### Sedbergh & District

# LOOKAROUND

November 2024

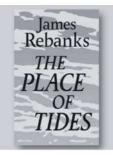
**Donation £1** 

Issue 437

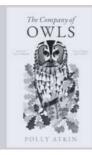
Christmas is coming. See the schedule for Late Night Opening opposite, and the ad on page 31. Before then though it is Remembrance with the service on

the 10th and a concert by the Town
Band in the evening. See the article
on page 9 and the advert on page 10.
And get down to Westwood Books
on the 22nd!

Ed.



₩ESTWOOD BOOKS



All welcome to our next event: The Company of Owls by Polly Atkin Friday 22nd November 2024, 7:30pm Tickets £5 - available to buy online or in the bookshop

NEW: SIGNED copies of James Rebanks book The Place of Tides now available in store & online

#### Westwood Books Gift Vouchers & National Book Tokens

New Christmas catalogue available to collect in store now

Come and order your Christmas books here!



Open 7 days a week from 10:30am

Westwood Books, Long Lane, Sedbergh, Cumbria LA10 5AH Telephone: 015396 21233 booksewestwoodbooks.co.uk

www.westwoodbooks.co.uk





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

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

### **CONTENTS**

Articles	Articles (Continued)
Addiction As Connection18	W.I. Dentdale46
An Evening With Lord Byron7	W.I. Howgill And Firbank43
Be Alert For Scams52	W.I. Killington44 W.I. Sedbergh41
Bonfire/Fireworks Night15	W.I. Sedbergh41
Book Town Book Quiz14	Why Has My App Disappeared?51
Book Town Book Quiz63	<b>Business Adverts</b>
Cards for Good Causes6	Able Memorials38
Christian Aid Coffee Morning5	Audio Lookaround12
Community Swifts25	Black Bull51
Community Trust Grants8	Clean Machine35
Dementia And Fireworks16	Cobble Country49
Dent Macmillan Coffee Morning6	Cobble Country
Dentdale, Head To Foot49	Cumbria Stoves33
Family Musings28	Curtains53
Fifty Years Ago33	Dalesway Therapies25
Flicks In The Fells5 For Gallantry37	Dalesway Therapies25 Dalton Burial Ground39
For Gallantry37	Dawsons Fuels48
Friends Of The Dales Autumn Events-27	Duncan Law Plumber55
Garsdale Sreet Methodist Chapel39	Firewood & Septic Tanks8
Hardship And Exhibition Funds8	First 4 Home Improvement52
Ladies' N.F.U48	G.J. Baines20
Lizzi's Column20	H&M Craftsmen Kitchens27
Lookaround Finances10	History Society11
Lookaround Finances10 Lookaround Project8	J.J. Martin Funeral Director40
Milithrop Defib Fundraising11	K.W. Electricals6
N.H.S. App Day7	Kev Scrap15
Notes From Dent Station29	K.W. Electricals6 Kev Scrap15 Ladies NFU13
Police Report12	Lookaround Local Subscription60
Road Closure Cross Keys6	Lookaround Needs Help62
Remembrance Service9	Lookaround Postal Subscription61
Sedbergh Parish Council22	Lookaround Subscription59
Sedbergh Primary School P.T.F.A23	M.K. Conversions Ltd19
Sedbergh School News24	Matthew Cook Stonemason17
Tales From Sheering Gaye54	McGarry Solicitor57
The Latest Scam50	Oglethorpe Sturton & Gillibrand LLP54
Ukraine Coffee Morning7	Parkin And Jackson37
	Parsons Containers32 Peoples Hall23
COVER PHOTO	Peoples Hall23
Leaves	Powells43
	Royal British Legion16
Colin Cowperthwaite	Royal British Legion16 Ryedale Plant & Hose21

#### **CONTENTS** (continued)

Business Adverts (Continued)		
S. Alderson Painting & Decorating28		
Sheila Shuttleworth Dressmaker53		
Simon Parkin Carpets7		
Stephenson And Wilson Builders41		
Stramongate Press85		
The Thirsty Rambler44		
Thomson Hayton Winkley Solicitors29		
Tooby's Electrical47		
Trauma and Addiction Therapy36		
Treadwell flooring58 Volunteer Car Scheme5		
White Hart Sports & Social Club18		
Wools Of Cumbria45		
<b>Event Adverts</b>		
Christmas Concert (7/12)26		
Domino Drive (22nd)22		
Griefshare Open House (Tues)14		
Late Night Shopping (4/12)31		
Medical Centre34		
Remembrance Concert (10th)10		
Weekly Coffee Morning (Weds)3		
Westwood Books (22nd)1		
Other Information		
Advertising In Lookaround4		
Bed & Breakfast73		
Bus Services76		
Car Parking Charges69		
Diary of Events70		

#### **Other Information (Continued)**

Eat and Drink in Sedbergh71
Groups and Organisations74
Lookaround Details66
Lookaround Editorial Team80
Peoples Hall Hire Rates69
Personal Messages63
Places of Interest72
Public Information Contacts84
Puzzles64
Religious Information81
Sources of Funding68
Train Times77
Useful Contact Details70
Walks Around Sedbergh72
<u> </u>

# LOOKAROUND

#### DIARY

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

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

Wed 6th November - St Andrew's
Wed 13th November - St Mark's
Wed 20th November - Make 2nds Count (Breast Cancer Awareness)
Wed 27th November - Ladies N.F.U.

3

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



#### ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows:-

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

#### **Advertising Rates**

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

#### **CONTACT INFORMATION**

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

#### **PAYMENT INFORMATION**

**CHEQUE** 

Cheques Payable to :

Sedbergh & District Lookaround BACS

Account:

**Sedbergh and District Lookaround** *Account Number:* 

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

#### **FLICKS IN THE FELLS**

Ian Hutt

I want to extend a huge thank you to everyone who attended our meeting! Your enthusiasm and input have been invaluable as we work to relaunch Flicks in the Fells. It's clear that Sedbergh's love for cinema is alive and well, and we couldn't be more excited about the future.

We're pleased to announce that our next film showing will take place on 7th December 2024 at the People's Hall. The film(s) are yet to be decided, but rest assured we're working on a great selection, and we'll share full details soon — so stay tuned!

In addition to film lovers, we're also on the lookout for local businesses

interested in advertising sponsorships. This is a fantastic opportunity to promote your business on the big screen while supporting your community cinema. If you'd like to get involved, please don't hesitate to reach out.

Thank you again from all of us at Flicks in the Fells. We look forward to seeing you all at our next screening in December!

### CHRISTIAN AID COFFEE MORNING

Anne Pitt

Thank you to all who attended and helped at our coffee morning in October. In spite of the weather we managed to make £154.70 which has been sent off to Christian Aid.



### ROAD CLOSURE CROSS KEYS YDNPA

In order to install the new footbridge across the river at the Cross Keys, 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 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.

#### CARDS FOR GOOD CAUSES

Ed Welti

Christmas is coming and Sedbergh Information Centre now has a stock of Christmas Cards produced by Cards for Good Causes (CFGC).

CFGC is the UK's largest multicharity card and gift retailer supporting local and national Charities as a not-for-profit organisation. Their aim is to raise funds for UK charities and support local communities, benefiting communities both financially and socially. In the last 10 years alone CFGC not-for-profit raised over £22 million for UK charities, and over £2.7 million to local community locations.

As well as Christmas Ćards, the Sedbergh Calendar for 2025 is now also in stock in the Information Centre, featuring local scenes captured by our local photographers.

### DENT MACMILLAN COFFEE MORNING

Sarah Woof

This took place in the Haygarth Room at the rear of the Memorial Hall and the space worked well for the event. Many thanks to all who helped in any way, we had a scrumptious selection of cakes and biscuits from which to choose to have with a brew and make a donation. There was, as ever there is at a Dent event, a raffle and afterwards I banked £80.50 and have another £25 which followed in later, to bank as well, a total of £105.50. For me there was a surprise when a cousin and her daughter arrived who have recently moved from Scotland to this area, and although it is many a year since we saw each other I did know her.

Thanks everyone.



#### **NHS APP DAY**

Lynn May

Join us for an informative and enjoyable session open to all. NHS app Drop in and support session for the NHS app on 20th November and 18th December between 10 and 12 noon at the Sedbergh Health Centre. It will be held in the waiting room at the Medical centre. Discover the benefits of the NHS app. Get hands on help to register and use the NHS app. Learn how to make appointments, order repeat prescriptions, and seek medical advice with ease. Bring ID on the day.

Empower your health journey with technology. Open to all.

#### **UKRAINE COFFEE MORNING**

Douglas Thomson

The coffee morning on the 16th of October raised £750.65 for Ukraine. Many thanks to all who so generously contributed in so many ways.

### AN EVENING WITH LORD BYRON

Jenny Howard-Vyse

The Wensleydale Arts Society's November meeting is on Tuesday 26th November at 2pm. Held at Tennants, in Leyburn, DL8 5SG. There is plenty of free parking, a cafe and restaurant. All welcome, members free, guests £10.

"An Evening with Lord Byron: Monsters, Vampires and the Gothic Imagination"

The date is June 18th 1816; the venue is the Villa Diodati beside Lake Geneva and the dramatic Jura mountain range. Byron's guests are his secretary Dr Polidori and Percy Bysshe and Mary Shelley. Outside, the rain is beating down and thunder and lightning flash across the lake from the mountains. Inside, each of the four tries to intensify the gothic atmosphere by telling a ghost story. Mary's creation is 'Frankenstein' - which was to be the most enduring



#### simonparkincarpets@gmail.com

Contact: 07973704664 / 01539620585

Supply & fitting of carpets, LVT & sheet vinyl;

Carpet & hard floor cleaning

SHOWROOMS OPEN BY APPOINTMENT



# FIREWOOD & SEPTIC TANKS David Labbate

Woodsure approved

Kiln dried soft/hardwood Large or Small loads

Septic Tank Emptying And installation service

Reliable & Efficient Service 07811372474 015396 22114



result of that stormy night. This talk explores the artistic origins of the Gothic revival and the fascination with vampires, monsters and other horrors which found their expression in those stories.

Lecturer: Elizabeth Merry who has over 25 years' experience lecturing on a range of subjects including classical art and architecture, aspects of the visual arts and the links between literature and art.

### SEDBERGH COMMUNITY TRUST GRANTS

Tony Reed Screen

During the 2023/24 Financial Year the Grants Committee awarded £22,045 to sixteen organisations. There are still plenty of funds available for 2024/25 and prospective beneficiaries are reminded that the closing date for the next round of applications is Friday 8 November.

### 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

#### LOOKAROUND PROJECT

Des Johnson

Look Around is more than just a local zine. In Sedbergh it's the very air in the lungs of the community, capturing the heartbeat of everyday life. With its thoughtful coverage of local events, personal stories, and neighbourhood highlights, it provides a beautiful insight into the spirit and vibrancy of the town. From small victories toshared challenges, Lookaround keeps us connected, informed, and inspired, serving as a reminder that Sedbergh's true

strength lies in its people and their stories.

There is so much to be unpacked with this little newsletter of information and tales. Even the foundations of Lookaround are an inspiring story. And for that reason, I would love to delve into mechanics, intricacies and details that go into each and every edition.

#### Things I would like to cover.

Here are a few basic questions and areas of exploration. When did LA begin?

- the year (or exact date)
- How has the zine evolved since its inception
- Who started it? (And possibly why)
- Was it a single effort or a group effort
- What is the purpose of LA: The mission of the magazine and its core value
- Who are the key members of the team?
- Who are the indispensable members of LA
- Who are the people that make LA function
- What inspired the team to join the team
  - The process from "pitch" to print
  - Who are the contributors?
  - Who writes in regularly
  - What are the regular

contributions: news/events/articles/ historical stories/etc

- Who is the target audience (and how do you ensure that the content resonates with

them?

Anybody connected with Lookaround now or in the past, print

or "speaking Lookaround" is invited to respond to Des on the contact details below.....

+44 (0) 7716 405 748 ibdesmond1@gmail.com

### ROYAL BRITISH LEGION - REMEMBRANCE SERVICE

David Parratt

The Royal British Legion Sedbergh & District Branch do hope that you can join us at 10.30 am on Sunday 10th November in St Andrews Church for the Remembrance Service and afterwards within the vicinity of the war memorial to remember those who paid the ultimate sacrifice in wars past and recommit ourselves to peace.

Regrettably, due to issues with road closures, there will not be a march past on completion of the wreath laying. Only Finkle Street will be closed and the closure does not extend beyond the Back Lane junction. However, the closure of Finkle Street will ensure spectator safety and to allow the public to assemble in the street and marshals will be in place. Wreath Layers will assemble at the lower part of Finkle Street and on completion of laying their wreath, will join their Standards and take up position on the lawn of St Andrews to the south of the war memorial.

There will be a short ceremony at the War Memorial at 11.00 am on the Monday 11<sup>th</sup> November to remember the anniversary of the signing of the Armistice at the end of the First World War.







#### LOOKAROUND FINANCES.

Ed Welti

The post-Covid world has been difficult financially for many people and institutions, and Lookaround too has been negatively affected. We took over Lookaround at the beginning of 2019, and over the first couple of years we built up a healthy reserve. However, since Covid hit we have gradually to a position where we were showing a small profit, then breaking even, and now to a position where we are losing money on most editions.

Our response to this has been to raise the cost of the adverts, as approximately two thirds of our income comes from the adverts, and the price had not gone up for many years. Most of a regular advertisers have renewed, without complaint, but we have lost some, maybe due to the extra expense, maybe we would have lost them anyway. In the past they would have been replaced by new advertisers, but that isn't happening, at least, not in enough numbers.

Our printers Stramongate have been hugely supportive, and with their help we hope to continue for a while yet. However, our reserve isn't limitless, and unless the situation changes Lookaround may have to become a different form of publication, or disappear altogether.

It would help us if we could find somebody who would be willing to try to find us more advertisers, either



within the Sedbergh District or the surrounding area. A few more adverts would provide the extra income we need, if we had around five or six and could sustain that level, it would support us into the foreseeable future. If you think you could do it please do contact us.

