning and various tasks can be shared - more hands make lighter work, and everyone is busy. We would also love to hear from you if you would be willing to help out on the weekend itself, with the many and

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varied jobs that it takes to be a success - we're currently pencilled in at the People's Hall for the last Saturday in March 2025, with the set up taking place on Friday afternoon.

Do you think you could help at all? Would you like to find out what's involved? Do you have additional suggestions that you would be willing to help put into action? If so, please contact Valerie Welti at valerie.welti@btinternet.com or on 07969 376649, by Friday 25th October. It looks as though the Spring Show will go ahead in 2025, as we have managed to boost the small team sufficiently to get it all rolling. But who knows what its future will be. Would you be interested in being part of that?



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THE ROYAL BRITISH LEGION POPPY APPEAL 2024

David Parratt

The Royal British Legion will launch this year's Poppy Appeal on Thursday 24th October going through until Sunday 10th November. Every poppy bought makes a difference to the lives of our Armed Forces community, veterans and their families who may need help and support.

The Sedbergh community has generously supported the Poppy Appeal over the years which is always appreciated. The Sedbergh & District Branch also appreciates our Poppy Appeal collectors and the work that they do during the campaign.

As well as poppies and other merchandise being available in shops and various retail outlets in the town, schools and outlying districts, there will be a stall manned by members of the Branch committee adjacent to the bus stop in Main Street on Wednesdays and Saturdays, and outside Spar on Fridays. In addition, as in previous years, there will be collections at Killington Services during the period. We look forward to your support as always.

DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

Our festival this August was the 10th one we have held; the first one or two took place in the Memorial Hall and we then purchased a large tent which could be in our garden and gave greater flexibility. This year as many other years, brought people

from near and far and quite a number camped here.

We prayed and sang, had craft sessions and a Creative Bible Study, we ate meals together and danced in worship. There were lots of children and they had puppet shows and other Creative things to enjoy.

The Sunday morning service was in the Methodist Church and the place was full, we started with croissants and coffee and then had lunch afterwards. During the service we heard wonderful testimonies about what God had done and is doing in people's lives and as the Fellowship celebrates 15 years this year, that too was commemorated.

Looking ahead, we will be having a Pumpkin Party on 31st October and 4Front Theatre are coming on 24th November. Before those we will be celebrating Tabernacles ie God with us both in Dent and Carnforth. As always, everyone is welcome to all we do.

JN and SE Woof. Rhumes, Dent.
015396 25212

UKRAINE

Douglas Thomson

A group of us are doing it again! A second coffee morning in aid of Ukraine is being run at the coffee morning in St Andrews on the 16th of October 2024. Last time we raised just over £400. Not all at the coffee morning. I was delighted to receive some anonymous donations – some through my letter box.

As before there will be a cake/food stall and a raffle. We already have enough donations for the raffle but contributions to the cake/food stall



SEDBERGH AND DISTRICT COMMUNITY TRUST A.G.M.

7pm on 7th October
The Committee Room,
People's Hall
All Welcome

would be most welcome. As would a monetary gift. If you cannot join us on the day and would just like to help these people fighting for their freedom from Russia I do have a large letter box at Randall Hill!

Compared with the funding Ukraine needs our contribution will not go far but every little helps. Sedbergh, and the area around, has a generous history of raising funds during wars. Let's keep that great reputation going.

DENT GALA AND TABLE SALE

Sarah E Woof

The Gala

What a great time we all had and it stayed dry. Phil Flip the Children's Entertainer was amazing and he drew a good crowd, then it was out to the field for the ever popular races. The little kiddies were especially keen so we added a few extra. All ages enjoy winning prize money and joined in enthusiastically, if a bit low in numbers.

Inside the Hall Rawthey Rhythm entertained, the WI served drinks and biscuits and then savouries and cakes. The overflowing White

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Elephant stall did brisk business, there were sideshows inside too. Hardy Soft Play provided various things to keep small children occupied. Outside Bat the Rat and Water or Wine were popular as was the raffle.

Egg throwing rounded of the day, along with the drawing of the raffle. The committee sincerely thank EVERYONE who helped or supported in any way. £1,300 was raised for Memorial Hall funds

The Table Sale

Held in the Memorial Hall on August Bank Holiday Saturday there were a selection of stalls, so it was an indoor car boot sale really. Refreshments were served and Hardy Soft Play provided a selection of play things to keep the youngsters amused. A raffle was for Hall funds, as were the White Elephant and book stalls.

**POLICE REPORT OCTOBER
2024**

Amanda Coleman

Logs of note for the area of Sedbergh

3/9 – Theft of a vehicle from the area which was recovered from Durham.

3/9 – A burglary was reported in the Cowgill area.

13/9 – Criminal Damage was caused to a premises on Main St.

15/8 – 1 person was arrested for Drunk and Disorderly / GBH in the area.

30/8 – 1 vehicle was seized for No Tax.

Please continue to report suspicious vehicles that you see in the area. You as locals are the first to know if something is out of character. If a crime is on-going then please ring 999, if you hear about something later then ring 101 or email 101emails@cumbria.police.uk. You can also report anonymously if you so require.

A number of houses have received a Street Safe in the Sedbergh area, this is a chance to have your say about any issues you have in your area. Please do fill these in and post them back in the pre-paid envelope.

Please call in to the community office if you see one of our vehicles parked outside.

The next drop in will be Wednesday October 23rd 10-1pm, if for any reason we are not there, and have been called to an incident, then you can contact either myself or Adam Roberts.

Amanda.coleman@cumbria.police.uk
Adam.roberts@cumbria.police.uk

LATE NIGHT OPENING

Ed Welti

With the arrival of autumn it's time to start thinking about the Festive Season and Sedbergh's traditional Late Night Opening. The Committee has re-convened and has had the first meeting, with the lead organisers the Community Interest Company (who run the Information Centre), representation from some of our Sedbergh businesses and the Parish Council. Many thanks go to them all for helping with the continuation of this special event.

The date for your diary is Wednesday 4th December, plenty of time to ensure that the gifts bought can be packaged to catch the last post. And after last year's successful earlier start events and activities will again begin at 5:00pm, so that all the family can attend, earlier, later, or all together!

Stalls and activities are to be located in St Andrew's Church, the churchyard, the Main Street and Information Centre. The Town Band will be playing, with Carol Singing, a Live Nativity, hot Street Food and we hope that as many businesses as possible will be open. To keep everything lively Drum Nation have been booked to rouse the town, and there is planning for some more musical street entertainment. Father Christmas is to take his place in the grotto (along with elves), from around 5:15 onwards.

Further information will be included in Lookaround November and December editions, on social media, and the Visit Sedbergh website (Sedbergh.org.uk).

If you are a local business or person and would like to be involved (and aren't already), please let us know.

And events always cost money, so if you are an individual or a business and would like to make a donation, speak to us. Contributing businesses will be mentioned in our literature.

Finally, if you would like a stall in the church contact us as soon as you can.

For all the above please direct enquiries to Debbie at the Information Centre on 015396 20125, or email office@sedbergh.org.uk.

Last Year was dry and cold for the second year running. Three years in a row would be great so let's hope it is again, but above all dry!!

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TALKING LOOKAROUND

Rosemary Handley

As many of you will know we have run an audio version of The Lookaround for over twenty years. Until Covid struck we used to have students from Settlebeck and Sedbergh schools reading alongside volunteer adult readers from the area, making it a truly community enterprise.

We still have a valiant team of readers and technicians who help to produce the memory sticks that we then circulate to our recipients who have visual impairment. Gradually our number of recipients has fallen so this is an appeal for new members. If you know of anyone who might like to receive the recordings please could you get in touch with me, Rosemary Handley on 015396 20504 or mobile 07484864595

NEW CAUTLEY FOOTBRIDGE

Steve Hastie

Yorkshire Dales National Park Authority project and impact on the A683 during works, Autumn 2024. The Yorkshire Dales National Park Authority are co-ordinating a project to replace the footbridge across the River Rawthey, just north of the Cross Keys Hotel, with an accessible bridleway bridge. The works affecting road use are happening in two phases.

Phase 1. The first phase requires a lane closure on the A683 running from mid-September to late October. The road will be open but traffic lights will be in operation just north of the Cross Keys Hotel. Within this time period there will also be a short

overnight full road closure on the A683 near the bridge site to allow concrete to be pumped into the bridge supports on both banks. This closure will be from 6pm Thursday 17th October to 6am Friday 18th October. Alternative routes will be signed for both light and heavy vehicles via either the Mallerstang road or the M6. Local access either side of the closure at the Cross Keys should be possible. It will not be possible to drive through the closure.

Phase 2. The second phase requires a full closure of the A683 between the Cross Keys Hotel and a location east of Ravenstonedale village near Crooks Beck. This is to allow the delivery of the new bridge

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and the crane required to lift it on to the new bridge supports. The closure is planned to run from 6pm on Friday 15th November to 6am on Monday 18th November. The full weekend may not be required. If it isn't, the signage will be removed and the road re-opened early, but we are planning for the full weekend. The same alternative routes will be signed as for the overnight closure in October. Local access either side of the Cross Keys should still be possible during the closure other than when the crane and bridge are in transit to and from the bridge site. It will not be possible to drive through the bridge location when the road is closed.

Correct as of September 17th.

For further information please contact Steve Hastie on 01539 756611

FLICKS IN THE FELLS RELAUNCH

Ian Hutt

Dear Sedbergh Residents,

We'd love to announce that Flicks in the Fells, community cinema, is making a comeback and once again bringing the magic of the big screen to our small town!

But as we prepare to roll out the red carpet, we need your help to make this relaunch a success.

Flicks in the Fells has always been more than just a cinema - it's been a gathering place, a spot where neighbours meet, families spend quality time and everyone can enjoy a diverse selection of films, from the latest blockbusters to hidden gems and timeless classics.

Our committee has been working hard behind the scenes to ensure we can continue to offer these experiences but to keep the project running smoothly we need a little extra support from the community we serve.

Whether you're a film enthusiast, someone with a bit of spare time or simply looking to get more involved in local activities, there's a place for you in our team. We're looking for volunteers to assist with a variety of roles including ticket sales, setting up the venue, managing refreshments and helping with promotions. Even if you can only spare an evening once a month your contribution would be invaluable to us. Volunteering with Flicks in the Fells is not just about giving back; it's also a chance to meet new people, learn new skills and be part of something that brings joy to our community. Plus, as a volunteer, you'll get to watch the films for free—a small perk for your time and effort! If you're interested in joining our team or simply want to learn more about how you can help, we will be holding an informal meeting in The Rawthey Room, 72a Main Street (above the TIC) on Tuesday 8th October at 19:30.

Or feel free to reach out to us via email at flicks@sedbergh.org.uk, or via our Facebook page.



BARBON SHOW

*Clare Thompson
Barbon Show Secretary*

This years Barbon Sheep Show and Sheep Dog Trials was a great family day out, on Saturday 17th August 2024 at Barbon Manor Park, one of the smallest and most traditional gatherings. The day included a Sheep Show, Stick Show, Sheep Dog Trials, Marquee Lunch and Children's Craft and Sports, and we had a great turnout from visitors and locals, and we had great weather!!

We also had a great turnout of sheep from local farmers, which were judged by Ethan Clark (Roughs), Chris Pye (Mules & Leicester's) and John Thompson (Lowland and Fat Lambs). Maddy Watson and Sam Sedgley won the Young Handlers

Classes, K. Milburn & A. Devlin won 5 trophies with their Rough and Lowland Sheep as well as taking Overall Champion. WA & GR Sedgley won Champion Mule, with N & L Allan winning Champion Leicester lamb.

The stick show had some great entries G. Smithson taking away 3 trophies including champion stick and G. Rennie taking the 'Presidents Choice' trophy.

Sheep Dog trials this year was judged by John James, with 69 entries. Results below:

1st – Michael Longton with Nero (78),

2nd Tom Rome with Jessy (77),

3rd Thomas Huddleston with Lidl (76),

4th Carol Mellin with Ben (75), 5th Meg Hutchinson with Katie (71),





6th Ricky Hutchinson with Chrissey (70), and 7th Phil Rigby with Anya (66).

The children's sports had an amazing turnout of children from the local area, with a few new young children turning up and taking part!

Big thank you to everyone on the committee who helps before, during and after the event. Also thank you to our President, Rachel Pedley for the speech and help during the day.

We thank everyone for their continued support and help over the years, visiting the show and donating raffle prizes and sponsorship.

See you all next year!

SEDBERGH TOWN BAND UPDATE

Gemma Suttle

Are you looking for a new challenge? Come and be part of Sedbergh Town Band. We meet on a Tuesday evening in St. Andrew's Church and you can always be sure of a warm welcome.

Even if you have never played an instrument before you will find a home in Training Band until you are ready to join Main Band. We perform a series of concerts in Sedbergh and

further afield with a diverse musical repertoire of pop songs and film themes as well as the usual standards, hymns and marches.

Band members are provided with an instrument, music, tuition and uniform. There is a small annual subscription with fundraising taking place throughout the year to cover major costs. If you would like to find out more, please contact Stephen Hall at sedberghtownbandsecretary@outlook.com or come along to a rehearsal. We would love to see you! Rehearsals start at 6 p.m. for Training Band, followed by Main Band at 7 p.m.

We have 2 upcoming concerts in St. Andrew's Church which you are warmly invited to:

Sunday 10th November, 7.30 p.m.

Remembrance concert (see advert on page 1 of this edition of Lookaround for details).

Saturday 7th December, 6 p.m.

Christmas concert – please note the new date and time. We hope that this will enable more families with young children to come along.

We are also holding a coffee morning on Wednesday 23rd October, 9.30 – 11.30 a.m. in St. Andrew's Church. Please do come and join us.

Finally, if you have a Band instrument that you are no longer using, please could you return it so that it can be used by new members.

We look forward to seeing you soon!



