

Sedbergh & District

LOOKAROUND

February 2025

Donation £1

Issue 439

Many thanks to Kilvington Solicitors in Kirkby Stephen for advertising with us. It's the first full page colour advert that we have ever done. We're selling the inside cover space on a

first come first served basis so do let us know if you are interested. Rates for all our adverts are to be found on page 4. Ads within the text remain a maximum of half a page. *Ed.*



SEDBERGH TOWN TWINNING GROUP

We are taking a small group of residents to Zrece to celebrate the 20th anniversary of our twinning on May 27th.

It is also the 30th anniversary celebrations of Zrece becoming a municipality.

We intend to spend about a week there at the end of May.

There are a few seats still available so anyone who would like to join our group please contact -

Garth Steadman (garthsteadman@yahoo.co.uk)

Mob 07796164066

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

A Sorry State!	23
Age Related Hearing Loss/Dementia	60
Book Town Quiz	18
Book Town Quiz Answers	63
Christian Aid	16
Professional Development	29
Damp And Mould Indoors	61
December/January Police Report	17
Family Musings	35
Fifty Years Ago	43
Flicking Back And Forth	62
Friends Of Settle-Carlisle Magazine	42
Hardship And Exhibition Funds	18
Honeybees And Christmas Lunch	54
Hugh Symonds	7
Killington Sailing Association	30
Lizzi's Column	19
Mammal Watching – February	36
Notes From Dent Station	38
Pagans, Ranters, Dissenters	52
Peoples Hall News	12
Royal British Legion 2024	13
Sedbergh Parish Council	20
Sedbergh School News	25
Sedbergh Town Band	8
Sedbergh Y.F.C.	9
Sedbergh: 100 Years + Ago	49
Shout Out For Sedbergh Spring Show	10
Tate Muncaster	46
Valentine's Day	5
W.I. Howgill And Firbank	57
W.I. Killington	58
W.I. Sedbergh	55
Wensleydale Arts Society	13
Zrece Twin Towns	11

Business Adverts

Able Memorials	32
Audio Lookaround	59
Booktown - volunteers	14
Clean Machine	54
Cumbria Stoves	45
Curtains	38
Dalesway Therapies	29
Dalton Burial Ground	33
Dawsons Fuels	27
Duncan Law Plumber	61
Firewood & Septic Tanks	53
G.J. Baines	36
H&M Craftsmen Kitchens	43
Howgills Accommodation	22
J.J. Martin Funeral Director	31
K.W. Electricals	28
Kev Scrap	20
Kilvington Solicitors	0
Lookaround Subscription	63
Lookaround Subscription Form	64
M.K. Conversions Ltd	55
Matthew Cook Stonemason	62
McGarry Solicitor	58
Oglethorpe Sturton & Gillibrand LLP	23
Palmer Hill, Vacancy	21
Parkin And Jackson	34
Peoples Hall	25
Powells	47
Royal British Legion	51
Ryedale Plant & Hose	8
S. Alderson Painting & Decorating	40
Sheila Shuttleworth Dressmaker	57
Simon Parkin Carpets	56
Stephenson And Wilson Builders	19
Stramongate Press	85
The Thirsty Rambler	18
Thomson Hayton Winkley Solicitors	37
Tooby's Electrical	30
Treadwell flooring	60
White Hart Sports & Social Club	52
Wools Of Cumbria	46

COVER PHOTOS

Borrow Beck

Catherine Radvánszky

CONTENTS (continued)

Event Adverts

Domino Drive (7th)	7
Griefshare Open House (Tues)	42
Jumble Sale - Air Ambulance (08/03)	17
Karate Club (Thurs)	13
Lent Lunches (05/03)	59
Medical Centre (22nd)	16
Red Squirrel Table Top Sale (01/03)	15
Sedbergh Eco Market (10th)	12
Spring Show (29/03)	10
Weekly Coffee Morning (Weds)	3
Westwood Books (6th)	5
Zrece Trip (27/05)	1

Other Information

Advertising In Lookaround	4
Bed & Breakfast	73
Bus Services	76
Car Parking Charges	69
Diary of Events	70
Eat and Drink in Sedbergh	71
Editorial	64
Groups and Organisations	74
Lookaround Details	66

Other Information (Continued)

Lookaround Editorial Team	80
Peoples Hall Hire Rates	69
Personal Messages	64
Places of Interest	72
Public Information Contacts	84
Puzzles	65
Religious Information	81
Sources of Funding	68
Train Times	77
Walks Around Sedbergh	72

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 5th February - None (Church unavailable)

Wed 12th February- St Andrew's

Wed 19th February - St Andrew's

Wed 26th February - St Andrew's

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

- ◇ We will print an advert supplied by you, or 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.
- ◇ 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 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
Colour ads inside front cover	
Double Column 5.2" x 4"	=£50.00
Double Column 5.2" x 7.5"	=£100.00
Other	
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**

VALENTINE'S DAY

History.com

Valentine's Day is a holiday celebrated every February 14; this year Valentine's Day falls on a Wednesday. Across the UK and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine.

But who is this mysterious saint and where did these traditions come from?

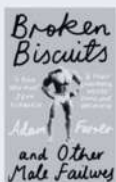
The Legend of St. Valentine

Saint Valentine, who according to some sources is actually two distinct historical characters who were said to have healed a child while imprisoned and executed by decapitation.