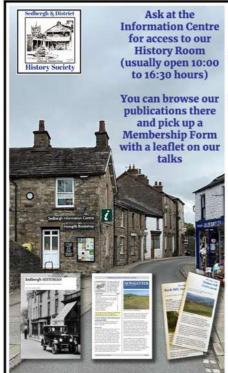
### MILLTHROP DEFIB FUNDRAISING Peter Apps

In Millthrop, we have been raising funds for Sedbergh Community First Responders (SCFD) who help us with funding for the Millthrop Defibrillator in the old Phone Box. The ongoing costs of consumables is fairly high, and although we must thank the Parish Council for continuing to sponsor the Phone box

use, replacement pads and battery etc are down to Millthrop residents to fund

Our oldest born and bred Millthrop resident, Sid Woof, sadly passed away on 6th July. Sid had been growing vegetables for most of his life, selling them locally and, in the latter years, taking them up to Stephensons Wednesday market, who paid him a good price for locally grown quality produce. Sid always had a pride in both his veg and his garden. Near the end of his time, he wished that proceeds from the sale of his veg would go to the Millthrop Defibrillator fund.

On 2nd August we held a DeFib fundraising BBQ at Ashgill courtesy of Garth Steadman, with Millthrop



Sedbergh & District History Society was founded in 1980 to study, research, publish and stimulate interest in the history of Sedbergh Dent and Garsdale, neighbouring parishes, and in history generally. Winter talks are held in St. Andrew's Church, Sedbergh or by Zoom. Summer outings vary from local walks to full day excursions. Our extensive archives in the Society's History Room are open to the public. Four newsletters are published each year as well as our annual journal, the Sedbergh

General enquiries: enquiries@sedberghhistory.org.uk Zoom invitations: zoom@sedberghhistory.org.uk

Membership: membership@sedberghhistory.org.uk

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

Sedbergh & District History Society
The Community Office

72A Main Street Sedbergh Westmorland & Furness LA10 5AD

Historian.

residents and guests bringing their own food to be cooked on several BBQ's. A generous grand total of £200 was raised on the day. The sale of Sid's veg then totalled £85 so a combined gift of £285 was duly donated to SCFD.

Since that time and with the blessing of Sid's daughters Pat and Carol, we have continued to care for and harvest Sid's veg to take to Stephensons every week. Now that the veg have virtually stopped providing the top quality we expect to take to market, we have totted up what money has been raised and the princely sum of £120 will now be again donated to SCFD.

(Sedbergh Community First Responders are very grateful for the fundraising and support of the Milthrop community).

#### POLICE REPORT

Mandy Coleman

Logs of note are:

25/9 – Theft of sheep from the area.

With winter quickly approaching, we are urging people to take several measures to protect themselves and their properties during the darker nights.

- Keep front and back doors locked as well as outbuildings and sheds.
- Light up the front door with dusk to dawn lighting.
- Make sure your house door is visible from the street, cut down hedges, if people can see you then they can also see a burglar breaking in.
- Try not to leave your house in silent darkness, just leaving a radio on could make a potential burglar think twice.

### Sedbergh and District Jookaround

#### **AUDIO & LARGE PRINT LOOKAROUND**

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

The Large Print Version is delivered and supplied for FREE.



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

- Never leave a spare key outside your home, burglars know all the hiding spots too.
- Keep bins away from porches/ windows, so they cannot be used as a potential climbing aid.
- Consider joining or setting up a Neighbourhood Watch scheme.

Operation Lantern - rural crime is defined as "any acquisitive crime or related offences which occur in rural areas"

Cumbria Constabulary's Rural Crime Strategy seeks to:

- Provide an outstanding policing service to the Rural Communities of Cumbria.
- Ensure our Rural Communities feel safe.
- Make Cumbria a hostile environment for travelling acquisitive criminals.
- Build effective partnerships to

• Build effective partnerships to respond to the needs of Rural Communities.
• Increase the confidence of Rural Communities in Cumbria Constabulary.
For 2023 – 2025 Cumbria's Rural Crime Priorities are preventing:
• Burglary of rural business and farm premises.
• Theft of farm machinery, agricultural vehicles and plant equipment.
• Fuel Theft.
• Environmental offences including waste and scrap metal offences.
• Wildlife offences.
• Wildlife offences.
• Equine and livestock offences.
Anyone who wishes to receive some Selecta DNA then please do get in touch with either myself Amanda.coleman@cumbria.police.uk

or Adam

adam.roberts@cumbria.police.uk. Selecta DNA is a product that you can mark your valuable property with, within each sample there is unique marking that you can register to your home address. This does not stop the item being stolen but if we come across a stolen item when apprehending a burglar, we can then return to you.

The next drop in for Sedbergh will be on the 13th November 10am -1pm in the Community Office. As always, if we have been called away to an incident then please let us know your issues by either emailing us or alternatively ring Cumbria Constabulary on 101, 999 as always in an emergency.

#### ×>>>>>>>>>>>>>>> Ladies NFU in 2025

Next year our meetings will be afternoons, 1.30 - 3.30pm

Speakers are about our local environment, businesses or charities. followed by refreshments and a short meeting.

We meet in the People's Hall Committee Room on the third Tuesday of each month, during February to May and September to December.

Guests and new members are always welcome

\*\*\*\*\*\*\*\*\*\*\*\*\*





Gerry Cotter

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

- 1. What is the title of the comic novel by George and Weedon Grossmith published in 1892?
- 2. Which British author won the Nobel Prize for Literature in 2005?
- 3. Which play by Ben Jonson has the alternative title of 'The Fox'?
- 4. In 1970 Henri Charrière published a best-selling book which claimed to be an account of his imprisonment in and escape from a penal colony in French Guiana. The book's title was his nickname, which came from a tattoo he had. What was it? It was made into a film in 1973.
- 5. The man who translated the book in the previous question into English was also the creator of Jack Aubrey and Stephen Maturin, who have appeared in over twenty books. Who was he?



For anyone struggling with bereavement

A member of the Grief Share team will be available at Open House Tuesdays 10am - 12 mid-day Methodist Church at Cornerstone Join us for coffee and a chat

For further information or to arrange a one to one appointment please call the Grief Share number

- 6. Eric Treacy (1907-78) was Bishop of Wakefield from 1968 to 1976 and was also a noted photographer who published several books. What was the subject of his photographs?
- 7. In the books by Alison Uttley, who lives in a cottage with Squirrel and Hare?
- 8. For which establishment in London did Kenneth Grahame, author of The Wind in the Willows, work between 1879 and 1908? He reached the position of Secretary before retiring on health grounds.
- 9. Name the wildlife artist (1901-79) who illustrated over 250 books and who lived for over forty years at Malltraeth on Anglesey. Collections of his paintings and drawings are in books such as Shorelands Summer Diary and Shorelands Winter Diary.
- 10. What was the title of the book published in 1485 by Sir Thomas Malory?
- 11. The book in the previous question is an incunable. What are incunabula?
- 12. Who, in the second line of a famous poem, 'stoppeth one of three'?

#### BONFIRE/FIREWORKS NIGHT How to keep pets & wildlife safe

Molly Blair

Bonfire Night is a much anticipated event in the UK, with many households hosting their own parties with bonfires, fire pits and fireworks. It is held on the 5 November and is a fun night of the year that is often used as an excuse to get together with family and friends.

Meanwhile the shift in temperature in autumn brings with it changes in the habits of our garden visitors. Birds are often on the hunt for food which becomes more scarce, hedgehogs will hibernate and many animals will go into a state of reduced activity to survive the winter months. Our gardens can become safe havens for wildlife at this time.

Although we don't want to dampen the fun, Bonfire Night can be a stressful and harmful time for animals if not enjoyed responsibly. Here, we've rounded up some of the best ways to keep wildlife and pets safe on Guy Fawkes night.

### Protect animals on Bonfire Night.

Build your bonfire on the day A great way to ensure that there aren't any hibernating hedgehogs or amphibians in your bonfire is to build the pile of wood on the day of lighting it.

### Check your bonfire before lighting it

Even if you've just built it, but especially if it's been standing for a few days or weeks, check your bonfire pile thoroughly before lighting it to ensure no animals have crept in.

Create alternative shelter.

### Scrap Collected Ring Kev 07812194311



To deter animals from making themselves comfortable in your bonfire pile, ensure that there are other piles of logs, twigs and leaves around the garden that can provide shelter. You can also build hedgehog houses in the garden and insect hotels to keep beasties out of the bonfire.

### Create your bonfire in a cleared area.

Be sure that your bonfire is situated in a clear area in order to cause as little disturbance as possible to surrounding habitats and trees.

#### Put the bonfire out properly

Make sure that you extinguish your fire fully at the end of the night. Fires left unattended can spread and destroy large areas of habitat.

#### Clean up

After the festivities, be sure to get all of the sparklers and other decorative debris picked up from the garden as soon as possible.

#### Be smart with fireworks

Fireworks can cause severe distress to wildlife and pets. In 2021, the RSPCA received 11,785 reports of animals in distress. The best way

#### ROYAL BRITISH LEGION SEDBERGH BRANCH

If you have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080(free phone) Your local Sedbergh Branch needs new members in order to keep up its good work. You do not need to have served in the Armed Forces to be a member of the Legion. Membership costs £21.00 Call 015396 21358 or email: nigelwhiting306@gmail.com to apply.

For more information, visit our website: http://branches.britishlegion.org.uk/branches/sedbergh



to avoid disturbing animals would be to visit an organised fireworks event. These tend to be held in large open spaces and with specific timings that allow pet owners to prepare. 68% of the animals reportedly affected in RSCPA data were by private displays and 94% of these did not have prior notice that fireworks were going to be set off.

If you are going to set off fireworks at home, be sure to inform all of your neighbours about timings, as unpredictability of days and times of displays can make this time of year really stressful for pets and their owners. Also try to set them off away from trees and hedgerows for the benefit of birds.

### Keep Catherine wheels away from trees

Pin up Catherine wheels on specially placed posts rather than nailing them to trees.

#### Put some music on

For pets, the sound of fireworks can be really frightening. Playing music in the house to try and mask the unpredictable sounds can help. Classic FM put on a special programme for them.

#### **DEMENTIA AND FIREWORKS**

Alzheimers Society

How to support a person with dementia during fireworks. For a person with dementia, loud noises can confuse, scare or trigger unwanted past memories. We have five tips for staying safe and scarefree when celebrating with fireworks.

During Bonfire night, Diwali, New Year's Eve and other festivals and events, fireworks are commonplace and used to mark the occasion.

However, fireworks may be challenging for people living with dementia.

Here are our tips for enjoying bonfire night and other festivities, while keeping safe and supporting everyone to enjoy themselves.

Five tips for enjoying fireworks

1. Plan ahead

Ahead of fireworks night, let the person with dementia know it's coming up. You may be able to gauge how they feel about the festivities and whether or how much they'd like to be involved.

Some people with dementia may not want to be alone on fireworks night but also not wish to take part, so finding something you can do together may help.

Speak to neighbours about their plans too. If they're setting off fireworks nearby, this may be distressing for someone with dementia. The person may prefer to go somewhere else for a while.

2. Attend a professional event Hot chocolate, toasted marshmallows and bonfires - firework events can be great fun for all the family.

If you do plan on going to a local display, be sure it's professionally run. Some events may include a low noise firework display. Official events also adhere to strict fire and safety regulations to keep everyone safe on the night.

3. Stay comfortable

To help the person with dementia feel more comfortable, check that there aren't too many people, too much activity, loud noises, sudden movements or an uncomfortable environment. For example, if a set of fireworks is too close or bright.

If it does get too much, it's good to have someone on hand to take the person inside, to a quieter area (near the back), or back home again.

The person you're caring for may feel the cold far more than you do but may not realise it, or may be unable to tell you. Encourage wearing layers of clothing, ideally with natural fibres such as cotton and wool. Drinking hot beverages can also help people stay warm, but do check the drinks are not too hot before giving it to the person.

Some people may decide to wear ear defenders or ear plugs.

### Matthew Cook

Former Stonemason to York Minster and specialist in pre-1914 building repair

Stone repairs and replacement Re-pointing with lime mortar Stone deaning

Specialist surveys and consultancy 07791894782

www.cockmasonry.co.uk Info@cockmasonry.co.uk

4. Create an alternative fireworks night

There are lots of ways a person with dementia can enjoy fireworks if they do not wish to go to an event.

You may want to use sparklers if you have outside space at home. Or you could watch the displays from a distance or inside the house, so you can enjoy the spectacle of colours without loud noises or large crowds. You could also watch displays on television or online.

A bonfire night dinner is also a fun way to celebrate the occasion. Cooking favourite foods such as jacket potatoes, spring rolls, curries or hotdogs, can help evoke memories (and taste delicious!)

5. Avoid fireworks altogether

Fireworks are not for everyone and that's okay. If the person is distressed by the noise or bright flashes, think about alternative activities you can enjoy together such as films, audiobooks or music.

Provide reassurance by talking calmly and providing touch or hugging, if the person is distressed.

#### ADDICTION AS CONNECTION

Stephen Hall

I really like it when traditional thinking is challenged and this is exactly what Johann Hari has done In the world of addiction and recovery. Instead of looking at addiction solely through the lens of chemical dependency, Hari flips the script and asks us to see it for what it really is: not a lack of sobriety, but a lack of connection. This concept, though simple, has massive implications for how we understand and address addiction in society.

Hari argues that addiction doesn't stem from the chemical hook of substances or the draw of the behaviours themselves but from a deep sense of disconnection - whether from ourselves, others, or the world around us. It is this isolation that drives many people towards seeking comfort or escape in addictive behaviours, as a way to fill that void. His words, "The opposite of addiction is not sobriety. It's human connection," strike a chord for anyone who's struggled with addiction or supported someone who has.

For me, it makes even more sense when you look at how addiction affects men and start to widen the perspective of addiction beyond substance misuse to behaviours such as pornography, gambling and overworking. These 'hidden' addictions, which might not attract the same attention as substance misuse,



provide a temporary way to check out when life feels overwhelming or when we feel cut off from meaningful connection. Men may seem to be "functioning" on the outside, but inside, many are using these addictions to cope with feelings of loneliness or emotional emptiness.

So, why do so many men fall into this pattern? In my experience, it's largely because of the absence of deep, meaningful relationships with other men—especially those who share our values. The pressure to appear strong and self-reliant often leads us to isolate ourselves. But in reality, it's this very isolation that drives so many towards addictive behaviours. Without real connections. the desire to numb our feelings and escape the pain can become overpowering. These ideas find support in research, too. One wellknown example is the 'Rat Park' experiment from the late 1970s. In this study, rats kept in isolated cages were far more likely to consume drug -laced water than those living in stimulating environments with other rats. This suggests that it wasn't the drugs themselves that led to addiction—it was the isolation. For humans, the same principle applies. When we feel connected, supported, and understood, the pull towards addiction lessens.