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Kirkby Lonsdale office: 17 Main
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SIGHT ADVICE SEPTEMBER MEETING

Keith Birbeck

Following the summer break, members met at the Peoples Hall for the September meeting. We welcomed two members of the South Lakes Sight Advice (SLSA) team from Kendal, Rosalind Melville, team Volunteer Coordinator and Jackie Bateman, Community Development Officer. It was also a great pleasure to welcome back Jackie Whicker, a great friend and supporter of our group.

After refreshments and a brief catch up, members shared their own experiences and the challenges that degraded sight loss had brought.

During an interesting open discussion, Jackie Bateman outlined the many conditions that can lead to sight degradation or loss and the impact eyesight challenges can have on everyday tasks. She briefly discussed the principal conditions and their impact, primarily concentrating on the four most common ones, namely cataracts, diabetes-related retinopathy, glaucoma and age-related macular degeneration (AMD). Following our group discussions, Jackie concluded with an update on the latest health service support and practical measures available that could help ease the conduct of everyday tasks. With a detailed knowledge of all

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aspects of sight loss and a relaxed informative style, we all very much welcomed Jackie's interaction with the group. Sedbergh Sight Advice are one of a number of community support groups in the South Lakes. A friendly and welcoming group we offer support and advice to anyone in the Sedbergh area. We meet on the third Tuesday of each month at the Peoples Hall 2-4pm. Our next meeting is 15th Oct 24. If you would like to join us or get more information on any sight degradation or loss issue, please contact South Lakes Sight Advice on 01539 769055 or info@sightadvice.org.uk. Our local contact is Sue Harper 015396 20613.

YOUNG PEOPLE'S FUND

Karen Bruce Lockhart

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

While the grants are not means tested the applicants are required to show why they need a grant and why they should be awarded one and to give some idea of the cost and the purpose for which the grant is required. Attempts made to raise funds elsewhere show effort and commitment. It should be borne in

mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary school aged child who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8 might need a violin but later in their career may require a very much more expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

Grants have been made recently to support the following types of activities:-

- ◇ Grants for laptops at university and for A Level courses
- ◇ Grants for university textbooks
- ◇ Grants for overseas educational travel
- ◇ A grant for a residential field trip
- ◇ A grant towards a gap year placement abroad
- ◇ A grant to assist with fees for an extra-curricular language course
- ◇ A grant to assist with the cost of books, equipment and uniform for a vocational course
- ◇ Grants towards the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application and the type of activity or item. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical university course which requires a very expensive computer and might receive a larger grant, another may be going on a

school trip in Europe, while yet another may be going for six months to work with a charity in a less developed country.

The next consideration of applications will be on 7th November and the Trustees hope that young people of the district will give consideration to applying for a grant.

Applications should, wherever possible, be made by the young person themselves rather than by a parent.

Application forms can be obtained from mhm@sedberghschool.org or from the Tourist Information Office.

WENSLEYDALE ARTS SOCIETY

Jenny Howard-Vyse

The next meeting will be on Tuesday 22nd October, starting at 20'clock, at Tennants, Leyburn, DL8 5SG. Free to members, visitors £10. Easy parking and café.

Elizabeth Frink. The Expressive Power of Bronze.

This lecture examines the work of one of the outstanding figures of 20th century sculpture, an artist who achieved an international reputation for her monumental works depicting the human figure, birds and other

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animals.. Her bronzes varied in scale and feeling, from small, threatening birds to the life-size, tranquil Walking Madonna in Salisbury Cathedral Close. Frink's work will be examined in the context of great British and European predecessors such as Henry Moore, Auguste Rodin and Alberto Giacometti, as well as her contemporaries, including Reg Butler, Jean Fautrier and Germaine Richier.

Lecturer: Mr Frank Woodgate.
Lecturer at Tate Britain and Tate Modern, for the Art Fund, the National Trust, U3A and other organisations.

For further details visit our website:
theartsociety.org/wensleydale

HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

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

Exhibition Fund:

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

Tony Reed Screen
(a865@btinternet.com or 015396 21081)
or John Sykes
(jmsykes100@gmail.com or 07786 384 917).

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

NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

All is well at the station. It is around this time that we look to carrying out the pre winter jobs which include servicing the boiler, the water system and, of course, the chimney sweep. In addition, we will start to plan some of the internal improvements to be carried out early in the new year now that the serious works have been completed to secure the exterior of the building.

On the railway, the prospect of further strikes seems to have thankfully diminished now that the government have tabled an increased offer to ASLEF. The uncertainty this caused was, without doubt, damaging to passenger confidence to use the railway. However, two significant problems remain. The railway is heavily reliant on rest-day working agreements, a hang-back to the past, and whilst we have not witnessed the extent of

cancellations experienced in the north-west, we do need to see the 7-day railway the public expect. But a far more serious issue is the continued shortforming of our services. On occasions we have seen some trains unpleasantly crowded and, even worse, passengers turned away. This was no better highlighted than on a recent Saturday when the woes of passengers were exacerbated by a large number of football supporters travelling south to an away match on a shortformed train. As a result, intending passengers at stations along the route were unable to board.

To place this into context, the carriage allocation was promised after a protracted discussion with

Northern some 2 years ago, the result being a combination of 3 or 4 units during the daytime for the summer period, with a sensible reduction in the winter. However, there is a serious shortage of the 158 units on which we rely, many of which are approaching 40 years' old and increasingly called in for maintenance. Thus, quite often, trains appear as 2-car where as they should be 3 or 4. Rather alarmingly, it would seem that there is no immediate solution or plan for replacement and yet this is urgently required. It may seem strange that with so much spent on our railways we cannot provide adequate stock.

It is unfortunate but all this does little to encourage folks to use the

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railway on a regular basis and yet we do need to see a modal shift away from the private car. Most sensible people would agree that we are in the midst of a climate emergency with an urgent need to reduce our CO2 emissions. In addition, we do need to see a reduction in pollution and traffic congestion in the Dales, indeed, destroying the very thing visitors have come to enjoy. A visit to Malham or Ribbleshead on a fine day will amply illustrate the point.

I have for some while been intrigued as to the rationale of the new Westmorland and Furness council area, as it appeared on the face of it to be a strange marriage of the former regions, each with a differing identity. Whilst I am more

familiar with the Dent and Sedbergh areas of South Lakeland, less so with the two extremities. In particular, Piel Island (near Barrow) had long held a fascination and so, in a moment of eccentricity, I decided to visit by public transport. This involved several train changes, the Fridays-only X7 bus from Barrow to Roa Island and the small ferry to Piel Island. This is indeed an interesting place with a large castle and, even better, the Ship Inn. The timing did not really work for a full exploration of island and getting back in time for the only return bus, inevitably resulting in a 5 mile, but pleasant walk around the coast to Barrow.

On the following day I mused as to how one might get to Alston, pretty much at the top of the county. OK I'll cut the story short at this point and admit that it is pretty difficult by public transport without a detour into Northumberland. I threw in the towel and reached for the car keys. However, Alston is a charming place with the added attraction of the narrow-gauge South Tynedale Railway and a small museum of local life, definitely worth a visit. The real point of this story is that a prerequisite of any county might reasonably be the facility to be able to travel from one end to the other by public transport with ease (and back)! The other point is that it is quite a long way.

As I write this article, Westmorland and Furness have just invited expressions of interest to bus operators for the bus network in the area. As yet there is no indication as to specification and whether services



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will increase to include work and college journeys. However, it does appear that tenders for the 564 and the 563 routes are being invited separately although it could well be that a single operator runs both services as one, as existing. We must wait and see what happens. There is no mention of Dentdale, the assumption being that the status quo will prevail.

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

Please check www.westerndalesbus.co.uk for bus running and times. Meanwhile, on weekdays, the 563 continues to provide three daytime services to Kendal with two to Penrith for those fancying a longer journey, supplemented on Tuesdays and Thursdays with the Western Dales Bus S6 service.

I should also remind as to the two relatively local DalesBus services which run until 20th October and supported by the Friends. 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. 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 For rail journeys please consult www.northernrailway.co.uk which will also give details of any potential disruption. If I can be of any assistance on any bus or rail matter, please feel free to contact me via john.carey@settle-carlisle.com and I would be delighted to help.



**Community Orchard Group
Sedbergh**

**7th Annual
Apple Day**

**10am to 2pm
Saturday 19th October**

**Peoples Hall
Everyone welcome**

A TRIP TO LEEDS

Georgina Devine

I wanted to let you know about what happened to me at Dent Station on Saturday 7th September. I had booked a rail ticket with disability assistance for the Northern Rail service to Leeds. However, when my train arrived it was packed full of Carlisle United fans on their way to a match against Bradford City. And there was no room for me! As you may know, Dent station is unstaffed, so there was no one from Northern Rail to help. Thankfully, two holiday visitors to the area from Derbyshire (Jan and her husband) were able to

help me. Jan called Northern Rail who said they could not guarantee that the next train would have a free seat either. So, they agreed to send me a taxi from Lancaster to Dent and then take me to Leeds. Jan and her husband were very thoughtful and did not want to leave me by myself. They sat with me for two hours until the taxi arrived. Such is the kindness of strangers!

I thought your readers might like to hear about this.

I have attached a photo of myself taken during my weekend in Leeds.

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. Which novel, published in 1868 and 1869, describes the growth from childhood to adulthood of four sisters named Meg, Jo, Beth and Amy, and who wrote it?

2. In 1969 Eric Carle wrote and illustrated a book to help young children understand the concept of metamorphosis. It has been extremely successful and is still in print. What is it called?

3. In 1941 the SS Politician ran aground off the Hebridean island of Eriskay, an event that generated a very successful comic novel that has twice been filmed. What is the title and who wrote it?

4. Jimmy and Alison Porter are the main characters in which 1956 play? And who wrote it?



5. The Life and Opinions of --- ---, Gentleman is a novel by Laurence Sterne. What is the missing name?

6. What is the title of the book that sold almost 11 million copies in the UK and USA within 24 hours of its publication in 2007?

7. Which genre of writing links John Evelyn, Fanny Burney, James Woodforde and Francis Kilvert?

8. What was the one-word title of Frank Herbert's science fiction novel published in 1965?

9. In which great work of English literature was the Tabard Inn in Southwark the starting point for a journey?

10. What is the title of the poem that begins 'The Curfew tolls the knell of parting day, / The lowing herd winds slowly o'er the lea, / The plowman homeward plods his weary way, / And leaves the world to darkness and to me.'? And who wrote it?

11. Pemberley is the country estate owned by which character in which classic 19th century novel?

12. Which crime writer took this location and some of the original characters for the novel Death Comes to Pemberley?

DENTDALE, HEAD TO FOOT Fizz And Fruits

Andrew Povey on behalf of DDHF

Our September meeting was very much a social event with a magnificent and colourful selection of fruit. These were washed down with a glass or two of Prosecco or fruit juice if preferred.

The selection of fruits included melon, kiwi fruit, raspberries, pineapple and strawberries. Strawberries coated in chocolate were a particular favourite.

To finish off there were a selection of chocolates.

A very convivial and pleasant afternoon was had by all.

Our next event on Friday 4th October, is a talk by Richard Gledhill at 2pm in the Memorial Hall in Dent. This will be an illustrated talk on 'Dales Days in the 1940's.' All will be welcome!

Look for us on facebook 'Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page.

Please follow us and 'like' our page.

For further information please call .

Andrew Povey on behalf of DDHF
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DENTDALE W.I.

Thelma Belfield

The seasons are changing, summertime is waning, there is an occasional nip in the air and the evenings are darkening. However, here in Dentdale, we have had a couple of meetings and various activities which have kept us busy. In August we finally managed to complete the planting in our wildflower area on Dent Car park. Since the project commenced in March, the weather conditions have delayed both preparation and planting of the site but finally all is complete, and we are looking forward to next spring to see the results.

August also saw us once again providing Afternoon Teas at the Dent Gala held on Bank holiday Monday.

Many of us had baked cakes, scones, sausage rolls, quiches, and made sandwiches for the event.

Others had come along to serve the teas, make endless pots of tea and do mountains of washing up. It was a good event despite weather conditions and all profits are donated to support the Memorial Hall funds.

Our dining club outing to Bay View Garden Centre was a great success, fine sunny weather, excellent food and good company, twelve of us enjoyed a great day out.

At our August meeting we welcomed Phillip Burley, who came to talk about 'The history of Puzzles' There had been some considerable speculation, and maybe a bit of doubt, amongst us as to what this might be. However, it turned out to be nothing like we had imagined. Phillip was a mine of information, telling us

of the differing types of puzzles, with the earliest ones known, dating back hundreds of years. He baffled us with the fiendish problems of some of the many examples he had brought along. There were shouts of triumph and excitement when one of us managed to solve one and lots of laughter and groans of disbelief when we didn't. It was a fun evening which we all thoroughly enjoyed. One serious issue was raised during the business sector of the meeting.

Jackie, our current President announced that she will be standing down at the end of this year and she asked all of us to consider putting our name forward for nomination to take up this role. The role of President within the WI is significant, the rules state that there must be a named president. In the event that no one is able to take on the role the W.I. will have to be closed. Many of our members are actively involved with different community projects and it is not so easy to volunteer to take up yet another role. However, hopefully someone will come forward and we will continue to flourish.

Moving on into September and we welcomed Marion Feltham as our speaker. In recent years, Marion has been a member and previous president of our group. She is an excellent craftswoman and had come to give us a demonstration on 'Making Cards'. We all enjoy a chance to learn about craft work and the chance to have a go ourselves, and this was a great opportunity. Marion's presentation was interesting, informative, very professional and FUN. Several of us

made our own cards under her guidance. She explained how approximately 40 years ago circumstances in life had prompted her to accompany a friend to a craftwork demonstration and in her words 'she was hooked'. Over the years she has developed her natural talents and become an expert in many different crafts. She enjoys making cards and uses many different techniques to produce some exquisite and uniquely different cards for all occasions. She demonstrated several different decorative processes using a die cutting device to produce an embossed effect, adding a paper rose, making it all look very simple and easy but the end result was literally a work of art.