The history of Valentine's Day—and the story of its patron saint—is

shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied



WESTWOOD
BOOKS



All welcome to our next events:

Wise Women with Sharon Blackie
Thursday 6th February 2025, 6:30pm

Broken Biscuits & Other Male Failures with Adam Farrer
Wednesday 26th March 2025, 7:30pm

Tickets £5 - available to buy online or in the bookshop



Open 7 days a week from 10:30am
Westwood Books, Long Lane, Sedbergh, Cumbria LA10 5AH
Telephone: 015396 21233
books@westwoodbooks.co.uk
www.westwoodbooks.co.uk



Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement.

Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

Origins of Valentine's Day: A Pagan Festival in February

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial—which probably occurred around A.D. 270—others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an

effort to "Christianize" the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification. They would then strip the goat's hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide.

Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.

Valentine's Day Meaning: A Day of Romance and Love

Lupercalia survived the initial rise of Christianity but was outlawed—as it was deemed "un-Christian"—at the end of the 5th century, when Pope Gelasius declared February 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love.

KILLINGTON SPORTS

DOMINO DRIVE

- £3 ENTRY
- REFRESHMENTS
- RAFFLE
- KILLINGTON VILLAGE HALL

FRIDAY 7th FEBRUARY

7:30 PM START

WWW.KILLINGTONSPORTS.ORG.UK

During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poem "Parliament of Foules," writing, "For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate."

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

HUGH SYMONDS

Pauline Symonds

Since Hugh reached the end of life's journey on November 25th it has been heart-warming to experience the support, love and sympathy of the people of Sedbergh and beyond. It was touching to see how many people joined the thanksgiving for his life at Brigflatts, at the cemetery, in the Black Bull (who put on a wonderfully tasty spread) and also on Winder for a fog bound sunrise.

The Friends of Brigflatts and Edward Waller were so considerate of Hugh's wishes which we had talked through with them before the event, knowing that it was coming. It was just as Hugh would have wanted and more. The tributes to Hugh at the meeting house and in the marquee were all from the heart as are the messages on the multitude of cards which have come through our letter box. I don't do Facebook myself but I have also seen the many heart-warming messages on this forum.

As Hugh approached the final weeks of his life the palliative care team, district nurses and the Sedbergh GP practice offered wonderful support which ensured a peaceful passing in our own home.

I can't walk down the street without meeting people who express their sorrow and sympathy often accompanied by a nice big hug. The community of Sedbergh is very special and I warmly thank all who have offered such uplifting support.



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

SEDBERGH TOWN BAND

Gemma Suttle

We were delighted to see so many people enjoying our Christmas concert – there was some excellent audience participation! Some of our players took part in Late Night Opening, playing carols on Main Street, and later in the month went carolling in Sedbergh and at Lakeland in Windermere. It was so lovely to be invited to play during the Settlebeck and Sedbergh Primary Carol Service, and just before Christmas we had the wonderful experience of playing in the Great Hall at Levens Hall.

If you are interested in becoming a member of the Band, we meet on Tuesday evenings in St. Andrew's Church, and you can always be sure of a warm welcome. Even if you have never played an instrument before you will find a home in Training Band until you are ready to join Main Band.

We perform a series of concerts in Sedbergh and further afield with a diverse musical repertoire of pop songs and film themes as well as the usual standards, hymns and marches.

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

Rehearsals start at 6 p.m. for Training Band, followed by Main Band at 7 p.m.

A date for your diary:

Saturday 22 March, 7.30 p.m.

Dance Concert (including pie and pea supper) – more details in next month's Lookaround.

SEDBERGH Y.F.C.

Ruby Allan

Sedbergh YFC have been really busy over the festive period! Thanks to everyone for your continued support, especially in attending our Christmas Domino Drive which was a great night and we raised £599.28 towards the running of our club. We have been busy with our Christmas



Go Karting session, parading through Kirkby Lonsdale in their procession, and not forgetting having Santa on his sleigh through the streets of Sedbergh meeting all the children! We are currently really busy practicing our pantomime which we will be competing with against other clubs at the end of Feb. We will be



performing this at the People's Hall on Wednesday 5th February for you all to see, so please come and join us! Always taking on new members, so get in touch with our Club Chairperson (Ruby Allan - 07398138594) or Club Secretary (Phoebe Wharton - 07553 515497) for more details of how to join!!!

Dates for your Diary (7.30pm People's Hall)

Wednesday 5th Feb Pantomime Performance

Friday 21st Feb Quiz Pie and Pea Supper



Sedbergh Spring Show

MOTHER'S DAY WEEKEND

Saturday 29th March 2025

1-4pm at the People's Hall

BRING THE WHOLE FAMILY!

Entry forms available in Spar,
the Post Office and the Information Centre

To be opened by Abbi Lawson

Featuring Sedbergh Town Band and Finkle Folk



SHOUT OUT FOR SEDBERGH SPRING SHOW!

Jane Fisher

The planning for this year's show is well underway!

Now we just need all of you bakers, jam makers, stitchers, knitters, flower arrangers, artists and photographers to don your thinking caps and start considering what you could enter – there are classes to cover every interest and hobby you might have! Have you got something tucked away you are pleased with? Do you need an incentive to finish that article you started ages ago? There is still time to eliminate the soggy bottoms and perfect the exact rise to your cakes!

Maybe your children would like to abandon their screens on a cold wet day and try something creative? There are lots of classes for them too! (as well as the class entries from the local schools)

This is a truly local community event, this year held on Saturday 29th March - Mothering Sunday weekend. Why not bring your family along to marvel at your friends and neighbor's talents? Meet up and chat and see if you have won a coveted Certificate! – or even a cup!!

There is music provided all afternoon by local musicians in the Town Band and by Finkle Folk too, and of course there will be tea/coffee and extremely delicious cake!