For me, Hari's theory isn't just a new way of looking at addiction—it's a call to action. It invites us to think differently about how we address addiction, not with punitive measures or approaches that isolate people further, but by fostering community and human connection. This is

especially important for men, who often struggle in silence, hiding their pain behind the mask of addiction.

What is more, Hari's theory calls for a compassionate view of those battling addiction. Recognising the role of disconnection emphasises the need for empathy and understanding rather than judgment. It suggests that healing comes from rekindling relationships with friends, family, and the community at large.

So, what's the real solution? I believe it lies in helping men build meaningful, supportive relationships with others who understand them - whether through shared activities, groups, meaningful friendships, or even just one open and honest conversation. When we feel truly



connected, the need to escape fades. It's about healing through connection, not simply focusing on sobriety.

Hari's message is an invitation to strengthen the bonds between us. If we can reconnect, not only will we have a better chance of overcoming addiction, but we'll also create a world where no one has to numb themselves to get through the day.

If anything I have said here resonates with you, please share with someone else who you think would benefit from reading this!



- Project Management
- New Builds
- Extensions
- Roofing
- New Fitted Kitchens
- Ground Works
- Plant Hire
- Drains

Unblocked/Cleaned/Repaired

Contact George on: Tel: 015396 21287 Mob: 07977514229

Email: info@gjbainesandson.co.uk Web: www.gjbainesandson.co.uk

#### LIZZI'S COLUMN

Lizzi Collinge MP

Another busy month in Parliament where, as I write, we await the Budget. We all, as Labour MPs, feel the responsibilities of Government, and none more so than the Chancellor and her team. We have a long road ahead of us to get the country back on track and it will start with this budget.

Alongside my parliamentary duties, most of my time is spent on casework. In the last month I have started 215 new cases with over 500 in total still in the process of being resolved. In the Sedbergh area, health and transport have topped the list of concerns raised – two key areas of focus for me. As I write, we have temporary measures on J37 after the intervention of myself and Tim Farron MP. We continue to work together, alongside local councillors lan and Hazel to get permanent measures.

I'm looking forward to two school visits in the area this month. I am due to visit Settlebeck Secondary School and Sedbergh Prep at Casterton and I can't wait – school visits are always the highlight of my calendar, with an average of three or four school visits a month. I will also be doing more visits in the area over the next month although details of my visits are not advertised in advance due to advice given by the security services following serious threats. It's deeply concerning to me that I have to take these measures - I don't want to limit access to constituents so I will of course continue with community

### MOBILE PLANT AND MACHINERY SERVICE AND REPAIRS



Hydraulic hose repair and replacement service.

All types of plant and agricultural machinery repairs undertaken.

20+ years experience in the plant industry.

Phone: 07977916249 Email: nick@ryedaleplantandhose.co.uk

visits, albeit with measures in place. The security measure I take most often is not advertising my presence in advance, so constituents will often not find out about a visit until after it has happened, which I appreciate can cause some frustration!

In order to address a key concern in the constituency, I am cosponsoring a Private Members Bill on short-term lets (aka rented holiday homes) which as I write has just been presented to Parliament by Rachael Maskell MP. Where demand is strong, the lack of regulation of short term lets has a devastating impact on local housing markets and housing availability. Villages are losing young families in particular, and businesses tell me they struggle to find staff due to the lack of affordable housing. This is already apparent in villages such as Dent and is a threat to other parts of the constituency such as

Morecambe, which is due to welcome a new Eden Project.

The proposed legislation will make provision for the licensing of short-term let accommodation including looking at marketing, planning, safety and, crucially to me, local authorities having the ability to cap the number of licences in a particular area. The details of the legislation are to be drawn up with MPs and other stakeholders so if you have any comments you would like to make, please drop me a line.

As always, 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 hundreds of emails and messages we receive each week. You can also keep up with me on social media by following @LizziCollinge on Facebook, Instagram and Twitter.

### DOMINO DRIVE

Friday 22<sup>nd</sup>
November
Killington Village Hall
7.30pm start
£3 entry
Raffle &
Refreshments



#### SEDBERGH PARISH COUNCIL

Janey Hassam, Parish Clerk

The Council held its monthly meeting at 7.30pm on 10 October 2024. The next meeting of the Parish Council, will be their monthly meeting, commencing 7.30pm on Thursday 14 November 2024. Meetings are held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

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

Members were disappointed to note that no progress had been made following their formal complaint to Westmorland and Furness Council, and await a further update. Members being particularly concerned about

the timing, not least, as the current service is due to cease 3 November 2024.

#### M6, Junction 37

Members note recent updates from National Highways, Westmorland and Furness Council, Tim Farron MP, and Lizzi Collinge MP amid hopes to improve the flyover. Current measures include temporary stop signs, cones on the northbound slip to reduce to one lane and an indication that a camera is due to be installed to allow continued monitoring.

Various other matters were discussed. Including Finance, the recycling area at Spar, Highways, including follow up on outstanding works/requests, Amenities, with potential improvements to the disabled access toilet, Planning, including Yorkshire Dales National Park Authority Local Plan Consultation No7 – preferred sites for Housing Development 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.

www.sedberghparishcouncil.org.uk



#### SEDBERGH PRIMARY SCHOOL P.T.F.A.

P.T.F.A.

Eye-Opening Experience at the PTFA Meeting: Why Our Support Matters More Than Ever

After attending a recent PTFA (Parents, Teachers, and Friends Association) meeting, I was genuinely taken aback by how much the school's community relies on its own efforts to maintain and enhance the environment our children learn in. One of the most startling revelations was how limited external support is from the Westmorland & Furness Council for school improvement projects, especially if the existing facilities, though aged, are deemed functional.

A prime example is the school's KS2 toilets, which will have been in constant use for the last 25 years. While they may still serve their basic purpose, they are in dire need of an upgrade. Yet, because they aren't technically "broken," the school cannot receive any funding from Westmorland and Furness Council for improvements. It's a situation that highlights just how critical the PTFA's fundraising efforts are.

It is important to acknowledge that for many of us, especially parents of older children, the thought of donating money to a project like the KS2 toilets may not feel immediate or relevant. After all, our own children may not even benefit directly from the improvements once they are completed. However, what I came to realise is that the school is a vital asset to our entire town. The upgrades we fund today won't just

benefit the current students—they'll enhance the school for future generations to come.

This long-term perspective is exactly why the PTFA exists. It's not just about supporting events or short-term needs, it's about continuously improving the environment for today's youngsters and those of the future. But to do this successfully, the PTFA desperately needs fresh members with new ideas and perspectives—not just volunteers to help with events (though that is certainly welcome too).

By joining the PTFA, you're not only helping the school provide better facilities but also contributing to the larger vision of creating an even stronger, more supportive educational environment. Our children's experience is shaped by these decisions, and with more members and more ideas, we can make a lasting impact together.

So, I encourage anyone with a passion for enhancing our school and community to consider joining the PTFA. Together, we can make sure that the school remains a valuable, ever-improving asset for both today's children and those of the future.

### The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

### Available to hire for all kinds of functions

# Parties # Meetings # Concerts #
# Wedding Receptions # Dances #
# Theatre # Discos # Lectures #

Availability calendar and forms at

#### sedberghpeopleshall.org

For bookings email

booking.peopleshall@gmail.com

### SEDBERGH SCHOOL NEWS Karen Bruce Lockhart

OS Harry Brook made history on 10th October when with Joe Root he was one half of the highest ever partnership for England in a test match at 454, as well as making the fifth highest individual score of 317 in test matches, and the second fastest 300 taking only 310 balls to reach

that total.

Professor Irene Tracy , Vice-Chancellor of Oxford University, gave the inaugural SED Inspire lecture on the vital role of the University in shaping the future. Another SED Inspire lecture was given by OS Annabel Roue on her journey to gaining a contract with Sale Rugby Club. Queen Naa Tsotsoo Soyoo, who visited the School, gave the third lecture on How the Tradition of Meeting by the Fireside has Shaped African and Ghanian Culture

Pupils took part in the national Senior Mathematics Challenge

OS Jamie Potts and his Dad have raised over £23,000 climbing Kilimanjaro for Lincolnshire and Nottinghamshire Air Ambulance Charity, who came to Jamie's assistance in a serious car accident. Evans House held a table top sale in aid of Restart Africa

Over the half term holiday the Classists have gone to Greece and the 1st, 2nd and B1 XV teams have gone to Ireland

The 500th Anniversary celebrations were formally put in hand at Assembly on 1st October. Michael Raw's history of Sedbergh School (finished by Katy de la Riviere) has been published: Tis the Hills that Have Stood Around Us

Dave Parvin from Drug Sense UK spoke to the School and also to Years 9 and 12.

Pupils from Sedbergh Vietnam and Sedbergh Fuzhou visited the School for a week.

The Conservation Group have been clearing reeds from Bruce Loch

OS Weekend went well with a highly successful dinner and lunch. OS Will Carling spoke at the dinner. The Girls hockey played a mixed team of OSs and staff. The Commemoration of Benefactors service was held in the chapel, and there was a service of thanksgiving for the former member of staff Ned Campbell

#### Running

The Prep took part in the Mowden Hall Invitational Cross Country on 5th October and brought home U13 Girls 1st, U13 Girls 2nd and U11 Boys 1st. The Prep held its own Invitational Cross Country on 3rd October with 625+ plus runners taking part

#### Rugby

The 1st XV won against Clifton College on 20th September 21-19; against Denstone College 45-12; against Ipswich College 52-5, and St Peter's York 66-33. On tour in Ireland they lost to Blackrock 17-12.

#### Cricket

OS Harry Brook captained England for the one day internationals against Australia. OS George Hill was given his cap for Yorkshire

#### Equestrian

Elsie came from a weekend with ten rosettes. Natasha came 9th on her pony Alfie in the U18 BE90 championships, while her team was 2nd too

#### Music

A first scholars' Recital took place in the Thornely Studio

Practising for the House Unison competition went on through the half term and was won on 10th October by Lupton

#### Netball

Several teams played against Settlebeck. The U14B won, the U14B lost, and the U14C won.

#### **Hockey**

The U14s took part in the Kirby Stephen Tournament, winning against Windermere and St Katherine's, but lost to Kirby Stephen.

#### **Future Events**

A Night at the Movies: 1st November 7.30 pm in Powell Hall Home 1st XV fixtures in November: RGS Newcastle 6th November 2.30pm; Mount St Mary's College 13th November 2 pm; The King's School Macclesfield 23rd November 2pm.

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

Faure's Requiem – 2.30 on 10th November

Chicago 27th, 28th and 29th November in the Hirst Centre Half term ends at 7pm on 27th October

Carol Service 5pm on 8th December followed by refreshments in Queen's Hall – all welcome.

1st XV v Llandovery 2.15 on 10th December

Term ends 12th December and the Lent term begins on 5th January 2025.

#### SEDBERGH COMMUNITY SWIFTS

Tanya and Edward Hoare
How time flies – we started writing
this monthly column about swifts 10
years ago in 2014 – that is 120
Lookarounds! Our aim has always
been to spread our enthusiasm for
these iconic birds, to raise awareness
about the threats they face and most
importantly, to spread knowledge of
what we can do to help. Because
swifts are a bird that we can help.
And they do need help, as their
serious decline means they have

Concern.
We have given many talks
(totalling more than that number of
Lookarounds!), not just in the local
community or county, but all over the
country and beyond. In fact, this year
in May we gave a presentation at the
International Swift conference in

sadly been moved to the Red List,

BTO's Birds of Conservation

the most endangered category of the



Trieste, Italy. It is a biennial event, and we have been to all of them since 2011: in Berlin, Szezcin (Poland), Cambridge, Tel-Aviv and Segovia

Our topic this time was very different from others: How do birds sleep on the wing? It is one of the many incredible facts about the lifestyle of swifts that they only land for 3 months of the year, in their nest, when they are breeding. For the other 9 months they are entirely airborne. How do they manage the alertness needed while flying with the need to sleep? For the young the problem is even more pressing. Once they fledge from the nest, they do not land for up to 4 years, until they too are old enough to breed.

So how they sleep became the subject of our talk. We covered many questions, including what do we mean by sleep, the wide range of patterns of sleep, and lack of, in many birds and animals and how it differs in migratory species. Although many birds have long migrations, swifts however hold the record for the length of time they are continually airborne and so what are the strategies that allow them to spend the major proportion of their life in the air?

On behalf of Sedbergh Community Swifts we also presented a talk on this theme at the national swift conference, another biennial event, held in Oxford last November, organised by the Swifts Local Network (SLN) forum. We were



founder members of this great network back in 2014, when seven of us met in Manchester to plan it, and it has now grown to over 120 swift groups all over UK.

If you'd like to hear more, come along to our next talk "Marvels of Migration and Sleeping on the Wing" at 7pm on November 21st: Quaker Meeting House, Meeting House Lane, CA11 7TR, hosted by Cumbria Wildlife Trust and Penrith Swift Group. Suggested donations are £3.

Don't hesitate to get in touch for any information. And apologies to all for not keeping our Facebook page up to date – it's on the to-do list! To Contact SCS: email ta.hoare@btinternet.com or ring 01539 824043



Full design and fitting service Showroom Open: Mon-Fri 9am-5pm | Sat 10am-1pm

Ingleton | North Yorks | LA6 3NU 015242 41535

kitchensandbedrooms.co.uk

### FRIENDS OF THE DALES AUTUMN EVENTS

Victoria Benn

Yorkshire Dales environmental charity Friends of Dales programme of monthly online talks runs throughout the winter with the following now available to book via: www.friendsofthedales.org.uk/events

Online talk: The Yorkshire Dales National Park – 70 years on

Wednesday 20 November, 5:00pm In celebration of the 75th anniversary of the National Park movement and 70th anniversary of the establishment of the Yorkshire Dales National Park, Mark Corner, former Chair of Trustees and current member champion for the natural environment for the National Park Authority, will review the achievements of the national park and consider the opportunities and challenges that lie ahead - especially in relation to nature recovery and community sustainability.

Online Talk:

The Flora and Fauna of Malham Tarn National Nature Reserve

Wednesday 4 December, 5:00pm National Trust Property Ecologist Dr. Elizabeth Sullivan will talk about Malham Tarn National Nature Reserve and its habitats, in particular those at the Tarn – England's highest lime-rich lake and the moss, its wetland areas. She will also introduce some of the key flora and fauna at the site, providing insight into how they are monitored and managed.