She had examples of cards made with cross-stitched and quilted panels and one very special card made by her son when he was only 11 years old. It was good to welcome Marion back and even better to watch her professional and talented demonstration.

Business matters at our September meeting were dealt with promptly, Kate our treasurer confirmed that a cheque for £400 had been sent to The Forget Me Not Centre at St John's Hospice and a letter of thanks had been received. Similarly, a cheque for £600 had been sent to Dent Memorial Hall funds and a letter of thanks had been received from their committee. There was strong support from members to maintain



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

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

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

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hospices on our list of possible future recipients for funds raised. On a lighter note, our next dining club outing will be to Ashton Hall garden centre in October and our Christmas lunch (apologies I know its only September) is booked once again at The Cross Keys at Cautley. Bringing the formal business of the meeting to a close Thelma (acting president) raised the matter of the election of a new president for next year. It has been proposed and agreed that the tenure for the role of President should be for one year only and in answer to a question raised about timing of committee meetings she confirmed that this could be negotiable. Thelma reminded the

meeting that Dentdale W.I. is a locally highly valued and esteemed group, having been established for over 80 years and that she was sure that amongst our membership there is someone who will come forward to ensure we can look forward to the future.

As always we ended our evening with cups of tea and Marjorie's fabulous biscuits, served by Chris O and Sharon. Marion judged our competition for an interesting item beginning with the letter 'O' which was won by Anne M with her ornamental Owl, Chris was second with a picture of an Otter and in third place was Gill with her Oil Can. Rita S and Annie were lucky raffle prize



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winners. October is our Open meeting when we invite other WI's to join us to enjoy a 'Jacobs Join' supper and our speaker will be Tom Attwood from Halecat Nurseries who will talk about 'Gardening for Bees'. He will also be bringing some plants for sale, so put this one in your diaries. Supper, gardening and good company –not to be missed, you will be sure of a warm welcome. Look forward to seeing you there.

SEDBERGH W.I.

Moira Folks

Northumbria made a new and very different destination for our walking group's holiday this year, when a group of eight went across to Bamburgh on the east coast for a week from August 30th. Anne Pitt continues the tale: 'A beautiful large house had been rented with views out to Bamburgh Castle and the Church, as well as ready access to the bus stops for services up and down the coast and easy walking into the village, which was very useful for the non-walkers with us. On the whole, the weather was kind and exceptionally good on our walk days out at Craster, Holy Island, and following the Lowry Trail along the town walls and out and about in Berwick-on-Tweed. An overcast day didn't affect an enjoyable day exploring the walks through the vast arboretum at Howick Hall, and a rainy morning with thick mist didn't deter an atmospheric afternoon walk to Seahouses along the beach and through the dunes when the rain stopped while the mist persisted.

There was a good deal of flexibility and participation in activities, reflected in the wettest day when a group of three took the bus down to Alnwick to visit the wonderful Barter Books in the old railway station: a place of pilgrimage for booklovers! Others hit the local cafés, the Grace Darling Museum, or the church with its fascinating history and associations with the founders of Christianity in the area, such as Saint Aidan and King Oswald. We stopped at the National Trust's Cragside on

the homeward route, spending much of the time viewing the wonderful application of Lord Armstrong's inventions inside his magnificent home, which rounded off a very enjoyable week.' Many thanks to Anne for her report.

We welcomed Penny Clover to our main meeting on September 11th to talk about 'Maori Myths and Legends'. Many of these relate to a creation story and the finding of New Zealand in the South Pacific by the demigod Maui, who 'caught' the North Island in his fishing net and then found the South Island too! There were stories also about the formation of lakes, mountains and volcanoes. Penny's interest in New Zealand is sparked by family reasons because following the First World War, her grandparents had emigrated there to find a better life than would have been possible in post-war England. Her father got a law degree at the University of Wellington but decided later to return to England, then found that legal firms there would not accept his New Zealand degree as a genuine qualification and he was obliged to return to New Zealand for work, so Penny lived in

New Zealand for some time. She joined the Wrens and met her future husband, Peter Clover, a British naval captain, as part of a welcoming party. They were engaged within a fortnight and married soon after but sadly he died young. She showed us photos dating from her last visit to New Zealand before 2000. She now lives in Kendal, loves Sedbergh, and is very proud of the fact that her daughter Helen was one of the 'pioneer girls' at Sedbergh School when it amalgamated with Casterton School in 2013.

The book club met at Valerie's home on September 12th to discuss 'My Name is Leon' by Kit de Waal, a moving story set in the 1980s about 9-year-old Leon and his baby half-brother, Jake, to whom Leon is devoted. When their mother has a nervous breakdown and is hospitalised, they are taken into care by a sympathetic foster mother, Maureen, but adoptive parents are soon found for baby Jake, who is white, but not for Leon, who is mixed-race. Leon is devastated as he has had a caring role for Jake even when they were still with their depressive mother. He stays with Maureen and

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Sedbergh Environmental Network

tries to get in touch with Jake's new family but to no avail. Meanwhile, he gets to know a group of people at the local allotments and makes friends – but also finds himself in some scrapes. Kit de Waal, the child of a British mother and Caribbean father herself, clearly understands the racial issues involved, but she also works professionally with foster and adoptive parents and children, and has experience as a magistrate, so she is well qualified to write about Leon's case. Most of us found the book very enjoyable and believable: the average score was 7.5/10.

Our next main meeting in the People's Hall committee room will be on Wednesday 9th October at 7:30pm when the subject is 'Interactive Puzzles', presented by Phillip Burley. Please come and find out for yourself what that is all about because I haven't a clue! 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.

We are pleased to announce that we are also hosting an Open Meeting in the main hall at Sedbergh People's Hall on TUESDAY 29TH OCTOBER AT 7:30PM WITH A FASHION SHOW PRESENTED BY KITTY BROWN BOUTIQUE. There will be a pop-up shop – a perfect opportunity for Christmas shopping with accessories and clothes available to buy. £5 entry fee (pay at the door) includes light refreshments. We hope to see you there!



Jumble Sale
People's Hall
Saturday 26th October 2pm
Proceeds to the **Air Ambulance**
Refreshments
Please support us with donations of jumble which are welcome on the day from 10am or call Sandra on 07815069394 to arrange a collection.
Please note that any donations not sold on the day may be passed on to other charities

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

We met at Howgill Village Hall on 5th September. Sarah opened the meeting by welcoming eight members and three visitors plus a prospective new member, Anita.

Sarah introduced our speaker, Nicola Crawford, who gave us an insight into Carer Support in South Lakeland, which is an independent charity supporting carers who feel they need help. Their aim is to improve the lives of carers. The talk focussed on the younger generation of carers, who work without payment

and provide help and support to a parent or child with a physical or mental illness. For instance, a young carer, under the age of 18, can find themselves looking after a disabled child, at an important stage of the child's development.

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Mary Stainton thanked Nicola for teaching us all about the charity and how it helps those who need support.

Moving on to a sad note, we had news that former member Hilary Wilson's husband, John, has passed away. We sent our condolences to the family.

Eighty pounds have been forwarded to St John's Hospice from money raised at the Group Meeting. Thanks to everyone who supported us.

We are looking ahead to be entering a team to take part in the Federation Quiz on 4th November. We meet again on October 3rd for the A.G.M..

FOR VALOUR

Karen Bruce Lockhart

Valour and Gallantry: odd and old-fashioned words. The dictionaries tend to define valour as bravery or courage. The Wiktionary defines it as strength of mind in regard to danger. It is closely related to value. Gallantry on the other hand has two meanings: polite and kind behaviour towards women; and the quality of being brave when something is difficult or dangerous, or as the Wiktionary puts it – courage especially in battle.

It is interesting that the Wiktionary defines the two words in the opposite sense to the way they are used in connection with the Victoria Cross and the George Cross. The former is

given for valour in the face of the enemy and the latter when something is difficult or dangerous other than in the face of the enemy.

Prior to 1856, there was no special award for bravery – officers of the highest ranks could be given the Order of the Bath, and other men might be Mentioned in Despatches by their commanders. By the Crimean War with direct reporting of many acts of bravery by William Russell, The Times war correspondent, there was growing pressure for a special award. In 1856, Queen Victoria ordered that a medal be struck which recognised neither birth nor class and that it should be known as the Victoria Cross. It was back dated to 1854 to cover the Crimean War. All British VCs have been cast from the cascabels of two cannon captured at Sebastopol. Other VCs in Commonwealth countries have used other cannon, such as ones captured in the Boxer Rebellion. There is currently enough Sebastopol metal to make a further 80 to 85 VCs and it is kept at MoD Donnington and only removed under armed guard.

The VC has been awarded 1368 times since 1856 to 1355 men. Three men have been awarded a second VC: Captain Charles Upham, Surgeon Captain Arthur Martin-Leake and Captain Noel Chavasse. Both Martin-Leake and Chavasse were doctors treating men under fire. Upham got one of his VCs for carrying wounded, and is the only one to have received a bar for combat. Upham was captured and ended the war in Colditz.

Only one VC has been awarded solely on the recommendation of the enemy – the one awarded to Flying Officer Trigg at Brest. One has been awarded to the American Unknown Soldier (the British Unknown Soldier was awarded the American Medal of Honour).

No woman has been awarded a VC, although in 1920 a Royal Warrant allowed this. The nearest exception was Elizabeth Webber Harris, who was the only woman with her husband's regiment in Peshawar during a cholera epidemic in 1869 when a third of the men died. At that time the award could be given for activities behind the lines. Queen Victoria allowed the regiment to present Elizabeth with a replica VC.

Since the Second World War only 15 VCs have been awarded, the three most recent were awarded in Afghanistan.

British holders of a VC receive an annuity from the British Government of £10,000 (originally £10) and Commonwealth countries have their own arrangements. Although there is no such rule, traditionally even a General will salute a private with a VC. The letters after a man's name

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are always started with the VC, and at any investiture the VC is awarded first, even before knighthoods. An award can in theory be cancelled for wholly discreditable conduct, and eight were cancelled between 1861 and 1908. But George V said that even a murderer on the scaffold should be allowed to wear his VC. When ribbons are worn rather than the medals, the maroon ribbon has a tiny VC in the centre (or two side by side where appropriate).

VCs are extremely valuable, an auction price being about £400,000, but it is thought that £1.5 million was recently paid for Chavasse's VC and bar.

50 YEARS AGO

Colin Cowperthwaite

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

School Appointment

A newcomer to the staff of Sedbergh County Secondary School this term is Miss Susan Jackson, of Hexham, Northumberland. Miss Jackson, a former ballet instructor, took her teaching training at Ilkley College of Education, and this is her first appointment. She will teach pupils domestic science, and also needlework for adult evening classes.

50 Happy Years in Garsdale

Garsdale Street Chapel has always played a very important part in the lives of Mr and Mrs T.R. Peacock, of Whitbeck Cottage, Garsdale. As children they worshipped there, and at the age of 13 Mrs Peacock became the organist. Ten years later she walked up the aisle as a bride. It

was on October 15th 1924 that Miss Ellen Bracken, fifth daughter of the late Mr and Mrs R. Bracken of Dandra Garth, as she then was, married Mr Thomas Richard Peacock, only son of the late Mr and Mrs J. Peacock of Knudmaning. After the wedding they farmed Knudmaning for 16 years, later moving to Hind Keld in 1955 where they farmed until retirement in 1972. After sixty years Mrs Peacock is still the organist, and with her husband, ran the Sunday School for over 40 years until retiring from this position in 1967. Both have been trustees for over 40 years, and Mr Peacock has been a local preacher since 1922.

They are also members of the Garsdale Gospel Singers. During the war they were ARP Wardens. They celebrated the occasion of their Golden Wedding anniversary with a party at their home in the afternoon, and a dinner for sixty relatives in the evening at the Epicure Restaurant in Sedbergh.

Secondary School Headmaster dies aged 44

The funeral took place on Monday of Mr Peter Roberts, headmaster of Sedbergh County Secondary School for the past six years. The service was held at Sedbergh Parish Church. Mr Roberts had gone to his desk the preceding Monday, later complaining of feeling unwell, and had returned to his home, which is on the school grounds, and had collapsed. A doctor and ambulance crew fought to save his life, but without success. A post mortem revealed death to be from natural causes. He was 44. A popular and well-respected teacher during his

National Service days with the RAF, he had been employed in the administration of the Berlin Air Lift. For the past few years he had organised the annual summer camp for mentally handicapped children which was held at the school, and he was also the secretary of the Sedbergh and District Old People's Welfare Committee. Until recently he was secretary of Sedbergh Conservative Association, and he was a member of the Court of the University of Lancaster. A native of Huddersfield, he received his education at King James Grammar School, Borough Road College in London, and the City of Worcester Training College. His initial teaching appointments centred round Huddersfield, and he had taught at the Paddock County School and the Salandine Secondary School, coming to Sedbergh on January 1, 1968 from Holmfirth Secondary School, where he had been housemaster. In 1958 he married the former Miss Adrienne Allen of Huddersfield, who is also a teacher, and the present headmistress of Garsdale Primary School. His hobbies were travel, photography and motor cars, and he was also a regular worshipper and sidesman at Sedbergh Parish Church. A large and representative congregation attended the funeral service which was conducted by the vicar, Canon D.A. Rogers. The organist was Mr Roger Bush, music teacher at the school. Cremation followed at Lancaster.