More information to follow in future Lookarounds, the community forum and posters and signs around the Town.....

Entry forms can be picked up from early February at Spar, the Post Office and the Tourist Information Centre.

Put it in your diary folks!



ZRECE TWIN TOWN 20TH ANNIVERSARY

David Burbidge

As you probably know May 27 this year marks the 20th anniversary of Sedbergh's town twinning with Zrece in Slovenia. There are two groups going from Sedbergh - one led by Garth Steadman for town residents, and one for anyone who would like to learn Slovenian songs and sing them alongside singers from Slovenia led by David Burbidge.

Sedbergh Residents Tour

Garth Steadman has asked me to post this for anyone who might be interested in joining a Sedbergh group outing to Slovenia in May:

"The Sedbergh Town Twinning Group are taking a small group of residents to Zrece to celebrate the 20th anniversary of our twinning on May 27th. Also it is the 30th anniversary celebrations of Zrece becoming a municipality

"We intend to spend about a week there at the end of May.

"There are a few seats still available so anyone who would like to join our group please contact Garth Steadman (garthsteadman@yahoo.co.uk) Mob 07796164066."

Singing Slovenia

And if you would like to join a separate singing group singing Slovenian and English songs, and going by train using Interrail Passes, with a stop en route in the beautiful city of Heidelberg for two nights, staying in tourist farms in Slovenia with several outings to meet other singers, walks, visits to cultural centres, wine tasting etc. - please contact David Burbidge (me!) I have led groups to Slovenia for 20 years now with tours visiting Zrece and different parts of the country.

We are leaving by train on Tuesday May 20 (06:22 from Oxenholme), arriving in Slovenia on Thursday May



22, staying in tourist farms in Slovenia and in the homes of singers in Ljubljana, and returning on the train, Thursday May 29 - arriving back in Cumbria on May 30.

Words, recordings and scores for the songs will be sent in advance for home study, and we have two practice weekends of the songs in Sedbergh in February and April.

You can contact me by Facebook (david.burbidge.31,) email: davidburbidge@hotmail.com or by telephone 015396.21166

PHOTO shows our local choir singing alongside the Zrece town choir, Zbor Jurij Vodovnik. Our Sedbergh singers were joined in the singing by the British Ambassador, Tiffany Sadler.

David Burbidge, Lakeland Voice, Smithy Cottage, Farfield, Sedbergh, Cumbria LA10 5LW Tel. 015396.21166

www.lakelandvoice.co.uk

"And this shall be as a bond between us - that we are of one blood you and I, that we cry peace to all and claim kinship with every living thing; that we hate war and sloth and greed and love fellowship - and that we shall go singing to the fashioning of a new world." Woodcraft folk

PEOPLES HALL NEWS

Yvonne Cervetti

2025 has already started with an increase in bookings, more classes and larger events on the horizon!

Please check the calendar on the website

www.sedberghpeopleshall.org and we also aim to have more regular updates on Facebook. Flicks on the Fells will be returning and we also have major decoration plans for the first half of this year.

However, the committee is small and we all work, so participation is done in our spare time. We would really welcome more active input. Meetings are held on the first Monday of the month at 7.30pm (45-60 minutes max, next is on February 3rd) and you are most welcome to join us in the committee room. (Enter through the side door, follow the corridor to the back of the building next to the kitchen). You may have ideas for additional facilities you feel the hall should have or other activities it could offer or want to organise a large event. We welcome ideas and assistance. The Annual General Meeting will be held in April. Date to be confirmed shortly. Wishing you all a great 2025!

Sedbergh ECO Market

Saturday 22nd February 10am-3pm - St. Andrew's Church

natural & sustainable products
delicious eco-friendly foods

recycled & upcycled arts & crafts
info on protecting the environment

Sedbergh Environmental Network

WENSLEYDALE ARTS SOCIETY

Jenny Howard-Vyse

The Wensleydale Arts Society's February meeting is on Tuesday 25th February 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.

Lecture Title - A Very Dangerous Work – Gilbert Scott and the Restoration of Ripon Cathedral

Sir George Gilbert Scott was the most prominent and most prolific architect of the 19th century. Perhaps best known today for the Albert memorial and the Midland Hotel at St Pancras, Scott was celebrated in his day as a designer of churches and a restorer of cathedrals. Scott's career, from his early days as a designer of workhouses, though his awakening to Gothic architecture by reading Pugin, to his knighthood and his burial in Westminster Abbey, is outlined in this talk. It details his spat with Lord Palmerston over his designs for the Foreign Office and looks at a neglected aspect of his work, his country houses. Taking Ripon Cathedral as an example, it also looks at his cathedral restoration work – which attracted criticism later in his career, notably from William Morris. Scott's Ripon restoration shows how his intervention could be sensitive and careful (and vital to stop imminent collapse) but also occasionally cavalier. It is certainly due to his work that Ripon and at least 25 other British cathedrals are still standing.

Arts Society Lecturer Mr David Winpenny



CONTACT SHARON ON

07793 210 192

TO RESERVE YOUR PLACE

OR EMAIL

sedberghmitsurukarate@gmail.com

CLUB INSTRUCTORS
SHARON HEALEY 4TH DAN
DBS ENHANCED CHECKED

REECE HEALEY 1ST DAN
DBS ENHANCED CHECKED



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

ROYAL BRITISH LEGION UPDATE 2024

David Parratt

Branch Officers and Committee

Members are as follows:

President: Tony Reed Screen

Chairman: David Parratt

Treasurer: Martin Gray

Secretary: Nigel Whiting

Poppy Appeal Organiser:
David Parratt

Standard Bearer: Stephen Moore

Branch Community Support Sub-Comtee:

Rose Pease, Keith Birbeck, David Parratt

Other Committee Members:

John Pease, Myles Ripley, Rupert Follett

SEDBERGH is ENGLAND'S BOOKTOWN

This year 2025 is our twentieth anniversary. We want to grow back to how we used to be in our first 12 years when we were selling around 10,000 tickets per year.