Online Talk:

A Nature-based Approach to Flood Management

#### STEVEN ALDERSON and SON

#### **PAINTING and DECORATING**

#### INTERIOR and EXTERIOR WORK

FREE NO OBLIGATION QUOTES - RELIABLE, QUALITY SERVICE

CONTACT: 07500443859 OR s.alderson198@btinternet.com

Wednesday 22 January, 5:00pm Ousewern is an innovative flood resilience project identifying and delivering nature-based solutions (NbS) and natural flood management (NFM) to reduce flood risk in vulnerable North Yorkshire communities, spanning Yorkshire's Swale, Ure, Nidd and Ouse (SUNO) catchments. The project, funded by Defra is part of the £200 million Flood and Coastal Innovation Programmes managed by the Environment Agency. The programmes will drive innovation in flood and coastal resilience and adaptation to a changing climate.

Amanda Crossfield from Yorkshire Dales Rivers Trust – one of Ousewem's delivery partners – will provide insights into its ongoing work using NbS and NFM techniques which aim to strengthen flood resilience in at-risk North Yorkshire communities whilst enhancing the local environment and supporting a sustainable, adaptive agriculture landscape.

All talks are free – but as a charity we always welcome a small donation.

#### **FAMILY MUSINGS.**

Sarah Woof

These cold frosty mornings seem to have come too early, somehow I remember not needing the big winter coats until after bonfire night. maybe 2 coats are acceptable for October! These frosty sunny mornings certainly provide photogenic opportunities for beautiful pictures. And the dogs seem to appreciate not getting wet, I know I do.

Working on my "Walk thru Dent down the years' leads me off on all sorts of tangents, remembering not only buildings as they once were but the people who lived or worked in them. Recently a friend said she had a key from her late mother in law and the label said, 'Davidsons', she had no idea which house it was, I knew, it's a house where I spent a lot of time when growing up and recently was able to have a look at the downstairs of it, and then there's 'Mary Battys house' and 'Dinsdales' and so on.

My talk "Over the Shop Counter" will have an airing this autumn and next Spring again bringing part of the past to life in a rather different world.

Autumn brings winter but also crisp leaves in which to walk, leaves to bring inside for creative pictures and decorations or for the grandchildren to enjoy painting and pressing. It brings bonfires and fireworks for people to enjoy and then the joyful Christmas season.

For some the joy has dimmed as loved ones have died or someone is very ill, let us not forget them amidst the celebrations and do what we can to help.

Meanwhile the flower arrangements include dried branches and most of all Teasels especially with added Honesty/Hen Pennie leaves as ears and with eyes and a tail to become Mice! Let's get creative.

# NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

The arrival of the Network Rail leaf busting train at Dent Station is a sure sign that autumn is here. We might joke about 'leaves on the line' but it is a major problem for the railway: the residue from leaf mulch forms a Teflon-like coating on the metal train wheels with loss of adhesion. Unfortunately, our line is more exposed than most with its steeper gradients and many a time the train will attempt to start only to find its wheels spinning. Equally, it does make it much harder to stop. Of course, in times gone by, the brakes shoes made contact with the wheel

#### Thomson Hayton Winkley & The Rural Law Practice

Helping families, farmers and businesses in Sedbergh and the local area

- · Wills & Inheritance
- · Farming & Rural
- Residential Property

Kendal - 01539 721945 Rural Law @ J36 - 015395 67571 Kirkby Lonsdale - 015242 71222

- · Tourism & Hospitality
- · Divorce & Family
- Commercial & Business
  - e info@thwlegal.co.uk
  - e info@rurallawpractice.co.uk
  - w thwlegal.co.uk

Trusted Solicitors & Advisers **Thomson Hayton Winkley** 







rims and effectively cleaned the residue but these days the more efficient disc brakes are used.

The last few weeks have been eventful on the railway, possibly for the wrong reasons. We suffered major delays in the Aire Valley following a fallen tree which damaged the overhead power lines, as a consequence of which, our services were terminated at Skipton. OK, our trains don't rely on overhead power, but the line was blocked whilst they did the repairs. On another occasion the failed Tangmere steam engine near Kirkby Stephen caused major disruption, in addition to which there was a power cable failure at Skipton which disrupted services for a day. Whilst such problems will occur on the best-run railway, it how the railway authorities respond to such occurrences that is key. Response times and customer information are critical but often found lacking.

However, as I have often mentioned, a significant ongoing problem remains the shortage of carriages on the line. We are currently dependent on the class 158 units and, rather worryingly, there is no plan to replace these with either new or second-hand stock. As the passenger numbers decrease towards the winter months it will become less of an issue, but we do need to see this resolved in the near future and certainly for next year.

On a brighter note, the news has just come through that the remaining unions have settled their dispute, following suit with ASLEF. This brings to an end the spectre of industrial action and the uncertainty this brings

for the passenger. Unfortunately, the award was without terms and the thorny issue of rest-day working remains to be sorted.

Last month I mentioned the sad passing of our good friend Michael Pascal, otherwise known as 'Muppett'. Muppett was a key fixture as compere of the erstwhile Dent Music and Beer Festival for some vears and often to be found singing or reciting his own brand of poetry in the Sun Inn. Well, after a private funeral, some 200 of his friends and musicians from far and wide including Dent travelled to Coopers Bar in Guiseley near Leeds for a celebration of his life. It was a joyous event and one of which Muppett would have heartily approved.

Community pubs seem to be on the increase and there is every hope that the 'Save our Sun' initiative in Dent will succeed to bring this historic establishment into community ownership and secure for the future. A couple of weeks ago I travelled to Muker using the DalesBus service and, after a walk in delightful Swaledale, I visited the recently reopened Farmers Arms, the subject of a successful community buy-out. It was a pleasure to see a village pub brought back to life and quite busy for a Sunday afternoon. I would urge a visit. The existence of the Sunday Dalesbus service is recognised as being vital to the success of the venture. Of course, in Dentdale, the Western Dales Bus can similarly play a vital role in bringing visitors to the village.

I recently attended the Enhanced Partnership forum for our local bus

services which was held in Carlisle. In order to benefit from the allocation of the bus service improvement money, local authorities were required to indicate their proposal to enter into either an Enhanced Partnership or Franchise arrangement with the local operators and invited to submit 'ambitious' Bus Service Improvement Plans (BSIP) to the DfT in the hope of receiving financial support. Whilst the initial (then) Cumbria application was unsuccessful, grant awards have since been made to the two new unitary authorities resulting in some of the service improvements we have seen.

So, what does Enhanced Partnership mean? In practice,

probably very little as far as I can see, apart from the potential for funding. Enhanced Partnership be can best described as a more formalised agreement as to what the council and the operator will do whilst the operator will retain its autonomy. The council will take responsibility for producing timetable information, infrastructure, and any traffic measures (e.g. bus lanes, parking restrictions etc). However, it is a concern that future continued service provision may be dependent upon the vagaries of funding from central government. With a budget imminent, there are more likely to be cut backs than the reverse. Meanwhile, it is understood that the tenders for subsidised services in the area have





#### Local independent supplier of shipping containers



Great Service – Great Prices - Excellent stock available
Walk-ins welcome at our A66 depot DL2 1TD
01740 629 999 - enquiries@parsonscontainers.com

As seen at the Great Yorkshire Show

been received and are undergoing scrutiny by the council. These include the 563 and 564 services. We should know more very shortly.

Anyway, 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 then 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 3 daytime services from Sedbergh to Kendal with two to Penrith for those fancying a longer journey, supplemented on Tuesdays and Thursdays with the Western Dales Bus S6 service.

Despite the occasional shortcomings, the railway provides a reasonable service to both Leeds and Carlisle once the logistics of getting to a station have been overcome. In addition, there is now a theoretical way of reaching Manchester on a

## Cumbria Stoves Ltd

Supply and installation of
Wood, Multifuel and Gas Stoves
Flue and Chimney
Lining Services
Inglenook Specialists
Fully Qualified and experienced
Hetas engineers

01539 821061 www.cumbriastovesltd.co.uk

> SHOWROOM: 34A Main Street, Staveley, Nr Kendal, LA8 9LN.

Saturday with a change at Hellifield. For regular journeys, it is well worth purchasing a Dales Railcard (currently £10), providing a 1/3 discount off the on-the-day ticket price for journeys between Leeds, Bradford, Carlisle, and Morecambe. These are available to residents in the qualifying post codes from Appleby, Carlisle, Settle, or Skipton Stations or by application to the Settle Carlisle Railway Development Company via their website.

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,

as always, I would be delighted to

help.

#### **50 YEARS AGO**

Colin Cowperthwaite

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

### Wishing Well is Sedbergh's latest Export

Although quite well known in the canine breeding and showing world, Sedbergh can also hold its own in the equine field. There have been many illustrious owners, including the Swedish Royal Family, of ponies bred at the Rawthey Bank stables run by Mr and Mrs T.H. Greasley. The latest export is Rawthey Wishing Well, a nine-year-old Welsh brood mare, who left recently on the first stage of her 12,000 mile journey by air to Australia. Before the flight the animal, already highly acclaimed both on account of her own excellence and the superb show stock which she has produced, was pre-conditioned to enable her to more easily adjust to her changed environment. Her new owners have a 6,000-acre spread at Maitland, New South Wales. Australia is only just forming an official stud book, and it is hoped that Wishing Well will play her part in upholding the prestige of British bloodstock when she takes up foaling duties. But there was no assisted passage for emigrant Wishing Well. Her airline ticket for the 26-hour flight cost 2,100 pounds.

#### **Bonfire Night**

For convenience, Sedbergh's annual Bonfire Night was held on Saturday November 2nd at Howgill Lane playing fields. A crowd of about 3,000 enjoyed a £285 display of fireworks. Gate receipts were down

on last year, but the side shows did a brisk trade. The evening concluded with dancing in the People's Hall and the Masonic Hall.

#### Met in Sedbergh 52 Years Ago

On Monday, in their attractive Sedbergh farmhouse, Mr and Mrs George Edmund Baines celebrated their Golden Wedding. Sitting in front of their open log fire, the couple looked back on their many happy years together. In September 1922 they first met in Sedbergh, and on October 28, 1924, were married at St Laurence's Church, Church Stretton, Shropshire, by the Rev J. Warriner. At the time of their first meeting Mrs Baines, then Miss Victoria Tudor, was a parlour maid, and her husband-tobe worked on his father's farm. After six months of marriage, they moved from Sedbergh when Mr Baines became a shepherd on a farm near Manchester. They later took over Brackensghyll, a farm at Dent Foot, Sedbergh, which they farmed until 1963. Mr Baines, who is 75, no longer looks after cattle and sheep, but is a keen gardener, and enjoys the fresh air and country life. On Sunday, their daughter and son-inlaw, Mr and Mrs Neville Balderston,



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

2024 Weds 13th November 2025

Thurs 22nd February
Thurs 14th March



organised a lunch for them in Sedbergh, and afterwards they were entertained at their home in Dent Foot.

#### **Home from Athens**

Enjoying a few days' rest at the home of her parents, 9 Fairholme, Sedbergh, is Miss Marilyn Iveson, only daughter of Coun. and Mrs C.H. Iveson, who flew home recently from Athens. Marilyn, who is 28, was educated at QES, Kirkby Lonsdale, and was later employed at Martin's Bank in Kendal. When Martin's became part of the Barclay banking group, she transferred to a London branch and subsequently became a supervisor of a branch of the Nordic Bank. Earlier this year, desirous of a change, she gave up her employment and her apartment in Kensington, and together with a girl friend hitch-hiked across Europe. From Ostend they journeyed across France into Switzerland, and entered northern Italy via the St Bernard Pass. In Athens, a chance encounter in a cafe with a kind Greek lady found them free accommodation in the city, and an advert in a local English language newspaper resulted in temporary employment with a BBC TV film unit who arrived in the capital to film events for the "Midweek" feature. They later treated themselves to a holiday in Crete, and slept out on the beach of volcanic Santarina Island. Arriving back in Athens, Marilyn found a position as a waitress in a cafe run by an American Greek. Later a U.S. diplomat employed her for two months as an au pair to his family until she returned to England.

# THE CLEAN MACHINE

### **CLEANING SERVICES & PROPERTY MAINTENANCE**



Pressure Washing
Window Cleaning
Gutter Cleaning & Repairs
Gutter, Facia & Soffit Cleaning
Drain Jetting & Repairs
Drain CCTV Inspection
General Property Repairs
& Maintenance

Contact: Simon Shaw Telephone: 07917064767 Email: thecleanmachine97@gmail.com

#### **Methodists**

Anniversary services were held on Sunday and Monday at Sedbergh Methodist Church. The preacher on Sunday was the Rev. J. Martin of Ambleside, and the soloist in the morning was Mr G. Flint, with Mrs G. Spencer at the organ. In the evening, the soloist was Mrs S. Wilson, with Mrs B. Gorst as organist. On Monday evening, the Rev. H.S. Hills presided and the speaker was Mr W. McKeever of Kendal. The Young Wives held a Members' Evening last Wednesday, when they exchanged and sampled each other's favourite recipes. Devotions were led by Mrs Wilde, and the pianist was Mrs Hazel Jackson.

#### The late Mrs A. Mitchell

The funeral took place recently at Sedbergh Methodist Church of Mrs Amy Mitchell, of 3 Castlegarth. Mrs Mitchell, wife of PC Mitchell, had been ill for a long time, and died at her home aged 45. The eldest daughter of Mr and Mrs E. Blades, now of Pike Hill, Garsdale, she was born at Bingley and in her youth was employed in the textile mills. In 1945 she married Mr Leonard Mitchell, then an engineer, who after National Service joined the West Riding Constabulary in 1948, and served at Bingley and Knottingley before being stationed at Garsdale. During the ten years they were in Garsdale, Mrs Mitchell became a member of

Garsdale Mothers' Union. She was fond of swimming, camping, caravanning and touring, especially in Scotland. The service was conducted by the Rev. H.S. Hills and the organist was Mrs G. Spencer. Mrs Mitchell is survived by her husband, two sons and two daughters, and three grandchildren. The interment was at Sedbergh Cemetery.

#### **Old Folk's Concert**

Last Wednesday evening, an excellent two hours' entertainment was provided in the Peoples Hall. The show, produced by Lester Haslam and Tom Steadman. deserved far better support than it received. The Granville Morris Trio played music from popular light operettas, and the vocalist, Mrs Mary Hamilton, was accompanied at the piano by Mrs Sheila Blackwell. Children taking part in plays and sketches were Philippa Towler, Shirley Braithwaite, Anne Rogers, Anne Pratt, Susan Conchie, Lynn Jenkinson, Neil Graham, Jillian Taylor and Michael Packham. The concluding act was a selection of popular tunes played on the harmonica by Maurice O'Loughlin of Milnthorpe. A dressed doll, donated by Mrs Marion Foulger, was won by Mrs Renshaw. The concert was in aid of Sedbergh Over-Sixties Club.