Harvest Festival Services

Harvest thanksgiving services were held at Sedbergh Parish Church on Sunday, when the choir sang an

anthem at both morning and evening services. At the morning service, conducted by the vicar, Canon D.A. Rogers, the children brought their gifts, and Scripture reading was given by Catriona MacDougall. The evening service, also conducted by the vicar and Rev. E.P.E. Long, had the Rev. G.P. Wedgwood as the preacher. Sedbergh Methodist Church also held their harvest festival services on Sunday. There were good congregations for both morning and evening services, and the preacher was the Rev. J.P. Monkhouse, at one time minister at Sedbergh but now of Stockton-on-Tees. Children sang and gave recitations at the morning service, and the choir sang an anthem at both services. Organist was Mrs G. Spencer. Gifts of harvest were auctioned on Monday evening by Mr R. Harper and Mr J. Dawson, in aid of church funds. St Andrew's in Dent celebrated the harvest festival, starting off on Saturday night with eighty people sitting down to a hot supper. Mrs T.J. Middleton and the ladies of the church had organised an excellent meal which was followed by songs accompanied by guitar and a large assortment of other instruments. The Sunday services were conducted by the vicar, the Rev. A.J.W. Barker. Monday evening concluded the weekend with a sale of produce. Cowgill Church harvest service was conducted by the Rev. A.J.W. Barker, with a good number of parishioners and visitors present. Readings were given by Ruth Mattinson and Denise Mason, and the prayers were taken by Mr J.W. Warburton. At Monday's sale the

attendance was the greatest for several years, and produced lively bidding under the hand of Mr G. Raw. Over 52 pounds was raised over the weekend, and the Church Council will be asked to vote more than half of this to the Bangladesh and Honduras flood relief funds.

The late Miss J.M. Armstrong

The funeral took place last Friday at Salem United Reformed Church, Sedbergh, of Miss Joyce Mary Armstrong, of 53 Maryfell. Miss Armstrong, who was 44, had been found dead at her home the previous Friday by neighbours. An inquest has been opened and adjourned. Until recently Miss Armstrong, who lived alone, had been employed at the Alpine Nurseries at Sedbergh, but had started her career as a school teacher at Darlington and Gateshead, where she had taught art. Her association with Sedbergh began during the last war, when she was evacuated there, and she had made Sedbergh her home for over 20 years. After her father died, her mother came to join her at Sedbergh, and died in January this year. For a time Miss Armstrong was employed in a local grocery store, but was subsequently engaged in carpet design for Goodacres at Kendal for about three years. Art was also her hobby, and she was a member of the Sedbergh Art Society. Two of her paintings were sold at the society's recent art exhibition. She had also been a member of the Sedbergh Theatre Group, and was also active in her church. The service was conducted by the Rev. S. Barratt, and interment was at Sedbergh cemetery.

**SEDBERGH HISTORY SOCIETY
The Kitchener Camp**

Karen Bruce Lockhart

On 18th September the Society was entertained by Mrs Clare Weissenberg, whose father was in the Kitchener Camp as a refugee from Germany.

Many people have heard of the Kinder Transport when Jewish children were able to leave Germany and settled in Britain, and some may have known that the British Government also accepted about 20,000 German women with a domestic service visa scheme. But few know of the men who also fled after Kristallnacht, when between 25,000 and 30,000 Jewish men were rounded up for internment in

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Concentration Camps, in particular Sachsenhausen, Buchenwald and Dachau. They were allowed to buy their way out provided they left Germany within two weeks. Many countries refused to take more refugees, and the situation was desperate as failure to leave meant return to the concentration camp and almost certain death.

The same Charity that organised the Kindertransport and the domestic visa scheme persuaded the Government to allow them to use the deserted and tumbledown 1st World War camp at Richborough as a transit camp. Some 4,000 men were allowed into the country on condition that they would go on from there to the USA, Canada and Australia. The first arrivals were put to work rebuilding the camp, and the men saw the completion of each hut as somewhere another 72 men could be accommodated. Some of the men had building skills but many were doctors, teachers, accountants and other professional men. They had had to leave their families behind, and although some managed to get family members out of Germany under the other schemes, the outbreak of war stopped this, and the majority never saw their families again.

On the outbreak of war the men were encouraged to join the Auxiliary Military Pioneer Corps and it is thought about 887 did so. Most of the men changed their names to more English sounding ones. This was important when they were sent to France to assist the BEF, and when there was a real threat of the invasion of Britain, as they were, of course,

German citizens and could be shot as traitors if captured. For the same reason there are very few documents remaining that tell who was in the camp lest they be identified by the invading Germans. The change of names has made tracing descendants difficult. In fact, Mrs Weissenberg's father was one of the few who did not change his name.

After Dunkirk there was concern about having so many Germans so near to the coast, and those who had not joined the Pioneer Corps were interned, many on the Isle of Man. Up till then it should be emphasised that they were not interned – it was simply a transit camp, and they were free to wander out and to socialise.

Mrs Weissenberg's father did join the Pioneer Corps – 69 Company. That company was sent to France and worked to destroy bridges and transport on the retreat to Dunkirk, where they were taken off the beaches. They were not given guns until a late stage of the retreat.

They were then employed at various places round the country including Sedbergh, and worked at building the fuel dumps at Ingmire as well as other places around the countryside. Many of them lived in the Workhouse (now The Manor). When they moved in the conditions were extremely primitive, without even proper sanitary arrangements. Many of them made good friends in the months they were in Sedbergh, which was from 1942 to about July 1943.

Mrs Weissenberg would be very interested in any memories, stories or documents that anyone in Sedbergh has: ampcsedbergh@gmail.com

GARSDALE JUNCTION

Part Two

Colin Cowperthwaite

Concluding part of an article taken from an old newspaper cutting dating from around 1950 entitled 'Change Here for the Back of Beyond', written by Eric Bennett.

Harold Thwaite has almost a proprietary interest in the railway line. His father used to mix the gunpowder used in the blasting operations when the cuttings were being driven through the hills. But stationmaster Reginald Berwick and his wife Mary have had to adjust themselves to an entirely new environment, for his previous post was at Southport. Mrs Berwick has overcome the first feeling of loneliness and has

acclimatised herself to ordering most of her groceries and household goods for fortnightly delivery from Sedbergh. The stone-built houses are solid, comfortable and warm, and Mrs Berwick is happier now that a new tank, which will give the row running water and bathrooms, is being built up at the station. Up till now all the railway families have depended on one standpipe.

Electricity has not yet come to Garsdale, so paraffin lamps and cookers are used. But the rents of these "tied cottages", now owned by British Railways, are cheap compared with council houses. For three-bedroom houses with large downstairs rooms and a separate stone-built outhouse, the average




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rent is 7s. 6d. a week, which may rise to 10s. once the water is installed. Widows and pensioners pay less. Buses take the schoolchildren to Garsdale village or Sedburgh, but there are few schoolchildren now in the community. Harold Thwaite can remember the day when there were nearly fifty children, all from the railway cottages, attending school with him.

Adam Rudd's railway reminiscences are grimmer. Tragedy has been associated with this line since the days when men gave their lives in building the great granite viaducts across the shifting soil of the riverbeds. Adam remembers being the first on the scene, soon after five thirty in the morning, at the accident which took place in the darkness and wetness of a Christmas Eve. "Just a mile north of this station", he says. "It was raining hard when I got there, but the fire in the front coaches was so fierce that the banks were blazing alongside the line". The accident had followed as grim a chase as has ever been seen outside a film set. The London-Glasgow express was running in two parts. The first part had gone through Garsdale, and two light engines, coupled together, which were due to run to Carlisle, were then let on to the main line. When the signal was dropped to give them the right of way, it also gave all clear to the second part of the express. The drivers of the light engines saw the express coming behind them, and their firemen stoked frantically to get up steam so that they could keep ahead. But they did not have a chance.

"The express hit them so hard", says Adam, "that the two engines were thrown off the track and pushed along like ploughshares for a couple of hundred yards. The front coaches of the express caught alight, and they burned so fast that the passengers in them had no chance. I got there first with my first-aid kit, but there was little I could do at the fire. I was told to help the drivers and firemen of the light engines who, by some miracle, were still alive. We put them in a hut by the line and started to pick out pieces of coal and gravel from their faces. When I went back to the train, I found that there was a little baby crying underneath one of the coaches. The child was completely hemmed in by wreckage, but as far as I could tell was unhurt. The weight of the coach was being held off her, but the space she was in was so small that I could not reach her, although I could touch her hands with a stick. I was just turning away to find some sort of jack which would help me get at her when a gas cylinder on the next coach exploded. My face was stung with red-hot ballast flung up from the line. When I could see again, the whole coach had shifted and the last wreckage of it was ablaze. The baby had vanished....."

The details of that grim morning are as vivid in Adam's memory as if they had happened yesterday. But that notable disaster took place in 1910. Twelve people were killed. To take away the bitterness, Adam says with a laugh: "I was wearing a new pair of shoes that morning. Eighteen bob they cost me, and that was money in those days. Of course, they

were ruined. And what do you think they gave for working all day at the accident ? Five bob!" Stationmaster Bunce, who might have been thought to have had a quiet time in the remoteness of Garsdale, cataloguing the books which had been presented at the station library, not only had to cope with that accident, but with another major crash which happened a little further down the line in 1913.

"People think I am telling lies", said Adam, who was also the first ganger on the scene that day when sixteen people were killed, "but that smash was the most rummy thing I ever saw in my life. Two up trains collided, the second one running into the back of the first. And the front two coaches of the first train were pushed clean over the locomotive and enclosed the whole engine and tender in a wooden box". The only member of the Garsdale station community who cannot reminisce about railway matters is William Harper, the

postmaster. He settled there in the post office, which he combines with a tiny general store, when he got married in 1898. Outside his office is the only telephone kiosk for miles around. It contains the telephone numbered Garsdale Head 1, which has one of those good old wind-'em-up handles to call the operator.

When the old Midland Railway built this lonely outpost town for railwaymen, there was - and there still is - just one local asset. About a mile away is the Moorcock Inn, an old posting house and the only tavern on the sixteen miles of road between Hawes and Sedbergh. There, if the winter weekends are not too severe, the men can relax after their heavy days keeping the line secure and the water troughs free from ice. For those troughs that replenish the tanks of long-distance trains are the chief worry of these men on top of the Pennines. If they do freeze they have to be cleaned right out, and warnings must be flashed up the line. An express which lowered its scoop into ice at sixty miles an hour would hit trouble hard !

There is one local tradition in Garsdale that none of the railwaymen can explain. The daily train from Hawes to Hellifield, which runs through the junction, is known as the Bonnyface. Mr Berwick's only explanation, gleaned from the old-timers, is that the train was always so punctual that it earned the name as a sort of blessing. Maybe. But if you want to get to Garsdale today, without doing things the hard way, take an express to a nearby express stop station like Appleby and then go by road. It is as remote as that.

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NATURE'S CALENDAR – OCTOBER

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October is a month of transition and change, as the leaves turn and fall in a kaleidoscope of golds, yellows and reds. Nights are getting longer and colder and as autumn progresses, wildlife too is changing and adapting. Our winter migrants are returning, with Swans and Geese flocking to our wetlands, while Redwings and Fieldfares are flying in to forage on berries.

Listen for Tawny Owls

Autumn is when Tawny Owls are at their noisiest and this is the perfect time to take a night-time stroll to listen for their storybook 'too-whit, too-who' calls. Although, this is actually

a mash-up of both male and female calls. It's the females who call with a shrill 'kewick' (too-whit), while the males have a haunting 'hoooo, hoooo' (too-who). All this hooting and shrieking is down to one thing: territory.

Come autumn, the young Owls are moving away from their parents and looking for territories of their own. As the young Owls branch out to stake their claims, the older birds call to defend their patch.

Listen and watch for Redwings

Redwings are small thrushes that migrate to the UK from colder climes, including Iceland, Scandinavia and Russia. These birds fly in by night and if you head outside on a still night, you may hear them call to each



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other with a soft 'seep seep'. They arrive in their thousands and can be heard all over the UK, typically from late September through October.

They are here to feast on berries and during the day you might see them in the countryside or in parks and playing fields joining with other birds such as Starlings or Fieldfares roaming the trees and hedgerows. Look for small thrush-like birds with a rusty red patch under their wings and a white stripe above their eyes.

Look for flocks of Fieldfares

Another member of the thrush family that winters in the UK is the Fieldfare. These birds migrate in vast numbers from their breeding grounds in northern and eastern Europe. They are sociable birds on the hunt for berries and can be seen flocking with Redwings and others in the countryside, along hedgerows and in parks. Like Song Thrushes, they are brownish with speckled bellies, but can be told apart by their distinct grey heads. Listen too for their chuckling 'chack, chack, chack' call.

The number of Fieldfares flying in varies each year, depending on how the berry crops fair nearer their breeding grounds, with the poorer the crop, the more birds flying to the UK.

Help a Hedgehog hibernate

By autumn, Hedgehogs are getting ready to hibernate. They'll be piling on the calories and snuffling out a safe place for their long winter sleep. In the 1950s, there were an estimated 30 million Hedgehogs in the UK but recent estimates suggest there are less than a million left. By building a Hedgehog home you can

provide somewhere safe for shelter, hibernation and, come the warmer months, to raise hoglets.

Watch Pink-footed Geese

Now's a great time to see Pink-footed Geese as large numbers spend the autumn and winter in the UK, having flown in from their breeding grounds in Spitsbergen, Iceland and Greenland. They can be seen near large estuaries, such as on the east Scottish coast, The Wash on the east English coast, the Ribble on the north-west English coast and the Solway on the west between England and Scotland.

Pink-footed Geese are our most common wild geese, and they can be identified by their pink legs and feet, a pink band on an otherwise dark bill and brownish/grey body.

Enjoy the hum and buzz of an Ivy flower

Head outside on a sunny autumn day and look out for insects busy on Ivy flowers, humming and buzzing as they collect the last pollen and nectar of the season. Ivy, unlike most other plants, flowers in autumn making it an extremely valuable source of food for many insects. Only mature plants, more than 10 years old, produce flowers, and you can spot these plants by their oval leaves. Younger plants have the lobed leaves that we more typically associate with Ivy.