To do this we need LOCAL PEOPLE WHO ARE INTERESTED ENOUGH TO VOLUNTEER!

Stewards attend events free of charge so why not sign up and come along, you'll be pouring tea and selling tickets, nothing too strenuous and we guarantee it'll be fun!

Trustees are the decisions and ideas people, we aren't a formal bunch so we'll appreciate your input whatever it is.

Trustees are registered with the Charity Commission and Companies House and should we go bust you would be asked to pay £10.

SO THAT'S IT – YOUR BOOKTOWN NEEDS YOU

Email booktown@sedbergh.org.uk, ring 01539621770 or call in at the Sleepy Elephant for more info.

The branch strength at present remains at 120, of which 75 are full members and 45 are affiliated members from Sedbergh School. Sedbergh Scout Group are also an affiliated unit with the branch. We have achieved some success in recruiting new members during the past year through a recruiting campaign when committee members manned a stall at the Artisan Markets in July. Unfortunately, the August event was cancelled due to bad weather. However, we have also lost members due their passing or moving away, including Sandra Gold-Wood who was an active member of the committee for many years. Rupert Follett from Sedbergh School was welcomed as a new member of the committee. He has taken over the running of the school's CCF from Myles Ripley. Other new members are Garth Steadman, John Barraclough, Catherine Follett and Maria Duckham.

Sadly, Dennis Whicker died on 25th March. Dennis was a sterling member of the Branch and a pillar of the community and will be missed by many.

Various events have been held during the period. The branch held its annual dinner at the Sedbergh Golf Club on 10th May which is always an enjoyable occasion. This was the seventh year that the dinner had been held at the golf club. A coffee morning was held on 3rd July to raise funds for the branch and a further coffee morning was held on 7th August on behalf of the Rawthey Project.

2024 saw the 80th anniversary of D-Day, Kohima and Imphal. These events were marked on 8th June at the town war memorial with the Last Post, wreath-laying and a lament played by members of Sedbergh School Pipe & Drums Band.

The Remembrance Sunday service was held on 10th November which was well attended. On completion, a two-minute silence took place at the war memorial, followed by the laying of wreaths and a lament was played. An excellent Remembrance concert was held in the evening in St Andrews Church courtesy of the Town Band. The proceeds from the Remembrance Service and the concert went towards the Poppy

SEDBERGH RED SQUIRREL GROUP

Tabletop Sale

Fundraising Event
Saturday 1st March 2025

10.00am to 3.00pm

Sedbergh Peoples Hall

Tea, coffee and homemade cakes for sale

Book a table for £6 each by phone or text

on 07587 015465 or by email at

sedberghredsquirrels100@gmail.com



Appeal and the Branch is very grateful for this support.

A Poppy Appeal Coffee Morning was held on 30th October in St Andrews and £281 was raised towards the campaign. The Poppy Appeal Campaign was held between 24th October and 10th November. The Sedbergh branch wishes to thank everyone that has been involved in helping with the Poppy Appeal and the general public for their continued and generous support. An amazing £14,063 was collected. This is another record for Sedbergh & District with the previous best being £13,643 in 2023. This was all the more surprising with the loss of the first day of collection at Killington Services due to a Roadchef double booking and the closure of the M6 due to an incident on another day. There was a significant increase in the use of the card readers. Over £50M was raised nationally for the Poppy Appeal involving over 2,000 Branches.

Myles Ripley gave an excellent talk on behalf of the Branch and Cumbria Wildlife Trust in St Andrews Church on 13th March on his 50-day sailing

expedition to the South Atlantic and Antarctica on board the tall ship Bark Europa. This was well attended and provided a lot of interest.

The Branch has continued to provide Branch Community Support at local level to veterans in need. In particular, it has supported a double amputee who is now accommodated at the new housing estate in Sedbergh at 'Broadacres' with full disability access. Valuable help was also provided by the military charity BLESMA (British Limbless Ex-Service Men's Association). The Dalesman once again hosted veterans and their families over the Christmas period. The veterans had been taking part in an addiction recovery programme being provided by Tom Harrison House, a charity based in Liverpool.

A donation of £250 was made to Lister House, an RBL Care Home exclusively for the Armed Forces community based in Ripon.

His Royal Highness King Charles the Third was confirmed as Patron of the Royal British Legion. The late Queen held this title for 70 years.

Vice Admiral Paul Bennett CB OBE was appointed as the new RBL National President.

Joanne McNamara took over from Clive Sumpter as the new Membership Engagement Officer to support Branches for Cumbria and Lancashire.

The future strategy of the RBL is being worked on for the next 10 years. This will be launched at the next Annual Conference in Harrogate between 16th – 18th May. Inputs and discussions will be sought from Branches about the future shape of the Legion.