#### Couple wed at Sedbergh

A reception at The Bull Hotel, Sedbergh, followed the wedding of Mr Edward Woof and Miss Carolyn Elizabeth Wearing, who were married at St John's Church, Garsdale, recently. They were married by the Rev. D. Rhodes. The groom, who has



### Stephen Hall

MA MNCPS Acc

Outdoor Nature-Based Walk & Talk Therapy & Online Therapy

Mob. 07440053678

traumaandaddictiontherapy@gmail.com

walkandtalktrauma

Visit my website to book a free 30 minute discovery call

www.traumaandaddictiontherapy.com

his own agricultural and welding business in Bentham, is the only son of Mr and Mrs G.E. Woof of Fleetholme, Lowgill, near Kendal. His bride, the elder daughter of Mr and Mrs R.A. Wearing of Stephens Farm, Garsdale, is a mother's help in Carnforth. Given away by her father, the bride wore an A-Line dress of crystal satin trimmed with daisy lace. She carried a bouquet of yellow roses and lilies-of-the-valley. Her attendants were Miss Margaret Wearing, her sister, Miss Sheila Woof, groom's sister, and Miss Zara Ireland. The best man was Mr Graham Wilson, friend of the groom. They will make their home at Bentham.

#### FOR GALLANTRY

Karen Bruce Lockhart

The George Medal could be said to have started its life as the Medal of the British Empire for Gallantry (otherwise the Empire Gallantry Medal) as the holder of this award were required to exchange it for the George Cross. The George Cross was instituted during the Blitz when it was felt that the EGM did not accurately reflect the actions of courage of members of the public at the time. A second tier award was made at the same time, the George Medal, for acts which did not quite reach the heights of the George Cross

The George Cross is awarded for "acts of the greatest heroism or of the

most conspicuous courage in circumstances of extreme danger"

No bars have been awarded for the George Cross. Should the recipient also hold the Victoria Cross the George Cross would be worn next to it in rank. It outranks all other awards except the VC. Like the Victoria Cross when worn as a ribbon it has a tiny replica of the cross in the middle of the ribbon, the only two awards that have this.

The George Cross has only been award 416 times since its inception in 1941. 401 have been awarded to men, and 12 to women. In addition it has been given to the island of Malta, the Royal Ulster Constabulary, and the NHS. Not counting the exchange awards, 168 have been awarded

## PARKIN & JACKSON LTD

Cumbria's Oldest Monumental Masons Since 1855, families have trusted in us to provide Memorials for their loved ones.



New Memorials & Additional Inscriptions.

Hand Carved Lettering & Designs.

Cleaning, Repainting & Renovations.

Memorials designed to your specifications.

Specialists in UK stone.





14 Appleby Road, Kendal, LA9 6ES - 01539 722838 - 07932 813514 www.parkinandjackson.co.uk - info@parkinandjackson.co.uk

# **ABLE MEMORIALS**

Monumental and Architectural Masons
New Memorials and Additional Inscriptions
Showroom with over 30 Memorials on display at

# 1 Wildman Street, Kendal

Please call for a brochure or free estimate

on 01539 735583 or 07779 025745

Home visits available by local mason Edward Waller

since 1940, of which 86 were posthumous. Although the award was principally created to award civilians many of the actual awards are to people in the services who acted in circumstances not "in the presence of the enemy".

The George Cross was awarded to the island of Malta "to bear witness to a heroism and devotion that will long be famous in history". The fortitude of the population under sustained enemy air raids, and a naval blockade which almost saw them starved into submission, won widespread admiration

It was awarded to the RUC by the Queen in 1999 because "for the past 30 years, the Royal Ulster

Constabulary has been the bulwark against, and the main target of, a sustained and brutal terrorism campaign. The Force has suffered heavily in protecting both sides of the community from danger—302 officers have been killed in the line of duty and thousands more injured, many seriously. Many officers have been ostracised by their own community and others have been forced to leave their homes in the face of threats to them and their families". The RUC is often now referred to as the RUC GC.

The award to the NHS was made following the Covid crisis in a handwritten letter by the Queen saying "This award recognises all

NHS staff, past and present, across all disciplines and all four nations. Over more than seven decades, and especially in recent times, you have supported the people of our country with courage, compassion and dedication, demonstrating the highest standards of public service".

Among those who have received the award are the assistant attorney general for Hong Kong for organised escape plans from a Japanese internment camp, Violette Szabo who was captured by the Gestapo, tortured and shot, a stewardess with BOAC who gave her life rescuing passengers in airplane crash at Heathrow, and the policeman who was wounded when there was an attempt to kidnap Princess Ann. A Lance Corporal in the Royal Marines Reserve was awarded the George Cross in Afghanistan when trying to shield comrades when a bomb detonated, Jack Bamford was 15 when he rescued his siblings from a fire that left him in hospital for many months. There are only 12 living recipients

The most recent civilian award was to Dominic Troulan who rescued hostages in the Westgate Shopping Mall attack in Nairobi in 2013. This was the first such award for 25 years . Five were awarded to soldiers in Afghanistan between 2005 and 2010.

As with the Victoria Cross, holders of the George Cross are entitled to a £10,000 annuity.

Because it is rarer than the Victoria Cross not many come on the market, but Violette Szarbo's sold recently for £260,000, and another for £280,000.

#### DALTON WOODLAND BURIAL GROUND



#### Natural Woodland Burial Ground



"Return to the Earth, naturally"

www.daltonwoodlandburial.co.uk Burton-in-Kendal: 01524 782442

# GARSDALE STREET METHODIST CHAPEL

Colin Cowperthwaite

I have recently come across a small booklet which was compiled and published by David Bracken in 1991, which commemorates the 150th anniversary of the Methodist Chapel in Garsdale Street. The chapel has sadly closed in recent years, following David's untimely death plus the subsequent pandemic, and the building has since been sold for redevelopment.

The history of the Street Chapel begins on May 22nd 1840 when William Handley of Pry Hill sold a

To quote from the booklet:

William Handley of Pry Hill sold a piece of ground measuring "ten square superficial yards" in "Midgeray Bottom" for the sum of "Five Pounds of lawful British money".

The title deed to the chapel mentions only the purchase of the land, but brothers George and Jacob Davis presumably built the chapel, and perhaps also the three houses in "Low Row" which were built soon after. The land was sold "Upon Special Trust and to the intent that a



Chapel or Meeting House and School shall be erected thereon by the members of the Primitive Methodist Connexion resident in Garsdale".

The circuit plan for 1929 shows Garsdale Street's membership as 41, a figure which seems to have remained almost constant for the first hundred and twenty years of its history. The local preachers were Rowland Bracken, Edward Capstick of Rackenthwaite, James Harper of Garsdale Hall and Jack Bracken of Dandra Garth, with George Mason and Will Thwaite as "helpers" because they were then members of the Wesleyan circuit.

The following lines were written by Matthew Harper of The Hive (father of Sedbergh's Elizabeth Skill) for the centenary of the chapel in May 1941. The preacher was the Rev. William Swales from Manchester.

'Tis now one hundred years ago since first thy walls began to rise

One hundred years of toil and tears, but yet endeared to many eyes.

Gone the hands that fashioned thee, and gone the eyes that looked on thee,

And gone the hopes of dear old folks, we of today shall follow ye!

But ye have left an influence rare, ye giants of an early day;

And as we think, with pen and ink, this kindly tribute we would pay. May we e'er in your footsteps go, and emulate your sterling worth;

Work to make life free from all strife, a paradise of all the earth.

And now a second century starts, with Gospel message ringing clear,

And hopes are high for One is nigh, who says 'Go forward, without fear'.

Despite the roar of battle waged, despite the flash and crack of gun,

The Master stands - all's in His Hands, and in His time will shine the sun.

Stand! House of God! Stand aye for Truth! The Truth alone shall all men free:

May each nation, with one ovation, Embrace! Acclaim! the Truth in Thee.

Stand! House of God! and let thy light adown the second century leap,

Yes, let it sweep, and all hearts keep, till ALL be swallowed in its deep.

An evangelist from Spennymoor, Mr R.S. Bakewell, attracted very large congregations in the 1920's with his powerful preaching and playing of his concertina. The congregation filled every possible space in the chapel including the

Stephenson & Wilson
15 Fell Close, Sedbergh LA10 5AP
General Builders
Plastering ~ Roofing ~ Extensions Fire Places Fitted





Tom Wilson 015396 20954

pulpit, the steps and even the window -ledges, and the door was left open for those who could not be squeezed in. Stories are also told of Potato Pie Suppers when the ovens in numerous houses near the Street chapel were used to keep these pies warm until after the service.

The Methodist Deed of Union in 1932 brought together in the Sedbergh circuit the Street Primitive chapel and the Low Smithy Wesleyan chapel, which are less than half a mile apart. Each congregation kept its separate membership and building, but many Low Smithy members attended the Street evening service because they only had an afternoon meeting, and when the membership of the Street dropped below 20 for the first time in 1979, it was suggested that the Street should give up its afternoon service. This eventually happened in 1986, and for the last five years we have had only an evening service (with a morning or afternoon meeting on special occasions) and have joined the Low Smithy congregation for their 2pm service.

#### SEDBERGH W.I.

Moira Folks

As I start writing this report on the beautiful morning of October 11th, I can see the first real frost of autumn on the lower slopes of the fells leading down to the Rawthey, while the tops of Holme Fell and Frostrow are already sunlit. The trees on my skyline are now definitely thinning, with the silver birch now flecked with golden leaves against the silver bark and the blue sky. Blackbirds are feasting on the rowan berries nearby, trying to balance on the thin and bendy branches: Sedbergh in October - glorious! It's time now, though, to bend my mind back to September 19th when our walking group had their monthly walk on a lovely September day. Ellen Morrison takes up the story: 'We were a select group of three and it was a short and easy walk from Ravenstonedale, including a farm called Paradise and a stretch along Scandal Beck. It was a beautiful autumn day and we were enjoying a leisurely ramble until we came to a point where we saw a herd of cows with calves around the next stile on our route. Not wishing to disturb them, we decided it would be sensible to double-back and find an alternative way to the final stretch of the walk. After finding a sunny picnic spot, we completed the walk, enjoyed tea and cake in the garden of the Black Swan, then spent an interesting half hour looking at pictures and chatting to the manager of The Gallery opposite.' (The saying 'Discretion is the better part of valour' comes to my mind, remembering being chased by a thundering herd of bullocks on my uncle's farm when I

was eleven and having to squeeze through an extremely scratchy hawthorn hedge to escape!)

'Interactive Puzzles', a puzzling title for many of us (!), was Phillip Burley's subject at our main meeting in the People's Hall on October 9th. We arrived to find the committee room set out with folding tables down each side of the room, each topped with a brown cardboard shoe box bearing a mysterious symbol on a folded card, with 3 or 4 chairs behind each table, so we all took a seat and were able to see and hear Phillip at the speaker's table. He began by inviting us to name different kinds of puzzle while Valerie neatly listed them all on a whiteboard. He then gave us a history of the different kinds of puzzle, some very ancient, some

some very ancient, some very modern, some very small, some as large as a maze or a labyrinth (which can, of course, be

made in miniature)! Next,

we were allowed to open the box on our table, revealing samples of the different types of puzzle Phillip had talked about and we had to try and work out how to solve them; some of us needed his help! Lesley McCririe thanked Phillip for a fascinating evening which was greatly enjoyed by all of us.

Book Club met at Sandra Kemp's home the next day to discuss 'When God was a Rabbit' by Sarah Inman. A book in two parts, in autobiographical form, the story starts in Essex with Elly's birth in 1968 and then moves to Cornwall with her family during the 'seventies. The author has a gift for writing about slightly dysfunctional

family life, with realistic dialogue, some funny situations and their interaction with friends and neighbours. In part two we catch up with the family and some of their childhood friends, now grown up and in New York, in the early 2000s, in more dramatic circumstances. We appreciated Winman's writing style and her vivid descriptions and empathy with her characters. With scores varying between 5 and 9/10, the average was 7, but I think that most of us would happily read this author again. I certainly will!

Farfield Mill's autumn exhibitions attracted the lunch club on September 26th: 'Telling a Yarn' by Threadmill Textile Artists; Stuart

Wilkie's 'Cumbrian Landscapes'; and the multi-talented Russianborn artist Galla, who now lives in France, displaying a stunning textile exhibition inspired by myths and legends in

different cultures. These exhibitions run till December 22nd; don't miss them!

'Sailing Around the Black Sea': Peter Logan will be paying us a welcome return visit on Wednesday 13th November at 7.30pm in the People's Hall committee room to share his illustrated travel experiences to places most of us don't get a chance to visit, so we're very happy to be armchair travellers! Visitors and new members are always welcome. For further information, please contact our President, Louise Atkinson, on 07885 37883 or our Secretary, Valerie Welti, on 07969 376649.

INSPIRING WOMEN



#### **Powells Fruit Merchants**

Specialist Suppliers of High Quality Fruit & Vegetables to the Retail & Catering Trades

Local, UK and Imported Fruit & Vegetables
Salads and Produce direct from the Growers
Potatoes from Lancashire, Lincolnshire,
Cornwall etc

Also, extensive range of deli goods
Cheeses, butter, milk, yoghurts & eggs
Herbs & Spices, Preserves & Condiments
Teas, Coffees, Juices & Cordials
Smoked Salmon, Kippers etc
Dried Goods, Nuts, Seeds & Pulses

## DAILY DELIVERIES TO SELF ISOLATING HOUSEHOLDS

52 Main Street, Sedbergh, Cumbria LA10 5BL Telephone: 015396 20304 | powellsfruitmerchants@gmail.com The Flower Shop Sedbergh

Personal Friendly Service Beautiful Fresh Seasonal Flowers

Wide Range of House & Garden Plants Great variety of gifts. We will be willing to help to arrange flowers for every occasion; Weddings, Birthdays, Funerals

We are a dedicated team, full of creativity and inspiration. Feel free to contact us anytime to discuss your arrangements.