The flowers themselves are not particularly flower-like, being ball-shaped structures made up of lime green nodules each with pollen-smothered stamens. But their honey-like scent is a clear sign of this fascinating flower's bounty.

SEDBERGH SWIFTS

Tanya & Edmund Hoare

Summer's migration is almost over. Weeks after the swifts have departed we've still been able to enjoy watching the Hirundines - swallows and house martins - for a little longer. A friend in Mansergh who has swallows breeding in the garage, said they departed early this year and our house martins similarly left on migration earlier than usual.

If any of you were in cities in southern Europe in September or October, after all the common swifts have departed, you may well have still seen lots of swifts flying around. These would have been the pallid swift which stays later, is paler in colour and has a lower-toned call –

although it's very difficult for most people to tell them apart.

A major difference for pallid swifts is that they can have two broods, unlike the common swift which only has one. Rearing the second brood is why pallids are still found later in the year. One of our Spanish swift colleagues has frequently reported pallid swifts in his area as late as November. Pallids commonly nest in caves, just as our common swifts probably did thousands of years ago. Pallid swifts have a wide range of nesting habitats, as well as caves they breed in the nooks and crannies of buildings and even in industrial units and bridges.

In summary: only five of the African swift species migrate to Europe to



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breed, the others are resident year-round in Africa. 'Our' swift is the Common Swift (*Apus apus* is its scientific name), and the others are the Pallid Swift (*Apus pallidus*) which breeds extensively throughout southern Europe, and the larger Alpine Swift which used to be found mainly in more mountainous regions of Europe but has now spread to tall buildings. The rare White-rumped Swift is found in Southern Spain. It's interesting to learn that in the past few years a fifth swift, the Little Swift (*Apus affinis*), has started breeding in south western Spain. It breeds both in natural cliff settings and in urban areas where it nests on buildings. It is distinguished by its small size (33cm wing span compared with 44cm of common swift, and 57cm of alpine swift) and a broad white patch on its rump.

Of course, not all our migrants arrive in summer. Winter visitors such as redwing and fieldfare are arriving at this time of year, coming from further north to spend winter here. Redwing migrate by night in loose flocks, making a soft seep-seep call as they pass overhead. Some birds such as starlings are partial migrants: our UK starlings are resident here in winter but are joined later on by starlings that breed in Eastern Europe but migrate here to form huge winter flocks.

To Contact SCS: email ta.hoare@btinternet.com or ring 01539 824043



CELEBRATING THE BUILD

*Elliot Hartley,
Chair of Governors,
Sedbergh Primary School*

Sedbergh Primary School has always been an important part of our community; many of you reading this may well have started your learning journeys here. Today, with immense pride and gratitude I would like to celebrate the successful completion of a long-awaited building project focused on our Early Years provision. This endeavour was a fantastic demonstration of the power of collaboration, determination, and support from our staff, parents, local community and some dedicated builders.

Challenges and Background

Some of you will notice that the vision for this build evolved somewhat over time, as events (and prices!) overtook us. Initially it was



conceived over 5 years ago as the “big build”. The project idea was about ensuring our school provided flexible spaces for all our pupils and staff, ensuring we were able to dynamically adjust to the changing demographics from year to year, from pupil numbers to changing pupil needs and capabilities.

With the onset of COVID we were faced with a huge number of challenges and the “big build” project took a back seat. Post COVID we naturally re-evaluated our requirements and could not help noticing prices had gone up. This meant we had to refocus the project to more achievable and targeted goals.

Post COVID pupils face a number of significant challenges, and this is a national picture from primary through to secondary. A recent report from the



Association of School and College Leaders (ASCL) which looked at a variety of studies makes it very clear we are not “back to normal”. The report states that “staff in primary schools are reporting very serious problems of arrested language development, lack of toilet training, anxiety in being in social spaces, and depressed executive function”.

What we have done

Our headteacher Victoria Hudson together with her staff understood and identified the changing needs of our early years pupils early on post COVID. They requested support from governors and the PTFA to improve the intimate care provision and early years’ areas as a priority. As governors, we had discussions with the senior team and we also see pupil numbers and needs each year as part of our role. So we knew this was important and gave our support. A plan was put in place and help was donated by Garsdale Design to draw up plans and offer advice. The PTFA was asked to help with financing the project, so for all parents who sent their children to school discos and bought cake (amongst other things) we thank you!





Over this summer a team of builders has worked hard to open up space in the early years area, place new flooring, plaster and paint, and importantly replace bathroom facilities and create a new intimate care facility which includes a shower.

The future

The project we celebrate completing today is hopefully the start of ongoing improvements that in future will be smaller and more targeted. We have yet to decide exactly how this will look but we have definitely learnt lessons from this project. Our aim is always to improve the lives of our pupils at our school. Our goal was twofold: to enhance the learning environment for our early years students and to create modern, dignified intimate care facilities for pupils. I believe we have achieved that.

Thank you to...

A big thank you to the following:

- Victoria Hudson our headteacher whose vision really brought this project together, managing this while doing her other duties!
- Our teachers, teaching assistants, and support team who worked tirelessly to ensure that our

children continued to thrive during the first stage of construction phase (last two weeks of school last term). Then of course the setting back up of the classrooms after construction.

- Our cleaners who did an amazing job of cleaning up after the dust had settled!

- Without the financial support from the PTFA this project couldn't have happened; the very small team I know put a lot of personal time in to raise money where they could. A big thank you to all who turned up to help.

- Barbara Hartley at Garsdale Design Limited has put a significant amount of time and effort into ensuring the plans and details were right whilst ensuring a safe environment.



• There were a number of trades on site and it seemed most had connections with the school in some way or another. Whether it be children or grandchildren attending the school or that they had attended at one time! All showed up and put a tremendous amount of effort in to getting this all finished. So, thank you to MK Conversions and their sub-contractors!

Looking Ahead and an Appeal for more help

As we settle into our revitalised school, we look ahead with excitement. Our early years students will flourish in their refreshed surroundings. To everyone who contributed—whether through fundraising, volunteering, or simply

cheering us on—thank you. Sedbergh Primary stands tall today because of you. Let’s continue to nurture our school, our children, and our community, knowing that our collective efforts make a lasting meaningful impact.

Lastly I appeal for more help. Are you looking to contribute in a meaningful way to your community, but are unsure where to start? We have Governor positions that could do with filling, the PTFA are always looking for new members, and school are always keen to have members of the community come and read with children. Please contact the Victoria Hudson, headteacher, if you’d like to find out more about helping. With heartfelt appreciation, Elliot Hartley

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SEDBERGH PRIMARY 'BIG BUILD PROJECT'

Michelle Hartley, Chair of PTFA

Towards the end of the summer holidays, I had the privilege of having an early viewing of the changes to the Early Years classrooms brought about by the Big Build Project. What an amazing transformation it was! My first impression was how bright the rooms were. A new coat of paint always does wonders, but it was more than just that. Gone was the playdough encrusted dark carpeting, replaced by light coloured vinyl flooring (easy to clean!) and colourful rugs; and a new large opening in the wall allowing sunshine to spill into the reception classroom.

A new door was added between the Early Years and Year 1 areas, which has two purposes. With a focus on safety, the handle is high up on the door which will prevent the little kids from wandering into the rest of the school, while also providing a noise barrier for the Year 1 students and a new learning space for them free of interruptions.

The toilet area has seen a complete revamp, with new cubicles and a trough sink allowing more children to wash their hands at once. There is also the addition of the intimate care space, with an additional toilet, changing table and shower, allowing teachers to handle accidents more sensitively and discreetly.



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So much hard work has been done in such a short time! A big thank you must be given to the headteacher Victoria Hudson and all the staff involved in the initial conception and the implementation of the project, along with the numerous local trades people who spent their summer working at getting everything ready for the new school year. Finally, a huge thanks to the Sedbergh community, parents, individuals and businesses alike, who have contributed money, donations, time and effort that has allowed the School and PTFA to raise the money necessary to make the Big Build Project possible.

THANK YOU!

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The new in-take of Year 9 arrived on 30th August and duly climbed Winder, and the rest of the school began their term at 7 pm on 1st September

The school was pleased with the GCSE results as 32% were A*-A (9-7) and 92% A*-C (9-4) against the National Averages of 21.7% and 67.4%.

There will be a Year 9 Open Day on Saturday 5th October. An Open Day for Year12 was held on 14th September.

During the holidays the School Choir toured Catalonia, singing in Girona and Barcelona Cathedrals and the Basilica at Monserrat Monastery, and enjoyed the largest audiences they have had in the last 15 years of touring.

At the beginning of term Year 11 went on their annual Battlefields Tour. Mr Sweeting took soil from the top of Winder to lay on the grave of G Windram OS whose name had not previously been recorded as being killed in WW1.

Auditions have been held for a performance of Chicago which will take place on 27-29th November

In the first week of term the new Year 9 had to produce inter-house plays based on fairy stories. Much work and thought went into Cinderella, Snow White, Little Red Riding Hood, and others. The contest was won by Carus House with Jack and the Beanstalk

A choir consisting of the Chapel Choir past and present will perform a special performance of Faure's

Requiem in Ypres on 6/7 September 2025 as part of the 500 Anniversary celebrations. The school intends to take part in the Great North Run 2025 in partnership with Save The Children as part of the 500 celebrations, when all the staff and year 12 will be invited to join as well as parents and Old Sedberghian. Again, as part of the celebrations the Sedbergh Association is organising a Rally to tour through Scotland to raise money for the Lupton Scholarships

An evening was held in Powell Hall on 13th September with Professor Irene Tracey, Vice Chancellor of the University of Oxford

At the Prep Y7 had their annual bonding trip overnight to Windermere.

A classics Trip, Gibraltar Tour and a Netball Tour are planned for half term

The School Fireworks this year will be on 5th November starting at 6.30 pm in Busk Lane, and the School welcomes the whole Sedbergh Community. The local community is also welcome to the Remembrance Sunday Service on the Cloisters at 10.45 on Sunday 10th November.

The Guest Carol Service this year will be on 8th December at 5 pm and everyone is invited to come and sing.

Rugby - The opening game of the year for the 1st XV was a resounding victory against Warwick as Sedbergh won 50-0. Their second game against Bromsgrove Sedbergh also won 19-0. They won 32-21 against Whitgift School and won against Deniston on 14th September.

Cricket - The U14 team won the Cumbria Cup in a final played at Carlisle Cricket Club despite losing a wicket to the first ball due to a superb catch. Sedbergh made 157 for 5 in 20 overs and Trinity made 120 in reply. OS Harry Brook has been named England's captain for the ODI games against Australia.

Hockey - The Girls' 1st team managed to hold Durham University 2nds to a 0-0 draw

Future Events

Yr12 Parent and Pupil Ball 6 pm

Half term begins at 2 pm on 12th October

1st XV v Blackrock College 12th October

Half term ends at 7pm on 27th October

1st XV v Ipswich 28th October 1 pm

Bonfire and Fireworks at 6.30 pm on 5th November

Bagpipes at the Cloisters 7.30am on 10th November

Remembrance Service 10.45 am on 10th November

Chigaco – Teen Edition 27-29th December (4 performances)

Carol Service 5pm on 8th December

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SENSE OF PLACE

Martin Dodds

It was about half-way down Minorca Hill, above Old Laxey in the Isle of Man. I may have been 6 or 7 years old, walking to school. Thinking about it now, my memory is of a sudden dawning into my young mind, that "I am ME". It was the beginning of self-awareness I suppose; of the understanding of identity and its personal uniqueness.

But what has also clearly imprinted itself into my mind is the place where this happened. The event and the place are bound together, and have become part of who I am.

The importance of place has stayed with me. I think I lived in 11 different places in the first 30 or so

years of my life, as well as spending time away from home as a pupil or student. Perhaps all that moving around accentuated the importance of knowing not just who I was, but also where I was.

"Where are you from?" is always a question that rather stumps me! My 'home-patch' has shifted so often, and each place has its own resonances in who I am now.

What builds a 'sense of place'? I think there is a mixture of factors. Their relative importance may differ between places and between individuals.

For me, the foundation of 'place' must be its geographical reality; the land and the buildings and their relationship to each other and to the

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local people. Land and buildings reflect processes and events that have moulded them over geological time scales and through the shorter blinks of history.

But there is more. What gives a place 'identity' seems to be a combination of tangible and less tangible distinctiveness.

There is our appreciation of the beauty that we recognise. Some may say that not everywhere is beautiful, but 'beauty is in the eye of the beholder'. Language is another significant contributor to both identity and 'sense of place'. Which leads into the equally [at least] important questions of personal, emotional and spiritual connections and values that are consciously or subconsciously associated with 'place'.

For our 'home patch', these subjective values are likely to be more powerful than if we are looking at another place with no personal associations. But in our minds, informed by reading, learning, or hearing or seeing programmes on TV or on-line about other places, we may also form powerful impressions of places we have never even visited.

We attribute value to places, not just because of their practical utility, but also because of their intangible aspects.

In our 'home patch' it is likely that many members of the geographically local community, and also many of those who have 'left home' to live elsewhere, will share a range of important positive feelings about the place.

Nevertheless, each individual may relate to the same 'home area' with less or more emphasis on different aspects that make their 'image' of it. Those who have no deep appreciation of landscape for instance [yes, there are such people!], may well associate 'place' much more with the neighbours and friends and experiences they remember.

In all these cases, the 'home area', either consciously or otherwise, is likely to be an important element in our sense of identity, both individually and as a community.

Identification of community with place seems to go back a long way. Early hunter-gatherer groups were probably nomadic, but might have established seasonal migration patterns to and fro across a known landscape of many square miles. The group 'learned' the character of the landscape and its resources, to which they were in truth connected for their own survival. In a sense, the group belonged to the land quite as much as the other way round.