The Sedbergh Branch needs to continue to recruit volunteers and new members to keep up its good work. If you would like to become a member or learn more about the Legion, please contact either David Parratt (Chairman) on 07855 384640; email dmparratt@gmail.com or Nigel Whiting (Secretary) on 015396 21358; email nigelwhiting306@gmail.com for an application form. For more information, visit our website: <http://branches.britishlegion.org.uk/> branches/sedbergh The National website is: www.britishlegion.org.uk

CHRISTIAN AID

Revd Anne Pitt

We've had a chilly start to 2025 here in Sedbergh which has been challenging to many on restricted budgets and really hard to deal with. Climate has a massive impact on everyday lives and for some the start of 2025 has been truly devastating. The images coming from the Californian wild fires have been truly horrific and the losses huge for individuals and communities. 2024 saw countries round the world facing vast economic costs following climatic events. In that year US storms incurred costs of over \$60 billion; From 9 – 13 October Hurricane Helene in Mexico, Cuba and the US cost \$55 billion; China floods in June and July cost \$15.6 billion; Bavarian floods in June cost 4.45 billion and the list of economic costs goes on much more.

The Christian Aid website explains the less reported impact as follows:

“While wealthier nations dominate headlines with billion-dollar losses, some of the most devastating extreme weather events in 2024 hit poorer nations, nations who have contributed little to causing the climate crisis and have the least resources to respond. Cyclone Chido devastated Mayotte in December, potentially killing more than 1,000 people. In Colombia, the Amazon River dropped by 90%, threatening the livelihoods of Indigenous communities. Heatwaves in Bangladesh affected 33 million people, while floods in West Africa displaced millions across Nigeria, Chad and Niger.



**SEDBERGH
MEDICAL CENTRE**

*will be closed for Training Purposes
at 1pm on the following afternoons:-
2025*

Thurs 22nd February
Thurs 14th March
Tues 16th April



In addition to immediate disasters like hurricanes and floods, slower-onset crises such as droughts and heat waves caused immense suffering in 2024. Southern Africa endured its worst drought in living memory, affecting over 14 million people in Zambia, Malawi, Namibia and Zimbabwe.

Behind these events are countless human stories of resilience and loss. As Mohamed Adow, Director of Power Shift Africa, explained, "Africa may not have the biggest insured losses, but we suffer a terrible human toll in lives lost and livelihoods destroyed. The fact we contribute less than 4% of global emissions but bear the brunt of the impacts underlines why Africa needs financial support to deal with a crisis caused by the rich world."

Christian Aid works with grass roots groups around the world to alleviate the impact of these disasters and to enable local communities to build skills and resources to not only survive but create stable living conditions and the means to establish economic growth.

In our community here there has been a long tradition of generous

support for Christian Aid which we hope will continue this year. We'll begin with our Coffee Morning at St Andrew's Church room in Sedbergh on Wed 5th March. Christian Aid Week will be next from the 11th to the 17th May when there will be various activities and finally there will be a further Coffee Morning on the 15th October. Do take a look at the Christian Aid website which gives lots of information about its work, its campaigns and appeals. If you haven't been involved locally but would like to help with events or activities or do a bit of fundraising then come along to the coffee morning or get in touch through the local churches as extra help is always appreciated.

DECEMBER/JANUARY POLICE REPORT

PCSO 5244 Mandy Coleman

Here is the Police report for December.

12th of December caller reporting theft of 31 lambs from Baugh Fell.

9th of December caller reporting his car tyres been slashed overnight in the area.

15th of November theft of 6 sheep from Whernside Common.

19th December – A burglary was reported in Sedbergh wherein a dehumidifier and Christmas tree were stolen.

11th January – 1 person was arrested for drink driving in the area.

The next police drop in will be:
January 22nd 10-1pm in the community office above the Tourist Information Centre.

February 12th 10-1pm.



Jumble Sale

People's Hall

Saturday 8th March 2pm

Proceeds to the **Air Ambulance**

Refreshments

Please support us with donations of jumble which are welcome on the day from 10am or call Sandra on 07815069394

to arrange a collection

Any unsold donations may be passed to other charities

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

BOOK TOWN QUIZ

Gerry Cotter

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

1. Which classic novel, published in 1891, has the subtitle 'A Pure Woman'?

2. Who was the first British author to receive the Nobel Prize in Literature?

3. Name the epic poem by Edmund Spenser, published in two parts in 1590 and 1596.

4. Which prolific playwright was artistic director of the Stephen Joseph Theatre in Scarborough from 1972 to 2009?

5. Who is thought to be the first person to introduce a printing press to England, in 1476, and to be the first English seller of printed books?

THE THIRSTY RAMBLER



SEDBERGH

14-16
MAIN STREET

WE ARE A COSY LITTLE, DOG FRIENDLY MICRO BAR, OPERATING A FIRST COME, FIRST SERVE SEATING POLICY.

WE SERVE A RANGE OF BOTTLED, CANNED AND HAND PULLED ALES AND LAGERS SOURCED FROM LOCAL BREWERIES IN CUMBRIA AND YORKSHIRE. WE ALSO OFFER A SELECTION OF ARTISAN AND CLASSIC GINS, SPIRITS, CRAFT CIDER AND HANDPICKED FINE WINES.

WE LOOK FORWARD TO WELCOMING MUDDY BOOTS AND DIRTY PAWS!

WWW.THETHIRSTYRAMBLER.CO.UK

☎ 07874 838816

✉ DRINK@THETHIRSTYRAMBLER.CO.UK

📍 [THETHIRSTYRAMBLERSEDBERGH](https://www.instagram.com/thethirstyramblersedbergh)

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

LIZZI'S COLUMN

Lizzi Collinge MP

The start of the year kicked off with a move of my constituency office, and I am happy to announce that I am now based at the Winter Gardens in Morecambe. This location offers both sea views and easy access from bus routes or nearby carparks. It's a honour to now be part of the winter gardens project, which I have supported for many years.