Tel 015396 21605 flowershopsedbergh@gmail.com 49 Main St, Sedbergh LA10 5BL

#### **HOWGILL AND FIRBANK WI**

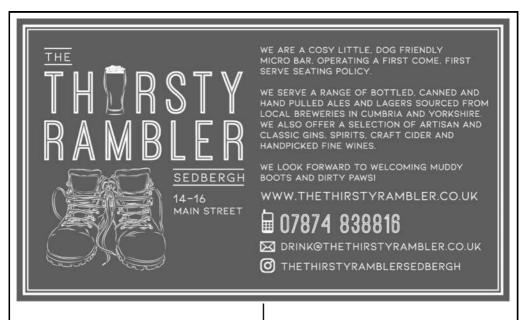
Bridget Postlethwaite

Bridget chaired our October meeting which was held at Firbank Church Hall. We welcomed our new member, Steph Basset, and our advisers/speakers for the evening, Lin Stretton and Sarah Middleton.

Arrangements for our Christmas meal at the Cross Keys, Cautley, and the WI quiz in November were discussed. Invites from Dent WI – Tom Attwood, Halecat Nurseries, and Sedbergh WI – Kitty Brown, Fashion Show were received.

Our AGM followed on from this under the watchful eyes of Lin and Sarah. Liz gave the financial report, saying that funds were healthy but more fundraising ideas would need to be considered going forward. Audrey then gave us our annual report detailing all the goings on over the past year. Bridget went on to thank everyone for their contribution, with a special mention to Audrey who is standing down as secretary after almost 20 years. Sarah was unanimously voted to remain as president. The Appleby Cup for most competition points was won by Pauline with Liz second and Bridget & Sarah joint third.

Once all the formalities were out of the way, Lin and Sarah explained how they had met through the WI and both discovered they enjoyed walking. With the aid of slides, they



went on to share their experience of walking the West Highland Way in 2019, a 96 mile walk over 9 days, from Milngavie to Fort William. The trip was arranged by a company in Keswick who organised the accommodation and the transportation of luggage from place to place, so that a day pack was all that was needed to be carried for the duration of each stage of the walk. Beautiful scenery, plenty of wildlife (no midges!), and weather that was pretty reasonable for the most part.

The competition for an attractive seedhead was won by Bridget with Vera second, and the raffle winner was Jacqui. The evening came to a close with a Jacobs join, enjoyed by all

Our next meeting will be in Howgill on 7th November where Katie Laidlow will be talking about 'Life on the farm and filming with Country File'. Visitors most welcome.

# KILLINGTON WI The Afternoon WI for the Entire District

Christine Drury

Our October meeting, in the committee room of the People's hall, was well attended and proved to be both enjoyable and informative. Our guest speaker's subject was making mosaics. Most, if not all of us, had no idea what that would involve. All credit goes to Marjory Bridgway for enlightening us and conveying some of her enthusiasm for this fascinating topic. Not only did Margery explain how to make mosaics, she also demonstrated the actual process and gave us the chance to try our hand at it. We admired her skill as we discovered that it is not as easy as it might first appear.

She gave us a potted history of mosaic making and showed us photos of some outstanding examples that have been discovered by archaeologists. Ancient cultures

used mosaics as decorative flooring; the first to do so is believed to be the Sumerian people who lived in Mesopotamia, now present day Iraq. They used his flooring made them popular amongst Egyptian, Greek and Roman civilizations. Beautiful examples of Roman floor mosaics at the 3rd and 4th century AD have been unearthed in Rutland. The Byzantine period of 500AD saw huge developments in techniques. In Roman culture, mosaics on walls often replaced paintings. Saint Peter's Basilica in Rome has over 10.000 square metres of mosaics. Some modern artists such as Gaudi, Chagall and Klimt have created mosaics. They were also a popular feature of Islamic art especially in

Spain. Today the centre of mosaic art is the city of Ravenna in Italy. Marjorie described how thrilled she was to visit Ravenna not long ago.

As well as her mosaic making members remembered her visit to us last year when she spoke about the history of buttons and showed us many examples from her collection of buttons both old and new. At the end of the talk Dilys thanked her most appreciatively; saying what a pleasure her visit had been. After a delicious afternoon tea we dealt with the business side of the meeting and the president reminded us of upcoming events. Our next meeting will be on the 12th of November you would be very very welcome to join us.



The Gateway Unit, Dockray Hall Ind. Estate Kendal, Cumbria, LA9 4QY

01539 721252 | charles@wocc.co.uk | wocc.co.uk Tue - Fri 10am-4.30pm Sat 10am-1pm The home of WOOLS OF CUMBRIA

#### **DENTDALE W.I.**

Thelma Belfield

Autumn colours are developing, the temperature is cooling and gardening tasks are less pressing, however at our October meeting we were looking forward to welcoming Tom Attwood from Halecat Nurseries as our guest speaker. Back in 2020 Tom was on our programme but unfortunately, due to the pandemic, his visit had to be cancelled. Four years on and he was finally visiting Dentdale. This year, October was our Open meeting when we welcome visitors and enjoy a Jacobs Join supper. Having Tom with us to talk about gardening was icing on the cake and promised a great evening's entertainment.

Jackie welcomed everyone and as always we began with singing Jerusalem. Jackie then gave a fairly brief report on business matters, firstly confirming that we had raised two teams to take part in the Federation Quiz on 6th November. namely The Dentdale Dollies and The Terrible Knitters. This event is usually a very friendly, fun experience with just a touch of competitive spirit to make it really interesting. Rita, our secretary reminded us to add our names to the list for the Christmas Lunch and also that the next meeting was our AGM and nomination slips for the election of the 2025 committee should be completed and given to her. Finally, Jackie reported completion of the wild flower area on the car park had been achieved and hopefully next springtime will reveal the success of this project.

Then it was over to Tom who initially had said he would talk about 'gardening for bees' however he had decided to amend that to a general talk about plants for rainy, cool, northern gardens including bee friendly planting. We didn't mind at all, the more information about gardening the better.

Tom began by giving a brief history of his early interest in plants, his training at Kew Gardens and his first job at Rydal Hall where he worked within a very formal style of gardening. Whilst there he learned a great deal, especially the difference between the very dry climatic conditions at Kew to the much wetter and cooler ones at Rydal. Structure within the garden has always been very much the focus of his work and he explained how the extensive differences of the structure of foliage can create great interest in a garden, even without flowers. Using some excellent slides to show examples of both formal and informal planting Tom demonstrated some attractive and interesting displays he has created at Halecat. He told us about when he and his wife Abi first developed Halecat and their plan to grow plants that grow successfully in our often very wet and windy climate here in Cumbria. He shared tips about planting in smaller urban gardens and also how to construct multiple planting in containers to give both interest and colour in larger gardens. He talked about the importance of mulching, particularly where the depth of soil is small, and how seaweed based plant food is his preferred choice. Currently at Halecat

# Built in and Free-standing Appliances Domestic Appliance Repairs



Digital TV, Aerials and Satellite Dish Installation

Wi-Fi and Home Networking

Regular Deliveries to the Lookaround Area





**ELECTRICAL STORE** 

Kew House (Just of the A65) INGLETON T: 015242 41224 / 015242 42095



www.toobys.com

he is developing a gravel garden to demonstrate further how informal planting can be used to create stunning and interesting gardens.

Tom is clearly dedicated to his work, his knowledge and experience is vast. He is modest and openly recognises the value of his wife Abi and her horticultural knowledge and experience in the development of Halecat. It is a great place to buy plants to develop our gardens and Tom had brought along a good amount of plants for us to buy. There was no shortage of customers and many of us went home with plants for our own gardens.

Kate formally thanked Tom for his extremely informative, interesting and

enthusiastic talk. Following this, we all enjoyed a delicious buffet supper. There were extra raffle prizes, as it was Open meeting and Barbara, Anne, Jenny, Annie, Catherine and Sarah were lucky winners.

November is our AGM, when we will be electing our committee and officers for 2025. It is a formal process but there will be a Quiz, set by President Jackie, who is renowned for her challenging quizzes and there will be tea and CAKE. Do come and join us, we do enjoy having visitors and maybe you will be tempted to join us and share in our 2025 activities. We look forward to seeing you.

#### **SEDBERGH LADIES' NFU**

Caroline Sandys-Clarke

Dr Mike Warren spoke to us on the 17th September about the history of St John's Hospice, how it all started, and how it operates now. Hospices are charitable organisations who are only given 25% of their funding by the NHS, so the rest of the money needed has to be raised by events, shops and bequests. Everything provided for the patients is free. St John's has lovely grounds, cared for by volunteers. And a wonderful cafe run mainly by volunteers, often with produce from the gardens. All visitors are welcome, two legged, four legged and feathered! This was such an interesting talk, particularily given all the local involvement, delivered by

someone passionate about his subject, and I can really recommend it to other groups and organisations. Do try and get Dr Warren to deliver it too!

A short meeting followed when members attention was drawn to the change in time of our meetings from February 2025, when they will be from 1.30-3.30 on the third Tuesday of the month. Guests and New Members are always very welcome to our meetings. The subject for our November 19th meeting is 'Jewellery Making' with Adele Bowker, and December 10th is 'Over the Shop' with Sarah Woof. Our November coffee Morning is on the 27th in aid of NW Blood Bikes. Please come and support us.







#### Stock up with essentials from Dawsons Fuels

Tote Bags, Crates, Boot Bags and Carry Bags of Woodsure Ready to Burn hardwood Kiln Dried Logs.

We also have a wide range of Ready to Burn Heat Logs including Hotmax, Woodlets Briquettes and Oak Pinikay Heat Logs.

Woodlets Wood Pellets & Stali Wood Pellets.

Approved Smokeless Fuels for stoves and open fires.

Our Approved Smokeless Fuels are also available in handy sized 25kg pre packed bags.

To keep your Garden Birds happy through winter we have in stock :-

High Quality Runner Peanuts, Wild Bird Seed, Suet Pellets, Dehulled Sunflower Hearts.

Contact us for prices and further information on 015396 20210 or send an email to sales@dawsonsfuels.co.uk

Town and Country Agents Est. 1992

# COBBLE

Latest technology and property data links utilized in our analysis of all property discussions we have

# **SELL NOW**

# FREE APPRAISAL NO SALE NO FEE

LANDLORDS
WE NEED PROPERTIES
KEEP IT LEGAL
HANDS FREE OPTION
RENT NOW

BUY, SELL, LET, LEASE, MANAGE - we do it all

Contact us today for your instant FREE no obligation Valuation.

T-015396 21000

E- sedbergh@cobblecountry.co.uk

# DENTDALE, HEAD TO FOOT Dales Days in the 1940's

Andrew Povey on behalf of DDHF Richard Gledhill showed two fascinating films that gave an insight into life in the Dales in earlier times.

The first picked up on the life of Hannah Hauxwell who lived in a very isolated Dale on her own. Her farmhouse had no water or electricity, she lived a very hard life. The film charted her life up to when she finally had to sell up and move to a small cottage in a nearby village.

It was quite emotional as she was interviewed in 1987 just before leaving her farmhouse for the last time. Many of her possessions were auctioned and her cattle sold to neighbouring farmers.

The second film was composed of small episodes of family life in the 1940's. These had been filmed by a bank manager who recorded a selection of family trips to Bainbridge, Aysgarth falls and several places along the River Wharfe.

It was a very interesting afternoon, and everyone enjoyed it. It brought back memories for some!

Our next meeting is on Friday 1st November, this will be a talk on Honeybees by Elly Archer.

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

07881655166 poveya@btinternet.com

#### THE LATEST SCAM

The Helpful Book Company

Unfortunately, there will always be some nasty people out there who want to take advantage of good people. I've talked about the various scams that go around before, but I had a new one recently that I thought you should all know about.

I received the following text message from a random number last week:

"British Government Living Expense Subsidy Scheme:

We will issue it to every British citizen living expenses for 2023-2024. If you fail to update your information before 2024/10/8, we will consider you to have given up on receiving it and we will continue to distribute it to more people in need.

Please update your details in the link as soon as possible after reading the information. We will issue living expenses to you within this week"

Followed by an extremely suspicious looking link that they wanted me to tap on.

There were a few things that clued me in that this message was suspicious – firstly, the fact that it came from a random mobile number. Texts from organisations and businesses almost always show the name of the organisation at the top of the chat window, rather than just a mobile number.

Often scammers will start their message with "Fedex:" or "Evri:" to try to fool people, but it's not the same thing. One of the only exceptions to this random mobile number rule that I've come across is when an Amazon driver needs help

delivering your order – but those messages always follow a set pattern, and they never contain any links.

Clue number 2 was the urgent date – I received this message on the 8th October, having never heard anything about me being eligible for this "subsidy scheme" before then (probably because it's not true). If it was true, there would have been multiple attempts to get in touch, much sooner than the day of the "deadline".

The third thing, of course, was the dodgy looking link. Generally, I would avoid tapping on a link in a text message unless you are absolutely, 100%, not-a-single-doubt-in-your-mind sure that it's a safe and trustworthy link. If a company needs you to do something on their website, you can always open your web browser separately and go to their website there, rather than going via a link in your Messages app.

So, other than not tapping on the link, what should you do if you get a text like this? It's a good idea to forward it to Action Fraud, so that they're aware of the scam and can warn people.

To do that, tap and hold on the message, then tap on "More" or the three dots menu button to get the "Forward" option. Type "7726" into the "To:" field and then press Send – fun fact, it's 7726 because those are the numbers you'd need to press to spell the word SPAM on a mobile phone, back when they had actual number buttons instead of touchscreens.

## WHY HAS MY APP DISAPPEARED?

Helpful Book Company

Have you ever gone to open an app on your smartphone, and discovered that it's not in its usual spot on your home screen? If that happens to you, no need to panic – it's probably been accidentally moved to a different home screen, or put in an app folder.

There are a few things you can do to locate apps that have wandered off, depending on the type of phone you have. The first thing I'd suggest would be to keep swiping from right to left on your home screen, to see if it's been moved onto another home screen. If you can't see it, check for any folders – generally these look like

slightly greyed out squares, they might have a name that's vaguely related to the apps in them, or if you've done it by accident they might be called "Untitled", or have no name at all. If you find one of these, tap on the folder to open it, and if the app you're looking for is in there, you can tap and hold on the icon and drag it out onto your home screen.

On iPhones, if you keep swiping to the left, eventually you'll find your App Library, and if you tap on where it says "App Library" at the top, you'll see an alphabetical list of all the apps on your phone. From there, you can tap and hold on the runaway app and drag it out onto the home screen to wherever you'd like it to be — just



remember to tap on "Done" in the top right once you're happy.