Today I feel there are threats to our 'sense of place'; which operate at different scales. At the local level, new physical developments can

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severely alter the nature and character of a familiar 'place'. Sometimes, peripheral, marginalised or minority communities can find their 'sense of place' is directly challenged by the imposition of schemes thought to be of such over-riding national importance that local considerations do not seem to count.

Many grandiose dam schemes in newly independent countries seem to illustrate this, but so also did the flooding of Thirlmere and Haweswater, Cow Green and Kielder and the valleys of central Wales. Perhaps the recent 'imposition' of a huge, locally controversial wind farm on the people of Voe in the Shetlands, chiefly for the benefit of populations living hundreds of miles away, is also a symptom of this tendency. Other examples may occur to you.

New social developments, including the movement in of people from other social or cultural backgrounds, may change the dynamics of a community in ways which some find difficult.

Both of these types of challenge may alter the 'sense of place' which previously existed. NIMBYism is often criticised as selfish. Sometimes it is. But sometimes it is a genuine response to feared damage of intangible assets and 'sense of place' which have been undervalued by the external powers and authorities.

More generally, two related global trends seem to undermine some of the most valuable characteristics of 'place'. As the proportion of the world population living in large megalopolitan areas continues to

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increase, the sense of a positive relationship with, and to, the natural environment seems to diminish. The urban sprawl largely obscures the original rural landscape with its explicit relationships with nature. This relationship may thus fade out of the 'place-consciousness' of the urban population. In urban Britain, there appears to remain a kind of folk-memory of a largely mythical rural paradise. This triggers the popularity of recreational access to the countryside, but sometimes without the inherent understanding of the responsibilities associated with this. As a result, a major effort is having to be made to 're-educate' the urban population as they put increasing recreational and housing pressure on the countryside.

At the same time, the dominance of world culture by materialist values and by 'western' fashions means that most of the central, and symbolically

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most prestigious urban environments, are becoming increasingly, boringly, similar, irrespective of the possible architectural merits of individual modern structures.

Both trends tend to erase distinctiveness of place, and to increase homogenisation. This may be accompanied by the loss of traditional cultural values, to be replaced by global materialist aspirations.

'Sense of place' is not emotionally neutral. Like many other sets of values and opinions, it becomes entwined with other concerns. It would take too long to go into detail in this essay, but sometimes 'sense of place' can become a platform for

intolerance and the expression of frustrations which stem from real or perceived injustices.

Our relationships with place thus seem to have both positive and potentially negative dimensions.

For me personally, 'sense of place' is a significant element in my way of looking at the world, and of my individual identity. While we need to be aware that if it gets twisted by adversity or otherwise out of proportion, it may become toxic, I feel that 'sense of place', with its attendant feelings of appreciation and loyalty can and should usually be positive and constructive and contribute to the associated sense of community.

SEDBERGH PARISH COUNCIL

Janey Hassam Clerk to the Council

The Council held its monthly meeting at 7.30pm on 12 September 2024. The next meeting of the Parish Council, will be their monthly meeting, commencing 7.30pm on Thursday 10 October 2024. Meetings are held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh. Public Transport – Bus Service Improvement Plan Plus (BSIP+)

Members are continuing to correspond with Westmorland and Furness Council (WFC) in respect of the BSIP+ review. Members have been disappointed at slow responses/updates and are now aiming to escalate their concerns, and investigate formal complaint procedures if required, with the overall hope and aim being to secure an improved bus service for the community.

Playground Proposal and Parking

Members continue to progress a potential project, at the playing field, Howgill Lane, which would see the relocation of the play area (still on site) in the future. If progressed, it would release the existing area to extend the current car parking facility (dependent upon planning requirements). If, ultimately agreed, the additional parking could hugely assist with the future development/improvement required at Joss Lane car park and the town car parking generally (currently being reviewed by Westmorland and Furness Council). Sedbergh Parish Council



are currently reserving most of the income, received from resident parking permits and ticket sales at the car parks, to assist with these ambitious projects for the town. Resident Parking Permits

Members noted some recent feedback on resident parking permits, now on sale for the period 1 September 2024 to 31 August 2025 at £70 per annum (resident). The price increase had previously been reported in the March Lookaround. Members wished to express that the resident permit for Sedbergh is considerably lower than surrounding areas, with some general annual permits ranging from £273 to £588 per annum. At £70 per annum,

Members feel the fee is good value for money, being the equivalent to approx. 1 hour of parking per week. Various other matters were discussed, including Finance,

Conclusion of External Audit Report (now published), Amenities, Planning, and general correspondence.

If you have any queries, or wish to contact Sedbergh Parish Council, please email at clerk@sedberghparishcouncil.org.uk As always, Members of the public are welcome to attend meetings of the Parish Council and raise queries/questions at Public Participation. Please also note that a full reference copy of all documents relating to meetings is held at

72 Main Street in the Parish Council Office, with agendas and minutes available online at www.sedberghparishcouncil.org.uk

A DAY IN THE LIFE OF AN MP

Lizzie Collinge

What I've found as a new MP is that no two days are alike, but I would like to take you through one Wednesday in September as it was as typical a day as you can get. Through my regular Lookaround articles I want to not only let you know what I am doing locally, such as attending Dent gala and working on rural buses, but also 'pull back the curtain' on how the halls of power operate.

My Wednesday started at 7.45am in my new office in Westminster doing casework on subjects as diverse as DWP errors, evictions and anti-social behaviour. I had moved into the office two days before and was quite excited to discover that it has windows, which tells you something about the state of the Palace as a workplace. Someone also asked me if I had seen a mouse yet...I hadn't but one fine September evening on the House of Commons Terrace I saw plenty!

My next diary item was a 90-minute Westminster Hall debate on preventable baby loss where I was able to highlight the good work of two local support organisations Matilda's Mission and the Tigerlily Trust. I also spoke about my two pregnancy losses and my ongoing campaign for good maternity safety and wider patient safety.

Westminster Hall debates are turning out to be an excellent way to catch the ear of a minister. The week after this debate I spoke in two further debates – one on losing young people from rural areas, and

the impact of housing shortages on that, followed by a debate on short term lets and second homes – all very relevant to Sedbergh and district.

Next up on the agenda was a meeting with Janet and Emma who run INFACT UK, a charity dedicated to helping people affected by unsafe use of anti-convulsant drugs, such as sodium valproate, in pregnancy. Through long years of work, they have ensured that stricter safety protocols are now in place and continue to campaign for their proper implementation alongside compensation for those affected.

Wednesday is Prime Minister's Question Time (PMQs) and whilst it's the most well-known event in Parliament, I would say it's the least representative of what usually goes on. Parliamentary debate is usually a lot quieter, respectful of speakers and there is a lot of cross-party working.

After a quick working lunch with colleagues and some more casework, I attended a roundtable on future energy supply, followed by a session with the FA and others about grassroots football.

Next was a police briefing with the Chief Inspector for Lancashire and then it was more football with an event organised by Fair Game who are campaigning for new football governance. This is a passion I share as I believe a proper football regulator, as promised in our Labour manifesto, is vital to lower league clubs like Morecambe FC and grassroots football everywhere. I have been working closely with Morecambe and the Shrimps Trust to

ensure we get that right. I bang on about football governance so much that in in my most recent encounter with Lisa Nandy, Secretary of State for Culture, Media and Sport she met me with a cry of 'Yes Lizzi, I'm on with sorting out the football!'

I usually get home about 10pm on a Thursday but that Wednesday I was traveling north for a funeral, so I set off at 7.30pm and spent a few hours on the train reading briefings and responding to emails. I'm always happy to get home and breathe the fresh air. As I write this, I have just returned from a trip through the countryside for my husband's birthday and I was struck afresh by how lucky I am to represent so many beautiful areas in Morecambe and Lunesdale.

As you read this, my final member of staff should have started. You can contact my office via email on Lizzi.Collinge.MP@parliament.uk or leave a message on 01524 566 015 Please do bear with us as we 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.

FAMILY MUSINGS

Sarah Woof

Being away in my beloved Cornwall with extended family, ie 3 generations, in August was fabulous. Just seeing special places with them and exploring new ones was so lovely. The house we rented was perfect and even had a garden. We visited the Lost Gardens of Heligan which hadn't been found all those years ago when my Mum 'found' Pendower Beach House Hotel. The old petrol pumps in St Mawes marked the site of the local garage where Mum and I once rented a car as we had gone by train.

The grandchildren played in the sea and even hubby and I ventured in for a paddle. We built sandcastles and generally had a wonderful time. As I had no idea what day it was and certainly no notion of the date, I completely missed sending in Family Musings for September.

Then we were back home and straight into doing things with sheep, and getting ready for Dent Gala, all of which went off well.

Tilly and Pip had a holiday too in kennels and were quite OK about it



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all but got very excited as the car turned up the drive at home. They see Pam regularly and Tilly had a little stayover when we went to a family wedding. Since then, Tilly celebrated her 7th birthday and Pam came and joined in the festivities. Both dogs continue to bring us so much joy and are settling more in their home with us. Pip goes farming regularly and Tilly goes almost everywhere I go. As I write this she has just been to her first Westmorland Show and enjoyed the fuss and treats. My right arm must be longer than my left!

One grandson has started school and two have moved to secondary schools - how time flies. Does it mean we are having fun?! Certainly need lots of fun amongst the work and time with our grandchildren and friends certainly gives that.

Keep warm, there's a bit of a 'brr' in the month.

FARM FOR THE FUTURE CAN HELP FARMERS THIS WINTER.

Adam Day

For the last three years, The Farmer Network has worked with the Royal Countryside Fund to deliver a farm support programme known as "Farm for the Future" which is funded by Defra. The programme brings together groups of farmers for a series of workshops and one-to-one advice to help them understand the changes to support payments and consider their options for the future. The Network has supported more than 200 farm businesses across the North of England during this time. We are now recruiting farmers for groups that will meet this autumn and winter at Longtown, Dearham and Sedburgh in Cumbria, at Pateley Bridge in Nidderdale, and Slaley in Northumberland. In August and September, we held a series of well attended meetings for farmers

interested in finding out more about the programme, but there is still time to sign up before the next set of workshops. Senior Project Manager Veronica Waller says, "This will be the last chance for farmers to take advantage of this free series of workshops and one to one advice. We will be covering the most up to date information we have on grants and new schemes such as the Sustainable Farming Incentive and the next steps with Stewardship. We will be helping farmers to think about the future of their businesses both with the help of speakers at the meetings, but also through talking to other farmers in their area. The one-to-one advice is a very important part of the programme as it helps farmers think about what the changes mean for their individual circumstances".

Farmer Network Managing Director Adam Day continues, "With BPS falling away fast, and information on the new schemes trickling down slowly, it is important that farmers think seriously about the future and are aware of all opportunities. Our Farm for The Future Program is there to help". Farmers living and working in the areas where the meetings are to be delivered are asked to make contact with the Farmer Network as soon as possible, by contacting Veronica Waller on (01768) 868615 or e mail: veronica@thefarmernetwork.co.uk



YORKSHIRE DALES RIVERS TRUST – OPEN DAY 5 OCTOBER

Victoria Benn

Yorkshire Dales Rivers Trust (YDRT) is opening its doors to the public on 5 October to offer an afternoon of river education.

The drop in event which runs from 1pm – 4pm at Gilling West village hall near Richmond, comprises a full programme including a talk about the Trust's work and how it looks after the rivers Swale, Ure, Nidd, Ouse and Wharfe along with their catchments. There will also be a guest speaker from Holmedale Nature Network and a film about the work of the community environmental group, Save Our Swale.

Additionally, the Trust's unique mobile classroom, branded Rivers2U, with its working rivers table and microscopes will be on site. This award-winning education project, which began in 2018, enables the charity to engage with and educate children and communities about everything to do with rivers, including understanding the geography of rivers, the water cycle, wildlife and habitats, how rivers work, flooding, sustainable drainage systems (SuDS) and natural flood management (NFM).

A (free) bookable guided walk along Gilling Beck with YDRT project manager Sarah Lonsdale and Professor Jonathan Grey from the Wild Trout Trust will also offer the chance to look at some of the issues being tackled by the Trust.

To find out more and book for the walk, visit: www.ydrt.org.uk/news/



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SURGERY AND REHAB

Fritz Hrynyk

Six weeks after full knee replacement surgery. The old one had served me well over the years, supporting me through years of physical activity from football, caving, climbing, diving, walking and many other adventures in-between.

Pre surgery preparation was key: super slow foam rolling as well as direct and indirect Myofascial Release to release and rehydrate tight leg fascia (connective tissue) after 4,000 miles of cycling this year, thanks to my wife and business partner Yvonne; Myofascial Massage Therapist & Fascial Fitness trainer.

The surgery: I just lay there and played no part in the next hour. What came afterwards was the recovery and rehabilitation. This was the part that I had an input on, and what I did to help the body's natural recovery process was important to get me back up and running as quickly and effectively as possible. This was the most difficult period of the whole adventure.

For those of you that have experienced the long road to recovery through rehabilitation you'll know what it entails: pain, patience and persistence. Pain comes from the re-covering tissues and fascia (connective tissue) around the surgical site and surrounding

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muscles and fascia, 'myofascia', Patience is what is needed not to go too far at each step, and persistence is what's needed not to give up and watch more telly.

I had my first knee replacement 9 years ago but what was different this time, apart from the knee, was that I came equipped with new tools that I could use to help myself; namely I am now a fully qualified CranioSacral Therapist, an important tool to help recovery. Listening to my body and the immediate trauma site, enabled me to help the body begin to restore balance. Nine years ago I didn't know what CST was, let alone be able to practice it but that wasn't the case now. I was able to use it on the

couch, on a treatment table and especially in bed where I have spent so much time recently.