While the team are incredibly excited to be in a new location, at the moment I am unable to invite constituents inside. This is due to the security situation and advice from parliamentary services. I appreciate constituents' patience with this so far and I am hoping that over the coming month or so we will be able to put everything in place, which will then allow the office to be open for constituents who have booked a slot to meet with my casework team or myself. This feels like a real milestone, and I very much look forward to welcoming constituents to the office when the time comes.

Most recently, I have met with local health services, including the North Lancs and South Cumbria ICB. They have responsibility for our local health and social care services. I raised many issues, which constituents have discussed with me, including local and accessible appointments. I know this is an issue in your local area, and I am happy to see the progress the government is making on increasing capacity within the NHS.

Down in Westminster, in January, the government passed the

6. Of which novel does 'Molly Bloom's Soliloquy' form the final chapter, and who wrote it?

7. Shakespeare, Julius Caesar, act 3: 'Shall in these confines with a monarch's voice cry "Havoc!", and let slip ----' The next four words were taken as the title of a novel published in 1974. What is the title and who wrote it?

8. In which subject area did Jane Grigson write?

9. Who created Father Brown?

10. Who wrote books on Gamesmanship and One-upmanship?

11. Whose novels include An Outcast of the Islands, Lord Jim, Nostromo, The Secret Agent and Under Western Eyes?

12. A whimsical, four-line, biographical poem form invented by Edmund Bentley. The first line is the name of the poem's subject, usually a famous person put in an absurd light, or revealing something unknown or spurious about them. The rhyme scheme is AABB and the rhymes are often forced. Such a poem is known by Edmund Bentley's middle name. What is it?

**Scrap Collected
Ring Kev
07812194311**



Children's Wellbeing and Schools Bill, which is a landmark piece of legislation to increase standards and protect children. This is a piece of legislation I strongly support – one that will directly improve families' finances and offer brighter futures for children across the country. I spoke in the chamber to explain how the Children's Wellbeing and Schools Bill will have a positive impact on young people here in our local area. It's estimated that these changes could save parents over £50 per child on the back-to-school shopping and an extra £450 a year on breakfasts alone. And crucially, the Bill ensures that every school will follow the national curriculum, helping to drive up standards across the board.

At the time of writing this, I am looking forward to an event in Kirkby Lonsdale with local businesses affected by the fire. I have convened this meeting to discuss the town and to bring together the business community at this difficult time to ensure that thoughts, comments, opportunities and challenges are discussed in an open forum. Westmorland and Furness council

will also be at this event as they continue to work on the Economic Recovery Plan.

As a note, I very much welcome information on community events – so if you know of any in your area please get in touch with my office and I will do my very best to attend. Also, please don't forget, if you need my assistance, you can contact my office via email on

Lizzi.Collinge.MP@parliament.uk or leave a message on 01524 566 015.

I prioritise contacts that are constituents needing direct help – if you have a query about a local or national policy I will reply as soon as I can but you may have to wait a bit longer. You can also keep up with me on social media by following @LizziCollinge on Facebook, Instagram and Twitter.

SEDBERGH PARISH COUNCIL

Janey Hassam, Parish Clerk

The Council held its meeting at 7.30pm on Thursday 9 January 2025, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh. This short report also covers the meeting held on 19 December 2024.

The next meeting scheduled is the normal monthly meeting of the Parish Council, commencing from 7.30pm on Thursday 13 February 2025 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

Sedbergh Parish Council Precept

Members agreed a Precept of £57162.49 for 2025/2026, which would see an increase of circa 6p per

VACANCY - 1 PALMER HILL, SEDBERGH

Palmer's Hill comprises a single storey terrace building divided into three cottages. Number 1 Palmer's Hill is at one end of the three almshouse properties. The building is set back from the road with only pedestrian access. It is in a safe peaceful setting close to the town centre with easy access to the shops and post office.

The property has the following internal accommodation; hall, living room, kitchen, pantry, bedroom, store-room and shower room with WC. Externally there are two store sheds and a share of a building that was a wash house in the past.

There is also a small front garden and a communal garden.

The residence is available for a woman of at least 55 years of age who lives alone and is of limited means. In the event of there being more than one equally qualified applicant preference can be given to a person who is or has been resident in the Parish of Lune and Sedbergh. Another reason for preference can be if the person is a practising member of the Church of England. The person appointed will be given a licence to occupy for her lifetime subject to certain conditions.

For further details and application forms please contact either John Sykes, Clerk to the Trustees of the Sedbergh United Charities & Widows' Hospital, 8 Sycamore Avenue, Sedbergh LA10 5EZ, telephone 07786 384 917, email jmsykes100@gmail.com or the Chairman, Tony Reed Screen telephone 015396 21081, email a865@btinternet.com.

Application forms must be received by 28th February 2025

week, on an average Band D property, to approx. £46.97 per annum (currently £43.90). Members acknowledged the increase. However, it was noted that it was necessary to compensate for ongoing inflationary pressures.

Emergency Planning

Sedbergh Parish Council have recently reviewed their 'Emergency/Resilience' plan. Members are aware that Emergency Services/Westmorland and Furness Council are the main authorities responsible for a community emergency, with the Parish Council supporting at local level as might be required. For example, the plan includes provision of opening a safe space, (Sedbergh

People's Hall), if required. The need to cascade emergency information has also recently been highlighted in Kirkby Lonsdale, following the recent devastating fire. Members would also like to take this opportunity to remind all residents that they should consider registering directly with their utility provider's 'extra care/support register' if deemed necessary – as this also assists authorities identify potential vulnerable residents during a community crisis.