On Android phones, you'll eventually run out of home screens, but you can swipe upwards on any home screen to open your All Apps List (or on some you'll have an All Apps button at the bottom of the screen, which should look like a grid of dots). Sometimes the list is alphabetical, and sometimes it's arranged in the order that you've installed the apps, but you can either swipe upwards or from right to left to see them all.

If you can't find the app in your App Library or All Apps List, then you can always go to the App Store or Google Play Store, search for the app and then tap on "Get" or "Install" to put it back on your phone.

# BE ALERT FOR SCAMS – THEY ARE ON THE INCREASE!

Karen Evans, Chief Officer South Lakes Citizens Advice

These are the top five to look out for:

- 1. Fake texts and emails, known as 'friend-in-need scams' these are messages from unknown numbers claiming to be from your relatives/ children, asking you for money. Be suspicious! It's okay to take your time. Try to contact them directly on a known number. Only consider the request if you're 100% sure it is genuine.
- 2. Home Improvement scams if you're being pressured to pay upfront for work, or the company adds on additional costs before completing



# DAVID BAINES

FOR YOUR ENTIRE HOME IMPROVEMENT NEEDS

- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

#### **DAVID BAINES**

015396 25346 07837 766 219

davidbaines@first4homeimprovement.co.uk



Beautiful handsewn Curtains & Blinds Made to order

Lined or lined + interlined
Variety of taped or buckram
heading styles
&
Repairs and alterations

Helen Bromley 54 Bainbridge Road Tel. 015396 20165 Diploma in Curtain Making and Soft Furnishing

the work, it might be a scam. Research the company first, don't be rushed, and get a written agreement of the work before it starts. Pay by card which gives you greater protection.

- 3. Online shopping scams watch out for fake adverts. If it looks too good to be true, it may well be! Protect yourself by reading reviews from different websites, find the company's details on the Companies House website, check their terms and conditions, and pay by card.
- 4. Used car scams when buying a car avoid scammers by using an established firm with a good



reputation. Check the car's history. Inspect the car and take a test drive. Avoid buying at auction or online – you have less protection.

5. Financial scams - if you're contacted for an investment opportunity unexpectedly online it could be a scam. Get advice from a trusted source and don't be rushed into making any quick decisions. Never give money, passwords or bank details to someone you don't know or have only met online.

For more help, visit www.citizensadvice.org.uk or contact South Lakes Citizens Advice.

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 – 1pm, Tuesday and Thursday)

Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)

email advice via the submission page on our website www.southlakescab.org.uk

# EXPERIENCED DRESSMAKER

Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.
Also alterations undertaken
All made to the Highest Quality by

SHEILA SHUTTLEWORTH Tel: 015242 - 74322

## TALES FROM SHEERING GAYE Sandra Gold-Wood

Villager sorrows and joys. Last month, we left Margaret Muffat learning to drive and receiving a proposal of marriage from her erstwhile soldier boyfriend Ian Lowe. Her sister Siliva was now the face of 'Silverkin' hair products and well on her way to a career as a model. Carole Wheeler had a shock when a young girl, just a little younger than her son Adam, turned up looking for her dad. It turned out that the girl, Becky, is Carole's estranged husband's child. Conner Fitzgerald, head of Sheering Gaye primary school, who is in a relationship with Carole, was there and able to calm

things. Dora and Roger Croft,

proprietors of the Swan, are stunned to find they are expecting a baby. Later that week Conner's planned meeting for the villagers did not go entirely as he would have wished. A short film was presented to the villagers along with a talk to assuage their shared apprehension regarding overseas staff being recruited to work at the new medical centre. Unfortunately, the meeting ended in an altercation when JJ Jones, having stirred things up, started throwing punches. Which lead to his being escorted home by the new PC Robin Bently. While at Stanley Hall we left Violet standing in the doorway with a

Violet looked down at her hand and she could see that it was trembling.

telegram in her hand. Read on.....



Unable to think what to do she looked out across the Green where people were chatting amiably as they made their way home from the meeting at the primary school. Violet felt rooted to the spot, and she was sure she did not want to open the telegram. Across the Green Dave Walker noticed Violet standing at her door and he felt sure that something was wrong. Picking up his pace he headed over to Stanley Hall. As he drew near to the door, he could see that Violet was pale and unsteady. 'Hello Violet, shall we go inside?' suggested Dave as he put his arm around her shoulders and guided her inside, smoothly taking the telegram out of her hand. Violet allowed herself to be steered into the kitchen. Dave poked the fire and added a few logs on to revive it while Violet just sat and stared. Suddenly she asked, 'Where's the telegram, where is it?' 'It's here Violet, I have it. would you like me to open it for you?' With tears brimming in her eyes, she nodded. Dave took a breath and wondered if telegrams always brought bad news. Looking at it, he knew this one did. 'Vi, are you sure you're ready?' Violet indicated her assent and Dave watched her face as he began to read. 'Miss Carpenter, we are sorry to inform you that we have received no communication from Mr Hart for two weeks. His last report came from near the Chinese border. We will keep you informed. It was signed by Hugh Manning, Daniel's boss. Good grief, Vi what's this about?' 'Daniel works for the Whitehall, answered Violet choking back her sobs, other than that I've little idea. He was

supposed to be working with the Red Cross in Vietnam. I was supposed to go with him but, well, because of the baby' Violet's hands fluttered unconsciously close to her stomach 'I decided not to go'. 'Well, you are full of surprises, I didn't know even you were pregnant.' 'You must be the last person in the village who doesn't know,. I thought everyone knew.' Violet dried her tears as Dave put the kettle on and explained that he'd been away from the village for a bit. 'I have to ask, Violet, why did Daniel go?' reading Violet's face Dave added, 'He didn't know did he?' 'No, it was just that I couldn't find the right moment, and I didn't want to spoil things for Daniel. He seemed so keen on the Red Cross idea.' 'How you going to manage when,,,er....the baby arrives?' They talked on about Violet's plans, and after a while Dave could see that she was much more herself, and so he excused himself. 'Well, time's getting on, are you going to be alright if I pop off for last orders at the Swan?' Violet smiled, thank him and followed him to the door. Watching him go down the path she waved feeling better, and knowing she was never alone in Sheering

# DUNGAN LAW Ltd

Plumbing & Heating Engineer

Bathroom Suites & Tiling Central Heating Systems
General Plumbing

Mob: 07796 544596 Tel: 015396 20930 Gaye village as there was always someone to share your troubles with. 'What of Daniel,' she said to herself, 'what kind of trouble was he in now?' Even as she tried to avoid the thought it pushed its way into her mind, and she spoke the words out loud, 'What if he never comes back?' Sighing deeply, she blew her nose, squared her shoulders and headed for the stairs. As she put her foot on the first stair, she felt a kind of trembling inside her and knew it was her baby moving and it warmed her spirit.

The Post Office was busy and so was the shop. It was Whit Saturday and everyone was stocking up for the bank holiday. Margaret took over at the Post office counter while

Bartholomew tucked into a sandwich. Normally they closed for lunch. However, with it being so busy they decided to close early and work through lunch. Margaret really enjoyed training to work behind the post office counter, and it had led her to sign up for a book keeping course in Denham. Having discussed it with Mr Pool, her driving instructor, he now picked her up when her class ended, and her driving lesson finish back in Sheering Gaye Village. Ever since Ian had asked her to marry him. Magaret had felt dull and down hearted. Why had she agreed? Why indeed when she had her own plans. The last thing on her mind at 18 was being someone's wife and the thought of having children filled her



# THE CROSS KEYS

#### Tearoom in Cautley

Open 10.30 - 3.00 on Mondays 9.30 – 4.30 (sometimes later on Friday) on Fridays, Saturdays and Sundays

#### 015396 20284

<u>Crosskeyscautley@outlook.com</u> <u>www.cautleyspout.co.uk</u> Any Monday, Friday, Saturday and Sunday call in to the Cross Keys at Cautley and enjoy a relaxed cup of tea or coffee along with a delicious homemade scone with jam and cream or try our homemade traybakes and cakes.

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

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

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

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

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

with dread, and Ian had made it quite clear he wanted children. Margaret tried so hard not to think about what had happened in the shed after she said yes. Mrs Billings, who she was serving, noticed her shiver, and asked her if she was alright? Margaret brushed it off saying she was fine. Bartholomew was also watching; he had been worried about Margaret all week. Naturally, he had asked her, but she'd insisted that there was nothing amiss. At 5 pm instead of 6 pm they put the closed notice on the door. The shop was empty and so were some of the shelves, and Margaret went toward the stock room to begin filling up. Bartholomew called her back. 'Margaret, leave that, I've prepared a

meal. Will you join me? I've a few ideas I want to discuss with you, what with the new estate an all that?' Margaret readily agreed as she did not want to go home. At home her mother was so delighted that she and lan were getting married that she was forever urging Margaret to start making plans. Of course, lan had announced it to the family at the first opportunity, leaving her feeling as if there was no way out. Then there was Silvia and her modelling, which her parents were so proud of. Even John could talk of little else than his sister 'Siliva M'. Having a sister who's a bona fide model had brought him a great deal of kudos amongst his friends and fellow pupils at Denham middle school. Margaret did not



blame her little brother. Nevertheless, the whole family thing made her feel even more down hearted. At least lan wouldn't be around this weekend as he was on some kind of exercise at the barracks, and she sighed with relief.

In Batholomew's flat above the Post Office he and Margaret sat opposite each other at the kitchen table. She pushed her food about hardly eating anything. 'Right, young lady, I know there's something wrong, so tell me what it is or I'll sack you.' Margaret looked up shocked and saw that he was smiling. Looking at his kind face her own crumpled, and the sadness she had tried to hide spilled out, her tears soaking the handkerchief he passed to her. 'Oh



Mr Osbourne, what have I done? what have I done?' 'Don't upset yourself, I didn't mean I would really sack you.' 'I know Mr. Osbourne, I know you didn't mean that. It's not that.' 'Well, Margaret, I think you had better tell me what it is that is troubling you. I might even be able to help, you never know.' Words tumbled from her, as she tried to tell him everything she had bottled up all week: how she regretted agreeing to marry lan: and how he had been so very rough with her in the shed when she agreed. 'And, then he made me go in the house, and he asked dad for permission.' Pulling up her sleeves, she showed Batholomew the faded bruises on her arms. 'He tried, he tried to force me. Mr. Osborne, I...' 'It's alright, Margaret, no need to say any more, I'll get you a brandy,' soothed Bartholomew as he poured a good slug of brandy. Passing the glass to Margaret, he told her to sip the drink while he popped down stairs. At the bottom of the stairs Bartholomew picked up the phone and called Les Muffat. The Muffats had recently had a phone installed because of Silvia's work, paid for by her agent Adrea Scott. John answered the phone and Batholomew asked him to fetch his dad. 'Hello, Les Muffat speaking,' said Les amused at the novelty of having a phone. 'Hello. Les, it's Bartholomew, can you get yourself over here now please?' he urged. 'Why what is it?' asked Les, 'Margaret has something she needs to tell you, ok?' finished Bartholomew replacing the receiver. Les, took the hint and grabbed his coat, telling

# LOOKAROUND SUBSCRIPTION Name Seedbergh Address Postcode Local / Postal Subscription (please delete as appropriate). Enclosed fee Annual Subscription £15 - local delivery, £40 - postal delivery Send to: Sedbergh and District Lookaround, 72 Main Street, Sedbergh, Cumbria LA10 5AD.

John he was just popping out for a bit. John thought his dad was going to the pub, while Les could only think Margaret must be pregnant, which would explain the sudden idea of marriage.

When the last of the customers had left the Swan, Dora gave the keys to George Billings, and told him to clear up and lock up as she and Roger needed an early night. Although he was a little surprised, George was happy to oblige as every penny counted in his household. George supported his mother and his spinster aunt who both lived with him. The old ladies only had a pittance in pensions between them, and so it was whatever Geroge earned that

kept the household boat a float. Geroge really didn't mind. He was happy with his life, he liked to be the village jack of all trades, always glad to lend a hand, and both his mother and aunt were excellent cooks and rarely nagged him.

Upstairs, Dora and Roger sat on the sofa holding hands. Roger spoke first, 'I don't like to say this Dora, but aren't you a bit mature for this?' 'You bet I am, Roger. I'm in a state of shock, I'm forty-five for heaven sake. A baby was the last thing on my mind.' 'Well, how did it happen then?' asked Roger. 'What sort of a question is that,? You're a grown man.' At that Dora started laughing. 'It's no laughing matter Dora', said Roger.

# SUBSCRIBE TO LOOKAROUND

And get a copy delivered each month.

## £15 FOR A YEAR

in the Sedbergh and District Area (Sedbergh, Firbank, Cautley, Lonsdale to Barbon, Garsdale and Dent)

Email editor@sedberghlookaround.org.uk.
Or cut out and fill in the form on the reverse of this advert, then post or deliver to the Sedbergh Tourist Information Centre with payment

Which made Dora laugh even more, and now Roger joined in. 'I think we're hysterical, Roger, come on let's be serious or a moment.' Which started them laughing again.

Downstairs George could hear the laughter and smiled to himself pleased at their happiness.

Dora and Roger went to bed, and tried to sleep, but 2 am found them sharing a cuppa and discussing what the future might be with a child. Neither of them had children. Dora had thought she couldn't have children. After all, she'd been married 20 years with no sign of a pregnancy. Roger too had been married for a few years before his wife had run of with her ballroom dance teacher, but

they'd had no children either. They talked their way to the dawn, while reassuring each other that they would manage. They would visit Dr Calvert at his surgery in Denham after the bank holiday. They were both aware of the possible difficulties associated with older mothers, and yet they still couldn't help laughing with happiness at the thought of a child of their own.

Early Saturday morning Carole Wheeler and Conner Fitzgerld headed away from Sheering Fair, traveling to visit Conner's family. Carole was nervous about meeting Conner's family, as well as leaving Adam on his own. Conner reassured her that all would be well, and it was only a couple of nights, plus Ted

# LIVE OUTSIDE THE SEDBERGH AREA?

Get a copy delivered each month.

# ECOKAROUND POSTAL SUBSCRIPTIONS

£40.00 per year for a UK Annual Subscription

Email editor@sedberghlookaround.org.uk.
Or cut out and fill in the form on the reverse of the local advert, and post with the payment to
Lookaround, Sedbergh Tourist Information Centre,
72 Main Street, Sedbergh, LA10 5AD.

Blade was going to keep an eye on Adam dropping by each day.