Yvonne is using her intuitive touch as a Myofascial Massage and Scar Therapist to help release 'stuck' scar tissue that has pulled the fascia tight, causing restrictions and a great deal of pain and aching. Did you know that tight fascia can exert up to 2,000lbs or pressure per square inch? Ouch! Yvonne has also recently qualified as an Earthing Guide: this is using the power of earth's electricity to reduce inflammation and pain and charge our cells with more negative energy. I have been 'grounding' myself literally in our garden, and as I became more mobile, walking barefoot by the river



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and dipping my feet in. I was still having to take painkillers, especially through the night but have noticed that recovery this time was much faster than 9 years ago.

So where am I now with the rehabilitation? I'm back on a training bike with mileage increasing steadily. I am walking along Frostrow Lane with and without a stick, and more importantly getting ready to start work again so that I can help people to restore an inner sense of calm and softening to their bodies by treating them with CranioSacral Therapy.

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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 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

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 Ripple 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.

- **Need for Achievement and Purpose:** Having a sense of purpose and feeling as if 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.

- **The 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

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 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

YOUNG ONSET DEMENTIA

Dementia UK

Dementia is a degeneration of the brain that causes a progressive decline in people's ability to think, reason, communicate and remember. Their personality, behaviour and mood can also be affected. Everyone's experience of dementia is unique and the progression of the condition varies. Some symptoms are more likely to occur with certain types of dementia.

Dementia is described as 'young onset' when symptoms develop before the age of 65, usually between 30 to 65 years of age. It is also referred to as 'early onset' or 'working age' dementia, but these terms can cause confusion. 'Early onset' can be interpreted as the early stages of dementia and 'working age' is now less defined as retirement age is more flexible.

As dementia is frequently, and wrongly, thought of as a condition

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that is just associated with old age, the early symptoms of young onset dementia are not always recognised and may be attributed to other causes including depression, stress, menopause, physical health problems and relationship issues. This can lead to a significant delay (on average four years) in getting an accurate diagnosis and access to appropriate support. This can have a negative impact on not just the person with dementia's life but also the whole family.

What differences are there to late onset dementia?

When compared to older people, younger people affected by dementia are more likely to:

- have a rarer form of dementia affecting behaviour and social functioning
- have a familial/inherited form of dementia
- report significantly higher psychological and physical distress
- experience employment issues
- have significant financial commitments such as a mortgage
- have a younger and more dependent family
- have additional caring responsibility for parents

There are differences in the types of dementia commonly diagnosed in younger people with dementia compared to those of an older age. For example, only about a third of dementias diagnosed in younger

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people are of the Alzheimer's type in comparison to about 60% in the older age group. For more information visit our facts and figures page.

How does young onset dementia develop?

The early symptoms of young onset dementia may not be memory loss. Symptoms can differ from one person to another depending on the type of dementia a person has, and which parts of the brain it affects.

Dementias affecting the frontal and temporal lobes of the brain are more common in younger people so it is more likely that the early symptoms may include changes in:

- personality
- behaviour
- language
- social functioning
- relationships with others
- activities of everyday living
- motivation
- mood eg depression, anxiety
- concentration levels
- decision making and problem solving
- vision and spatial awareness

In addition, the person may not recognise the changes or may be reluctant to accept there is anything

wrong when they are otherwise fit and well, and so put off visiting their doctor.

The needs of people affected by young onset dementia

People living with young onset dementia and their family members state that they need:

- early recognition of the signs and symptoms suggestive of dementia
- accurate and timely diagnosis
- awareness of their condition, especially from health and social care professionals
- specialist information at the time of diagnosis
- identification of a person who specialises in young onset dementia to support them and their family to work on a support plan to meet their needs
- better communication between agencies
- access to a specialist helpline
- support around employment issues
- emotional support and relationship counselling
- age-appropriate information, advice and support to stay active and maintain independence

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- age-appropriate meaningful occupation and activities
- to feel connected to others
- peer support groups
- support to retain a life beyond caring

Early recognition and timely accurate diagnosis of dementia, combined with appropriate specialist support, can reduce the distress experienced by the person with young onset dementia and their family.

If you have any cause for concern, it is a good idea to make an appointment to see a doctor. Seeing a doctor early on can reduce anxiety and worry and provide you with answers.

HELP WITH CLAIMING PENSION CREDIT

*Linda Wilkinson
Citizens Advice*

I'm really worried that I won't be able to afford to keep warm this winter. I don't want to claim benefits, and I don't think I would get anything anyway because I get a State Pension.

If you have reached pension age, and your income is below a minimum amount decided by the government, you are entitled to Pension Credit, and there is nothing to be embarrassed about in claiming what you qualify for. It's worth applying even if you don't think you'll get much, because if you receive Pension Credit, even a small amount,

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you'll be able to get the Winter Fuel Payment, and other financial help.

There are two parts to Pension Credit. Guarantee Credit tops up your weekly income to a minimum amount. Savings Credit is a small top-up for people who have a modest amount of income or savings. It's only available if you reached State Pension age before 6 April 2016. You might get one or both parts, depending on your circumstances. Contact South Lakes Citizens Advice for help in applying for Pension Credit.

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

KEYBOARD TRICKS

Helpful Book Company

This week I had a bit of a “smart cookie” moment with my partner, which I thought was worth sharing with you all. One thing you should know about my partner is that he's very capable with computers – he can type at 100 words per minute, his nickname at his job is “The King of Spreadsheets”, and he's built his own computer from scratch in the past.

But it turns out that even the most knowledgeable of dogs still have new tricks to learn, as I discovered the other night. I was watching him rename some files, and I noticed that he was doing it in quite a long-winded way, so I asked him if he'd ever thought of using the F2 key on the keyboard.

“The what key?” he responded. I then pointed out the row of Function keys across the top of the keyboard, and showed him that if you click on a file in File Explorer, and then tap the F2 key once, it highlights the file name so that you can type a new name instead, and press Enter to save it.

He thought this was marvellous, and spent a happy five minutes

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playing around with it. When I told him to open his web browser, and showed him that the F5 key would refresh the page, he was cock-a-hoop!

The only exception to this rule with the Function keys is that on some keyboards (especially laptops) they double up some of the keys as they're a bit pushed for space. So if your F2 key has another icon on it, like a speaker icon, then you might need to hold down the "Fn" key on your keyboard while you press F2 to rename the file.

SHEERING GAYE VILLAGE LIFE GOES ON

Sandra Gold- Wood

Last month we left the villagers with all kinds of changed plans. Violet did not go to Vietnam with Daniel. Daniel isn't working for the Red Cross in Vietnam instead he's on mission looking for a lost Korean Physicist. Violet has told her brother and the school that she is pregnant. Silvia Muffet has begun working as a model and her sister Margaret is learning to drive. PC Alders is now Sergeant Alders. Many of the villagers are pleased about the new estate but naturally some are not. Dr Calvert is looking forward to being involved in planning the new Health Centre. While George Billings and Mother Flo are looking forward to improvements at the village hall. Conner Fitzgerald, primary school head, has asked the villagers to come to a talk about the new staff for the Health Centre being recruited from overseas. He and Carole Wheeler are openly together and

were enjoying a pleasant evening when they were surprised by loud knock at the door..... read on.

At 6 pm on Friday evening in the flat above the Post Office Sergeant Terry Alders was sitting at the kitchen table with Bartholomew explaining that the police could find no trace of his wife Ingrid. Bartholomew wasn't surprised and he freely admitted to Terry that he really didn't want her back anyway. 'I can understand your feelings Bartholomew, but there's the small matter of attempted murder.' 'Yes, I suppose there's that but really, how could it be proved?'

Terry had to agree there wasn't much of a case. Bartholomew thought it best left as it was, 'I mean, I don't want the police searching high and low for Ingrid, I'll certainly be the first one to let you know if I should see her, but I've a feeling I won't, it seems to me she went to great lengths in order to disappear, so.' Terry agreed and said that the police would have to leave the file open in case she turned up, but they had plenty of provable cases to be getting on with.

On the road between Sheering Gaye and Denham Margaret Muffat was driving steadily and feeling happy with her progress. Mr. Pool, her instructor sat quietly, watchful of Margaret's hands on the wheel and her gear changes. As she pulled up neatly outside her home Mr. Pool told her that next week they would be practicing reversing. Crumbs, Margaret thought to herself, I have only just got the hang of going forward. 'Same time next week then

Miss Muffat?’ ‘Yes, thank you Mr. Pool.’

Feeling pleased with herself Margaret skipped around the side of her house and stopped in her tracks. There by the back door stood Margaret’s boyfriend, Ian Lowe, the boyfriend she was preparing to finish with. Ian moved toward her, and she backed away from him. ‘Is that how it is?’ asked Ian as he followed Margaret into the kitchen. ‘What do you expect, I mean what are you doing here?’ At that moment Les came into the kitchen, greeted Ian, gave his daughter a kiss and asked her how she’d got on with her driving lesson. In the silence that followed his question, Les looked from his daughter to Ian and deduced that something was up, so he suggested they go in the front room and have a chat. When they didn’t move, Les said, ‘Well, stand there all night then, but out of my way I want to make a cup of tea.’ Margaret and Ian took the hint and went into the front room where Margaret’s brother, twelve - year- old John, was sitting on the floor watching Telly. Ian, nodded toward John. Margaret told him that he need not worry as John would not be taking any notice of them as he was far too involved in watching Happy Days.

‘I’m sorry Margaret, I really am, I should have let you know, I could have sent a message.’

‘Well, why didn’t you then?’ asked Margaret indignantly.

‘I thought it best to break up with you, I mean you didn’t want to sleep with me did you, and so I thought’ I’d end it.’ Ian’s words really stung and

Margaret retorted angrily, ‘I see, so me not wanting to sleep with you was enough to make you break up with me, well if that’s how you feel, I’ll ask you again, what are you doing here?’

Ian sat silently looking down at his hands. After a few minutes of watching him and waiting for him to speak, Margaret stood up saying, ‘You’d better get back to the base then.’? At that moment John burst out laughing at something on the screen and started singing the Happy Days theme tune. Margaret fled the room surprised by the tears that were beginning to spill. Ian caught up with her in the back garden. He opened the door of the shed and encouraged her to go in. ‘Why?’ said Margaret trying to hide her tears. Ian was quite exasperated and so he lifted her up and plonked her in the shed shutting the door behind them. ‘Now what’ asked Margaret crossly. Ian sighed and knelt in front of her and pulled a small box from his pocket. ‘Margaret, I’m sorry I hurt you, please will you marry me, I can’t live without you.’ Completely at a loss for words Margaret looked down at his earnest face and struggled with her feelings,

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as she reminded herself that she had wanted to finish with him.

A few miles up the road at Sheering Fair, Carole Wheeler got up to answer the urgent knocking on the front door. Finding a young girl she had never seen before standing there she asked, 'Can I help you?'. 'Are you Mrs. Wheeler, and is your husband at home?' 'Well, I am Mrs. Wheeler, but who are you.' 'I'm Becky, my mum sent me only we ain't had any money from Mr. Wheeler lately and well things are getting hard.' 'Carole, who is it,' called Conner from inside.

'Is that him, is that Mr. Wheeler?' exclaimed Becky excitedly.

Carole took a step backwards and Conner stepped forward and invited Becky inside. 'I think you'd better come inside, by the way I am not Mr. Wheeler.'

'No, I know that, you don't look anything like my dad, where is he Mrs. Wheeler, only mum's ill and.' With this the girl burst into tears. Carole gave her some tissues and sat her down while Conner made some tea. When Becky had settled down Carole told her that Mr. Wheeler was in Australia and as far as she knew he had no plans to come back. 'How old are you, Becky?' asked Carole. 'I'm sixteen next month, look I'm sorry, I wouldn't have come, it's just mum is poorly,

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and she can't work, dad, I mean Mr. Wheeler, used to come once may be twice a year, but he'd always send money, regular, like, so we'd manage.'

Carole sat quietly listening, keeping the pain from showing on her face. Yes, she had known her husband had been unfaithful more than once, she had tolerated it because of Adam and then when he had gone to work abroad, she had told herself it didn't matter and of course it came as no surprise that this girl was his child. But it cut her deeply because Becky was only a few months younger than Adam so Roy must have been seeing Becky's mother while she was pregnant and

that really hurt. Conner took the girl home. Becky asked him to come in with her to explain to her mother why Mr. Wheeler had not sent any money. After he explained the situation to Becky's mum, he gave her some money for food and promised he would come back over the weekend to help them sort out what benefit's they could claim. Louise, Becky's mother expressed her gratitude and apologized. Conner reassure her saying, 'I'm sure we can sort something out,' while thinking how ill the woman looked.

Conner made the journey back from Denham at a very fast pace glad that there were only a few other cars on the road that evening. As he

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drove, he was thinking of Carole and was appalled to know she had been treated so badly. Rushing into the house he gathered her in his embrace as she began to sob. Just at that moment Adam ran down the stairs at a pace and came upon the scene. Immediately accusing Conner of upsetting his mother. Carole pulled herself together and told her son in no uncertain terms to sit down and listen. 'It is not Conner who has upset me, you'd better brace yourself as we have just had a visit from a young woman who is your half-sister.' 'No way mum, that can't be right, why are you telling me this?' 'For heaven's sake Adam I am not likely to be lying now am I'. Adam stood up as if he

was going to continue his argument. Conner stepped between them, 'Let's start again shall we, sit down both of you?' Adam and Carole sat down as asked. Then, quietly and carefully Conner explained to Adam exactly what had happened. Adam was suitable ashamed of his behaviour and apologized.

'I'm sorry mum, why did you stay with him, I'm telling you mum if he comes back, I'll, I'll kill him!' 'Adam, said Conner, that would ruin your life so best forget that idea, why don't we talk about what you'd really like to do with your life?' They talked late into the evening and Conner and Adam began to form a bond. When Adam returned to his room Carole thanked

Conner and asked him to stay over, which he did.