Bus Service Improvement Plan (BSIP) Review

Members were extremely disappointed that Sedbergh had not received any monies from Westmorland and Furness Council

Accommodation for Contractors...



HOWGILLS

Accommodation



Are you in need of a comfortable and convenient place to stay during your project?



Howgills Apartments:

- Central location.
- Free on-site parking
- 2 bedrooms, lounge, dining area & kitchen.

Affordable Rates: We believe in providing high-quality accommodation at competitive rates. Our pricing options are designed to fit within your project - call us now to discuss...

howgillsaccommodation.co.uk/apartments/

 info@howgillsaccommodation.co.uk

 0800 8 32 16 32

during the recent review. Noting that the current Stagecoach service would cease by the end of March 2025. Currently, it is understood that Western Dales volunteer community bus will continue a service Tuesday, Wednesday, Thursday, and Saturday. And, that Westmorland and Furness Council will operate an 'in house' service on Monday and Friday. It is believed the service will be limited to 16 seats, which is fewer than the current Stagecoach service. Members also continue to wait for an update from the Local Government and Social Care Ombudsman, following a referral to them by the Parish Council, in December, in relation to the Westmorland and Furness Council decision.

Other matters

Members discussed Planning matters, Amenities, 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.

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

A SORRY STATE!

Martin Dodds

Why is our country in such a mess? I think it's partly my fault. And yours.

I know, it is so much more convenient and comfortable to be able to point the finger of blame at 'them' as long as 'they' are clearly someone else. But I am not claiming exclusive responsibility for the mess, for just you and me. That would be conceited. And it would let 'them' off the hook unjustifiably.

The truth is we are all in this mess together, and apart from perhaps a few exceptional individuals, not only are we in the mess together, but we and our recent predecessors have created most of it ourselves.

We have developed a 'have your cake and eat it' culture, in which we want all our needs and desires met, but without paying a realistic price to have them. And then we, and other western countries, have exported this unrealistic set of expectations around the world.

As a result, we, and the world, pays the real price in other ways. Mediocre goods and services or worse are provided for the poor while rich elites grab the quality expensive goods and services. The natural environment essential for all our futures is degraded for short term gain for the few. Disadvantaged peoples and countries are unjustly exploited for the benefit of the rich countries who find it convenient to

OGLETHORPE
STURTON &
GILLIBRAND
SOLICITORS

At Oglethorpe Sturton & Gillibrand we have a diverse range of specialist lawyers covering personal, commercial and agricultural legal needs.

- Our services include:
- Agricultural Land and Estates
 - Corporate & Commercial
 - Commercial Property
 - Employment
 - Family & Divorce
 - Litigation & Dispute Resolution
 - Power of Attorney
 - Probate & Grants of Representation
 - Residential Conveyancing
 - Trusts
 - Wills & Estate Planning



Kirkby Lonsdale 015242 71388



For More Information
www.osg.co.uk



Kirkby Lonsdale office: 17 Main
Street, LA6 2AQ

turn a blind eye to the economic abuse from which they benefit. Physical, and increasingly, mental health issues proliferate. Not to mention tyranny, war, aggression, famine, disease, political and religious persecution, starvation, racism and discrimination, mass displacement etc., etc.

We all want the good life on the cheap. Can't be done. Someone, and somewhere, pays. Ultimately, we will all have to pay, but our culture encourages us to delude ourselves it will never happen. It is, of course, already happening. Just watch the daily TV news.

Consider the UK water industry. Since privatisation, charges for water [rates] have had to meet not only the need for effective re-investment to keep the system running and clean, and to pay the workforce, but also to pay dividends to private investors who were not there at all beforehand.

Someone will say, yes, but the nationalised industry was not coping effectively either. That is probably true, but why not? Because the water authorities, and our elected representatives, were nervous of likely public reaction to increasing water rates to a sufficiently realistic level to provide a reliable long-term service.

We are now facing the consequences of previous vote-wary penny-pinching so that many old sewers need renewing all at the same time. Flood management schemes have been neglected. Demand for water increases while supply, even given recent changing weather patterns, is relatively

inflexible. Yet water conservation and management of demand and supply still seem to be in their infancy when considered against changing realities. This is not just the fault of governments and managers, but also of public [that's you and me] unwillingness to pay more.

Perhaps, however, if previous governments and managers had been brave enough to be honest about the real costs of establishing and maintaining the water and sewage infrastructure and staffing, the public [we!] might have understood the need to pay realistically for the service.

In the UK, water is by no means an isolated case. Think of the NHS crisis; crumbling schools and under-resourced staffing levels; the epidemic of pot-holes; failing public transport; under-resourced emergency services; social care; habitat loss and degradation; and the stresses on agriculture. Add your own to the list.

I believe that in the past, the Scandinavian countries have been able to carry the majority of their citizens along with them in meeting realistic costs by paying realistic taxes for the services provided. By being honest, straightforward and through public education.

While I voted for Labour at the last election, this was a tactical vote. I have little more faith in the basic economic assumptions of the socialists than of the capitalists. At least however, the present prime minister started off trying to be honest about the dire state of

finances and the need for difficult decisions.

Sadly, so far, the public and the populist wings of the media and politics have not shown much willingness to accept the reality that either hard choices have to be made, or much, much higher taxation will be needed to meet the aspirations of that same public for the level of services to which they feel entitled.