They had been driving for about an hour, and Carole asked Conner how much further it was. 'We are almost there,' answered Conner as he pulled off the road. 'This looks like private property Conner, should we be driving through here?' Conner laughed and told her to trust him. They pulled up in front of a magnificent Georgian manor house. 'Now you're kidding, let's get out of here before we get into trouble.... No, no, scrub that, it's a hotel. Oh, Conner, it's lovely,' said Carole, not entirely surprised by the twinkle in Conner's eye. 'Good heavens, Conner, it's not a hotel, it's your home, isn't it?' Conner nodded and

smiled encouraging her to get out of the car, while she protested that he should have warned her. 'What good would that have done? Besides you might have refused to come. Right, into the house with you, my girl, and brace yourself ready to meet the Fitzgeralds.' Carole stepped out of the car on legs that felt like jelly. Conner was right beside her with his hand outstretched. 'Anything you say, Milord,' laughed Carole as she linked her arm through his, and they walked toward the house.

In the gatehouse at Limster barracks Les Muffat was insisting that he talk to the man in charge. The soldier placed a call, and shortly afterwards Major Williams came to the gatehouse. 'I'm Major Williams, and you are?' I'm Les Muffat and I need to speak to you in private.' Major Williams could tell the man was controlling his angry, and he was pretty sure this would have something to do with a woman or a girl. Drawing an inward sigh, he wished young men were not quite so reckless. Over the years the Major had heard it all. 'Right, Mr Muffat, come this way.' In the small office beside the gate house the Major closed the door, after telling the duty soldier not to disturb them. He offered Les a seat and sat down himself, 'Now, Mr Muffat, what can I help you with?'

'You can see to it that Private Ian Lowe never darkens my threshold again.' 'I'd like to oblige, Mr Muffat, but I really need more information please.' The Major could see the man was struggling with his suppressed anger, and so he asked who the girl in question was. 'My daughter Margaret.' answered Les through gritted teeth, 'You just tell Private Lowe to keep away.' 'Look, Mr Muffat, I can see you are angry, and I can understand, and believe me the Army has ways of dealing with this kind of thing, but you really must tell what has happened. Is your daughter expecting?'

'No, she isn't.' said Les crossly, 'Here's what happened, after pressing her into agreeing to marry him he tried to force her into, well you know. He roughed her up, Major Williams. It's a disgrace. She's a

# LOOKAROUND

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

Just a few hours a month required.
Email us at
editor@sedberghlookaround.org,uk
or call
07464 - 895425

good girl, never been any trouble and she's very upset. If I get my hands on him, I can't be responsible for what I might do.' 'I see. Please be assured Private Lowe will regret his actions. I will deal with this incident myself." The Major gave further reassurances that private Lowe would be dealt with, and that Les need not concern himself. The father and the soldier shook hands. The father felt he had done the right thing by his daughter, although he was angry with himself for being such a poor judge of character. He had thought lan a good lad. The Major went immediately to his office, and after a few phone calls he sort out the whereabouts of Private Lowe. Without preamble the Major told him that he was being seconded to the military reaction force [MRF] for specialised training in Northern Ireland, Pack your kit. Private Lowe, you leave at dawn.' lan was about to ask why, but the words dried on his tongue when he saw the look on Major Williams face.

On the other side of the world in the deep darkness of the subtropical evergreen forest of northeastern Vietnam four men were trying to say dry in the endless rain, while hiding in a dugout to avoid the Chinese border patrols. As night descended and the jungle like area filled with sounds, they tried to sleep, after sharing the last of their food. Daniel did not sleep. He was too busy working out how they would make it to the coast where there could be a boat they could use.

To be continued....

#### **BOOK TOWN QUIZ ANSWERS**

- 1. The Diary of a Nobody
- 2. Harold Pinter
- 3. Volpone
- 4. Papillon
- 5. Patrick O'Brian
- 6. Steam trains / railways
- 7. Little Grey Rabbit
- 8. The Bank of England
- 9. C F Tunnicliffe
- 10. Le Morte d'Arthur
- 11. Books printed before the 16th century (i.e. before 1501)
- 12. The Ancient Mariner (There's a dreadful cricket 'joke': Why was the Ancient Mariner a poor wicketkeeper? Because he stoppeth one of three.)

#### PERSONAL MESSAGES

#### ELI

Happy Birthday Eli on 10<sup>th</sup> November. Now a teenager—13. Love from Nannie and Grumps. XX

\_\_\_\_\_\_

#### **FOR SALE**

Celebrity electric recliner chair – very little used. £100
Pine Drop Leaf oval table – seats 4/6 - good condition £50
Tel 015396 47116



#### **PUZZLE - WORDSEARCH**

d b S W S d e 0 a a a 0 f t 0 u m n S a е 0 S e C W 0 r 0 a a S C u i u g d 0 0 r n d d е a W S a p a a e a r C u a е m a 0 a g 0 0 C a n W p a n а p p b S C t a S e n a 6 t t n a S a a a n C m a d d e n Χ p n t i t t e a a n 0 a a W e C 0 h t p S a m e C a C e C t W m 0 g p p a h d a b 0 h e n n e g n ٧ n e d a 0 a n r W a X u 0 g a f S d e m 0 q a z S u e y e p S u 0 a r a

Africa Asia Europe Pacific Antarctica Atlantic Indian South America

Arctic Australia North America Southern

## **PUZZLES (SOLUTIONS ON PAGE 69)**

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

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

#### 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**

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

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

	CAR PARKING CHARGES CARS & I'H 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 1st September.

	PEOPLES' HALL HIRE RATES						
		Main Ha	ıll				
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 I	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**

**DECEMBER 2024** 

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.

21	1930	Sleeping on the Wing (25)	BF
22	1930	Domino Drive (22)	KPH
24		4Front Theatre (Oct)	TBA
24		4FrontTheatre	Dent
26	1400	An evening with Lord Byron (7)	Levburn

#### **NOVEMBER 2024**

01	1930	Dominos and Tattie Pie	HVH
05	1830	Sedbergh School Fireworks Bu	sk Lane
07		Young Peoples Fund Meeting (Oct)	TBA
07	1400	Community Afternoon Tea	GH
07	1930	WIHF - Life on the Farm (43)	HVH
10		RBL Poppy Appeal (Oct)	TBA
10	1030	Remembrance Service (9)	StAS
10	1930	Remembrance Concert (Oct)	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 Se	a (41)PH
15	1800	Road Closure (6)	Cautley
18		Road Closure (6)	Cautley
18	1930	Domino Drive	GVH
19	1930	Ladies NFU - Jewellery Making (48)	PH
20	1000	NHS App Day (7)	MC
20	1700	Online Friends of the Dales talk	online
21	1400	Community Afternoon Tea	GH
21	1930	Sedbergh Parish Council (22)	PH

04	1700	Flora and Fauna of Malham Tarn	online
05	1400	Community Afternoon Tea	GH
07		Flicks in the Fells (5)	PH
07	1800	Town Band Christmas Concert (Oct)	StAS
10	1200	Killington WI Xmas Lunch	PH
10	1930	Domino Drive & Mince Pies	FCH
44		Dontdolo MI Vmaa maal	TDA

Dentdale WI Xmas meal TBA Sedbergh WI Christmas Dinner 11 TBA Sedbergh School Term Ends (24) SS 12 13 1930 Domino Drive HVH 15 1500 Flute concert St mary's 18 1000 NHS App Day (7) MC 19 1400 Community Afternoon Tea GH

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

#### **USEFUL CONTACT DETAILS**

0021020011	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Age UK South Lakeland	Sight Advice South Lakes
030 300 30003	01539 769055
Electricity in any area	South Lakes Citizens Advice Bureau
105	03444 111 444
Medical in any area	South Lakeland District Council
111	01539 733 333
Pension Service Surgery	Western Dales Community Bus Service
Stricklandgate House every Tuesday 1400 - 1600	wdbusops@gmail.com 07541644524
Police in any area	Yorkshire Dales National Park
101	0300 456 0030
Report Grey Squirrels	
sedberghredsquirrels100@gmail.com	
If you would like to see any number	ers listed here, please let us know.

	DIARY KEY	Т
AS	Art Society	T
BC	Sedbergh Bowling Club	
BF	Brigflatts	$\top$
BVH	Barbon Village Hall	
CCCN	Cornerstone Community Church, New St	$\top$
CM	Coffee Morning	$\top$
CWT	Cumbria Wildlife Trust	$\top$
DCMH	Dales Countryside Museum, Hawes	
DCP	Dent Car Park	
DCS	Dentdale Chapel Schoolroom	$\top$
DHTF	Dentdale, Head to Foot	$\top$
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 HTH	Howgill Village Hall	+
піп	Holy Trinity Howgill	+
JLCP	Joss Lane Car Park	
KL	Kirkby Lonsdale	
KPH	Killington Parish Hall	Т
L	Library, Main Street	
LHCP	Loftus Hill Car Park	
мс	Medical Centre	
MCD	Meditation Centre, Dent	Т
PH	People's Hall	Т
QG	Queens Gardens	Т
RFC	Rugby Football Club	Т
RR	Rawthey Room, 72 Main Street	
SASL	Sight Advice South Lakeland	$\top$
SCC	Sedbergh Cricket Club	
StAS	St Andrew's Church, Sedbergh	$\top$
StAD	St Andrew's Church, Dent	$\top$
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	-	+
STC	Sedbergh School Library 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 Women's Institute, Sedbergh	+
**10		200

#### 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. Café open serving paninis, tray bakes and fish and chips!

#### **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 Calders 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 Frostrow, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. (Walk 10)

#### DALES WAY AND CRAGGSTONES. 7.5 miles

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

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



#### **BED & BREAKFAST**

Proprietor Address Phone (015396)

Mrs J Postlethwaite Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 21529

1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk

Mrs C Clowes The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) 20284

1T(ES), 1D(ES) NS, CH, L

e-mail: crosskeyscautley@outlook.com

#### CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN 34032

Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub

e-mail: sam@thecapps.co.uk website: www.scrogghouse.farm

Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04) 21175

Sleeps 4 people; D; T; CH; L; P, NS

Borrett Barn Flat, Marthwaite, Sedbergh (2018/04) 21175

Sleeps 4 people; D; T; CH; L; P; NS

Ann Newbold The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11)

45845

Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC

e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk

The Roost at Bowersyke, Killington, LA10 5EW 07927 295262

Sleeps 2 people 1D CH L TV P NS NP NC e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk

#### **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	TBÁ
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 - 07855 102930 /
Dent Memorial Hall	annemcclurg@btinternet.com
Dentdale Choir	John Feltham - 015396 25689 /
Defituale Choil	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 /
Trained Will - Art Grant Heritage	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 /
Toolban olab variior ocabergii	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 /
Carsaale village riali	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 /
19	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
Little People	Emma Brown - 07855 620018 /
	emmabrown05@hotmail.co.uk
Lunesdale Archaeology Society	lunesdale.archaeology@gmail.com
3,,	3,00

# **GROUPS AND ORGANISATIONS (CONT)**

	0.11.0
Meals On Wheels	Colin Cowperthwaite - 07961 925003
Messy Church	Rev'd Andy Burgess - 015396 20018
Orchestra - Sedbergh	Nicola Cann - 07884 391587 /
Over E0's Swimming Crown	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 People's Hall	membership@sedberghgym.club
Pepperpot Club - Sedbergh	Steve Longlands - 01536 20885 Nicola Cann - 07884 391587 /
Fepperpor Club - Seubergii	drnicolacann@outlook.com
Playground - Sedbergh	
Playgroup - Sedbergh	Janey Hassam - 015396 20125 07785 743837 /
Flaygroup - Seubergii	
Playing Field - Sedbergh	sedberghplaygroup@yahoo.com Steve Longlands - 01536 20885
PMR/GCA support Group	0300 111 5090 /
I WINGCA support Group	kendal@pmrgca.org.uk
Poetry Club*	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh	sedberghredsquirrels100@gmail.com
Royal British Legion	Nigel Whiting - 015396 21358 /
Troyal British Legion	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	sedberghecomarket@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 /
l.,	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
O	PAs will be removed in the coming editions

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 \*.

# 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

# **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 r		
Mon-Fri	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				

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

From 2nd October 2023

Trains to Carlisle		1048		••	1815
Trains to Leeds	••	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	
Trains to Carlisle	1048			1815	
Trains to Leeds	1041			1732	

#### **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
Trains to Carlisle	0934	1106	1501
Trains to Leeds	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
Trains to Carlisle	1106	1501	1703
Trains to Leeds	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

#### **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	

Editiorial Team members annoted 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

church wardens. sedbergh @western dales. or g.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 Sunday10.30am, 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

# ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday 2.30pm, Holy Communion

## **ALL SAINTS' CHURCH, KILLINGTON**

1st Sunday 2.30pm, Afternoon Service

# Methodist Service Times

**CORNERSTONE** - Sunday 10.30am **DENTDALE** - 1st and 3rd Sunday 10.30pm **GARSDALE** - 2<sup>nd</sup> and 4<sup>th</sup> Sunday 2pm.

CU	пиней рип	s for Western		n Communicy	1	
November 2024						
	Time 8.30am	3 <sup>rd</sup> HC-BCP	10 <sup>th</sup> HC-BCP	17 <sup>th</sup> HC-BCP	24 <sup>th</sup> HC-BCP	
St. Andrew's, Sedbergh LA10 5BZ	10.30am	All Saints' Day HC 6pm Commemoration	Remembrance Sunday Service	HC	Choral Matins 4pm Teatime	
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	of the Faithful Departed  Connect	4pm- Messy Church	Service	Church	
St. Mark's, Cautley LA10 5LZ				9.30am HC		
St. John's, Garsdale LA10	10am	All Saints' Day HC		Service of the Word		
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service		Service	
All Saints, Killington LA6 2HA	2.30pm	All Saints' Day HC				
Holy Trinity Howgill LA10 5JD	9.30am		Act of Remembrance			
St. John's Firbank LA10 5EF	2.30pm		Remembrance Sunday Service			
St. Andrew's, Dent LA10 5QL	10.30am	40.00		T	HC	
St. John's, Cowgill LA10 5RJ		10.30am All Saints' Day Joint Service with HC	2.30pm Act of Remembrance			
Dentdale Methodist Chapel LA10 5QJ	10.30am			нс		
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	5th				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	Wednesday	6 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>	27 <sup>th</sup>	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (BC	CP- Book of Commor	n Prayer	MP- Morning Prayer	r		

#### **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)

#### <u>Doctors Clinics</u> 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

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