At 10 pm a Daimler Sovereign pulled up outside No7 Green Edge and a weary but very happy Silvia stepped out. Leaning into the car she kissed Evelyn [her designated make-up artist and chaperone], goodnight and waved to the driver and let herself in the front door. The house was in darkness. Everyone was in bed thought Silvia, as she felt for the kitchen light. Then with a flick on came the light and there waiting to greet her stood her family, even John. Hugs were exchanged and congratulations. 'Silvia M the Silvikrin girl,' chimed Les as he popped the cork from a bottle of Asti Spumante and gave each of them a glass including John. Who didn't like it one bit and gave it to Margaret who was looking distinctly pale. No one noticed given all the excitement over Silvia.

On the night before the school closed for the Whitson holidays Conner held the meeting he had been planning. Peter Dewhurst had helped him set up the film to show nurses and doctors from overseas working in hospitals and clinics around Britain and some film of where they had come from and trained. Conner always felt that if people were in possession of the facts they would understand and not behave badly. The villagers watched in silence. However, when Conner asked if there were any questions the school hall erupted with everyone shouting their opinions. The main protagonist being JJ Jones of course. A few villagers agreed with JJ, saying

it wasn't right that these foreigners should be taking jobs that should be for British people. Violet was ashamed to hear such talk and shared her thoughts with Carole Wheeler who was sitting beside her. They were both surprised when teacher Mrs. Day, not known for getting involved stood up and called JJ a small-minded bigot which ignited heated arguments around the hall. Jonas and Rev Grey were trying to claim things down until someone threw a punch which sent Roger Croft [Landlord of the Swan] flying across the seats, causing his wife Dora to end up on the floor. Shelia Grey helped Dora up and Jonas put JJ in a head lock. Seeing that things were out of hand Conner and Peter in an attempt to call the meeting to order, rung the school bell and Conner shouted, 'Let's all claim down before someone gets badly hurt.' Just at that moment, Sergeant Alders and his new PC came into the hall, having been alerted by George Billings and in a matter of moments all was quiet. There followed a much more reasonable debate among the gathered villagers. JJ Jones sandwiched between Sergeant Alders and PC Robin Bently and remained quiet. The meeting broke up in an amicable fashion with many villagers retiring to the saloon bar at the Swan. Not JJ as PC Bently had escorted him to his bus and followed him back to Sheering Fair just to make sure he couldn't cause any more trouble that evening. In the kitchen at the Swan, Roger asked his wife if she was ok. Dora replied that she was fine, she had not hurt

herself, 'But Roger I really need to speak with you.' 'What now with a bar full of people, can't it wait?' Dora gave her husband a look that told him she meant business. After which she popped into the bar and asked George to come and help serve for a minute or two. Returning to the kitchen, she indicated to Roger that he should sit down, 'Right, now everyone is getting served, so sit down and listen to me.' Roger was wondering with trepidation as to what was on Dora's mind, earlier they had argued about the idea of extending the pub and adding a proper restaurant and fearing the worst he sat down. 'Roger darling.' Hearing this he felt a little better if she was leaving him surely, she wouldn't call him darling, would she? 'Oh well, I can't think of how to sugar this.' On hearing this Roger really did think she was leaving him and quickly spoke up, 'Dora, please don't leave me we can sort out the restaurant issue, it's ok you can do it up anyway you like.' 'Leave you? laughed Dora, I have no intention of leaving you, what have to tell you has come as a shock to me and so I am sure it will be a shock to you too, you see, I'm expecting.' 'Expecting what, asked Roger and then in that moment the penny dropped, crumbs Dora, do you mean a baby!'

Violet walked across the Green back to Stanley Hall wishing Daniel was there to greet her. Brushing a tear away she thought about Carole and Conner and how glad she was they were together. Yes, she thought as she put the kettle on Carole certainly deserved better than Roy for

a husband, the man was a disgrace and no mistake. Violet remembered him from school he'd pestered all the girls and of course got his way at times. They all learnt to avoid him, but Carole had fallen for him and ended up pregnant. Violet thought it might have been better if Carole and Roy had not married but seventeen years ago the idea of an unmarried mother was still a big taboo and Carole's father had made sure Roy did the 'so called' right thing. These thoughts made her deeply grateful that most of the villagers had congratulated her and not judged her. One thing she knew she had been putting off, was telling her mother. Sipping her tea, she pondered on what her mother's reaction might be. It was no use trying to guess as her mother was unpredictable to a fault. The doorbell rang startling her and she wondered out loud who could be knocking so late. At the door stood a young man who asked her name and then handed her a telegram. Violet looked down and the small envelope. 'What is this about,' she asked. But the young man had started his motor bike and in seconds he was gone.

To be continued.....



**SEDBERGH
MEDICAL CENTRE**

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

2024

Thursday 10th Oct
Wednesday 13th Nov



BOOK TOWN QUIZ ANSWERS

1. Little Women – Louisa May Alcott
2. The Very Hungry Caterpillar
3. Whisky Galore – Compton Mackenzie
4. Look Back in Anger – John Osborne
5. Tristram Shandy
6. Harry Potter and the Deathly Hallows
7. Diaries
8. Dune
9. The Canterbury Tales
10. Elegy Written in a Country Churchyard – Thomas Gray
11. Mr Darcy in Pride and Prejudice
12. P D James

EDITORIAL

The Lookaround team are still looking for an additional person willing to spend a few hours a month speaking to local businesses who might be willing to advertise with us. If you are the kind of person who can do this sort of thing please contact us, we would be very appreciative of the help.

And we do have some extra advertising space now available for full colour adverts inside the front cover. We have yet to decide the cost of this space, or how we might configure it, as it has just become available, but we will do in time for the November edition. If you are interested in the mean time do speak to us.

Ed.

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

d	t	a	i	h	o	r	r	i	b	l	e	c	e	a	o	m	e	o	s
i	u	f	a	n	t	a	s	y	s	r	o	r	e	r	i	p	m	a	v
o	o	e	l	r	s	e	m	h	c	d	b	n	e	d	m	e	a	a	
n	n	b	p	s	r	p	k	s	s	o	a	u	i	l	n	s	a	x	o
u	m	c	l	i	k	w	n	n	w	a	a	p	e	n	f	o	e	e	s
e	b	i	a	o	a	e	o	o	e	o	r	i	e	e	a	o	k	e	l
p	k	n	d	o	o	p	l	b	k	c	o	h	s	d	c	i	r	n	h
g	j	r	l	n	r	d	o	e	t	a	t	z	u	i	e	s	e	r	e
c	f	r	e	a	i	n	a	o	t	a	t	b	s	r	p	l	c	c	o
t	o	h	n	y	e	g	m	r	p	o	m	r	c	f	a	o	w	y	n
e	i	k	o	u	e	b	h	e	e	p	n	o	p	a	i	c	d	d	b
g	h	o	s	t	s	p	e	t	n	f	t	o	a	m	n	n	i	r	f
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e	e	y	o	u	r	r	e	t	o	g	j	s	t	d	a	m	e	l	s
s	i	n	t	i	i	t	c	r	c	r	t	t	y	t	b	d	p	s	t
l	e	d	s	a	g	e	p	l	i	h	e	i	l	s	a	f	g	n	a
u	n	n	u	p	h	n	w	e	e	g	i	c	a	l	p	u	a	n	g
e	u	m	a	s	t	o	w	l	f	i	e	k	u	t	d	n	i	r	a
b	o	h	p	u	m	p	k	i	n	f	a	e	l	a	n	r	i	l	e
d	m	n	t	c	n	d	o	y	g	e	t	c	d	d	i	i	o	m	e

Blood

Cape

Fantasy

Haunt

Owl

Pumpkin

Tombstone

Bone

Eyepatch

Fright

Horrible

Party

Shock

Vampire

Broomstick

Face paint

Ghost

Midnight

Prank

Skeleton

PUZZLES (SOLUTIONS ON PAGE 81)

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

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

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

Organisation	Help For	Contact
Dent Grammar Educational Foundation	Educational Expenses	Dgsef1@yahoo.co.uk
Killington Educational Foundation	Educational Expenses	andy.burgess@westerndales.org.uk
Sedbergh School Young Persons Fund	Educational Expenses	mhm@sedberghschool.org
Sedbergh United Charities and Widows' Hospital : Exhibition Fund	Educational Expenses	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh United Charities and Widows' Hospital : Poor Householder's Fund	Financial Assistance	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh British School	Further Education Expenses	015396 20194
Sedbergh United Charities and Widows' Hospital : Widow's Fund	Housing for Widows	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh & District CIO	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

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

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

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

PEOPLES' HALL HIRE RATES

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

DIARY OF EVENTS

Dates are held up to 08/11/2025
 Dates in **BOLD** are start & finish events.
 Numbers in Brackets indicate Advert/Article on a Page.
 Month in Bracket relates to issue that details last
 appeared.

OCTOBER 2024

01	Experience Harvest (Sep)	StAS
01 1900	Sedbergh Town Band Concert tbc (Sep)	StJCG
02 930	St Andrew's Coffee Morning (3)	StAS
03 1400	Community Afternoon Tea	GH
04	Dales Days - Richard Gledhill (22)	DHTF
05 1130	Flu Booked Clinic (Sep)	MC
05 1300	YDRT Open Day (56)	Gilling We
05 1930	Big Quiz Night (Sep)	PH
07 1030	Flu Walk In Starts (Sep)	MC
07 1900	Community Trust AGM (7)	PH
08 1400	Killington WI making mosaics	PH
08 1930	Domino drive	FCH
08 1930	Flicks In The Fells Meeting (11)	RR
09 930	Christian Aid Coffee Morning (3)	StAS
09 1915	Dentdale WI Bee gardening	DMH
09 1930	Sedbergh WI Interactive puzzles (26)	PH
10 1930	Sedbergh Parish Council Meeting (52)	PH
11	Death in the Dales Starts (Sep)	Sedbergh
12 1400	Half Term Holiday Begins (46)	SS
12 1930	Big Quiz Night	CCCN
13	Death in the Dales Ends (Sep)	Sedbergh
15 1400	Sight Advice Meeting (14)	PH
15 1930	Ladies NFU - Dry Stone Walling (Jun)	PH
16 930	Ukraine Coffee Morning	StAS
16 1000	Murmuration: Tapestry Project	FM
17 1800	Road Closure Starts (10)	Cautley
18 0600	Road Closure Ends (10)	Cautley
18 1930	Tattie Pie	FCH
19 1000	Sedbergh Apple Day (20)	PH
19 1130	Flu Booked Clinic (Sep)	MC
22 1400	Wensleydale Arts (16)	Tennants
23 930	Town Band Coffee Morning (13,3)	StAS
23 1000	Police Drop In	Community
24	RBL Poppy Appeal (6)	TBA
24 1900	Allotment Assoc AGM	RR
26 1000	Eco Market (27)	StAS
26 1400	Jumble Sale - Air Ambulance (28)	PH
27 1900	Half Term Holiday Ends	SS
28 1930	Beetle Drive	GVH
29 1930	Kitty Brown Fashion Show - WIS (26)	PH
30 930	RBL Coffee Morning (3)	StAS
31	Pumpkin Party (6)	Dent
31 1400	Community Afternoon Tea	GH

NOVEMBER 2024

01 1930	Dominos and Tattie Pie	HVH
05 1830	Bonfire and Fireworks (46)	SS
07	Young Peoples Fund Meeting (15)	TBA
07 1400	Community Afternoon Tea	GH
10	RBL Poppy Appeal (6)	TBA
10 1930	Remembrance Concert (13,1)	StAS

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
15 1800	Road Closure Starts (10)	Cautley
18 0600	Road Closure Ends (10)	Cautley
18 1930	Domino Drive	GVH
19 1930	Ladies NFU - Jewellery Making (Jun)	PH
21 1400	Community Afternoon Tea	GH24
	4FrontTheatre (6)	Dent

DECEMBER 2024

05 1400	Community Afternoon Tea	GH
07 1800	Town Band Christmas Concert (13)	StAS
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

Closed until further notice

HADDOCK PADDOCK

MAIN STREET - 015396 20468

Excellent Fish and Chips, if you're visiting have some before you leave. And it has a café serving panini's, teas, traybakes etc.

NUMBER 46

MAIN STREET

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

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SEDBERGH PIZZA

MAIN STREET - 015396 28262

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

SMATTS DUO

MAIN STREET - 015396 20552

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

WAFFLE CONE

MAIN STREET

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

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

SOME WALKS AROUND SEDBERGH

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

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

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

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

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

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

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

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

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

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

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

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

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



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

GROUPS AND ORGANISATIONS

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

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

BUS SERVICES

Western Dales Bus

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

From 2nd October 2023

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

BUS SERVICES

Western Dales Bus

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

From 2nd October 2023

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

LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman	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 - 2nd and 4th Sunday 2pm.

**Combined plans for Western Dales Mission Community
October 2024**

	Time	6 th	13 th	20 th	27 th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC		HC 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Morning Service 4pm- Messy Church	Chapel Anniversary Joint Service	Morning Service
St. Mark's, Cautley LA10 5LZ				9.30am MP with Communion by Extension	
St. John's, Garsdale LA10	10am	HC		SW	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Harvest Festival		Afternoon Service
All Saints, Killington LA6 2HA	2.30pm				
Holy Trinity Howgill LA10 5JD	9.30am		Harvest Festival		
St. John's Firbank LA10 5EF	2.30pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am				
St. John's, Cowgill LA10 5RJ	2.30pm	All-Age Harvest Service		HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	All-Age Service		Morning Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	1st			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	Wednesday	2nd	9th	16th	23rd/30th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00				30 th - Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer) SW- Service of the Word			MP- Morning Prayer		
Contacts– Quakers contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

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

First Responders

**IN EMERGENCIES CONTACT THE
EMERGENCY SERVICES**

The numbers below are for information on
volunteering only

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

POLICE

101 or 999

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

Community Officers

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

DENTAL SURGERY

Main Street 015396 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street

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

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - 015396 20406

MARKET DAY

Wednesday

Last Page Update:

September 2024