I don't count borrowing as a solution, that is just kicking a growing snowball down the line for someone else to deal with when it is our responsibility to deal with it in our own time. Unfortunately, the 5-year cycle of democratic elections, together with the idiosyncrasies of our constitution, have a built-in tendency to encourage politicians to do just that, kick difficult decisions down the road, thus avoiding short term tax pain, to try and woo us the voters with all our unrealistic aspirations. Hence the current mess.

Time for a revolution, not with guns and violence, but in our national and personal ways of thinking? Let's get rid of the 'have our cake and eat it' set of unrealistic assumptions for a start. A few other countries have shown that honest, truth-recognising, rational, consensual, informed public-supported politics can be a realistic option. Given the mess we have allowed ourselves to fall into, it may well be quite uncomfortable for a few years, [especially for those of us who feel comfortable now], but perhaps we should try it? I fear things can only become progressively worse if we don't.

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

Sedbergh School International Ltd and EQuest Education Group have announced a collaboration to offer British educational programs in Vietnam. The first will be with the British Curriculum Integrated School in Ho Chi Minh City rebranded Sedbergh Vietnam. The school, which will be one of the largest Bilingual curriculum schools in District 7, Ho Chi Minh City, emulating Sedbergh School's educational approach, is dedicated to fostering students' holistic development.

In November the Old Sedberghian Club held two dinners with a naval theme – one on HMS Belfast by Tower Bridge and one on the Royal Yacht Britannia. Two Old Sedberghians had served on Britannia, one as Captain.

Someone caught a photo of a Sedbergh School anorak wandering through the streets of Kyiv.

On the last Wednesday of the autumn term the School carried out activities for the community including supporting the Fix the Fells project, visiting and helping at Horton

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

Women's Centre, making and distributing crafts, and building sheds, painting and refurbishment, and clearing paths and woodland areas at Calvert Lakes. Also they cleared paths, chopped trees back and carried out maintenance at Bendrigg Trust. Another group sang carols in Kendal to raise money for the Bendrigg Trust and the Red Cross. Other hosted tea and carols at St Mary's Church, and hosted a sports afternoon for 180 primary school children. And many more activities.

The School Christmas appeal supported the British Red Cross in their work for both sides in Gaza. Evans House carried out a 24 hour rowing challenge in shifts and easily passed their target of £2500 for Restart charity

The Prep School year 3-5 gave 2 performances of a Nativity play and years 5-7 splendid performances of Oliver

Don from Winder House won a Gold Award in Bebras UK Computing Challenge

Cricket

Both the upper School and the Prep School have been included in the top hundred School Guide for cricket by The Cricketer magazine. This is judged by an extensive set of criteria, which included a compelling commitment to cricket in the curriculum, facilities, fixture programmes and coaching.

Once again Lancashire will be hosting 1st Class cricket on the School pitch – the Metro Bank One Day Cup on 24th July and Thunder

Cricket v Southern Vipers on 14th July

The School's new cricket professional James Anyon started work at the beginning of the Lent term

Music

The School put on four performances (three evening and a matinee) of Grease in the Brewery Arts Centre.

The annual performance of Britten's A Ceremony of Carols was held in the School chapel on 8th December

The Prep School choir sang at the morning service in the School chapel on 10th December

The Chapel Choir has reached the final stage (7 choirs) of the Barnado's Choir of the Year, The finals will be held in March

The upper School held two carol services – the Guest Carol service at which the Choir sang to an almost full chapel of guests, and the formal School Carol service for pupils and parents. A year or two ago one guest from the Town commented that it was like having King's on your doorstep, except that you could join in ! The Prep School carol service was the last event before going home for Christmas.

Rugby

The 1st XV drew against Warwick 24-24, won against Mount St Mary's 12-5 (played under lights), and lost to Wellington 33-7 They won against Kings Macclesfield 24-20. The game against Millfield on 6th December had to be transferred to Kendal Rugby Club at the last minute as Buskholme was frozen, joining the

other games against Millfield which had already been transferred. The 1st X lost 20-33. On the last Wednesday of term the 1st XV lost to Llandovery College 20-30

On 9th December in appalling weather conditions the 2nd XV played Loretto 1st XV and won 50-14. The fixture against Loretto had not taken place for some years, and it was good to see it once more, even if a bit one sided, as it is believed to be the oldest fixture between a Scottish school and an English one

The 4th XV went down to Stamford for a Triangular against Oakham and Stamford and won both matches

Five Sedbergh girls played for Tri Counties v Penrith, winning 17-10

Running

The running teams of the Boys' and Girls' Intermediate teams (Year 9/10) from the upper School, and the Girls's Junior team from the Prep had qualified for the National finals of the English Schools Cross Country Cup (the only school to have three teams qualify), and went down to Woodbridge, Suffolk, on 2nd December. They found the opposition tough, and the going harder than expected an the boys finished 24th in the country on a bitterly cold day

The School came back at the beginning of the Lent term to the first Epic run of the term.

George from Hart House is Cumbrian Schools' cross country champion



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

Three Prep School pupils started the Lent term by qualifying to run for Cumbria Cross Country

Target Shooting

The shooters took on inaugural matches against Oxford and Cambridge Universities. They scored highly against Cambridge for a win, with Patrick O gaining 195 out of 200. Though they did not score quite so highly against Oxford they won that match also

Marlow from Powell House has been selected for the UK U17 rifle shooting team

Hockey

The Boys won all three of their matches in their group against KSGS ,QEGS and Nelson Tomlinson, qualifying for the County Final. They also won the U18 Cumbria Tournament

Netball

The U16 won the County Finals
The 1st VII and U16A went south on a pre-season tour over the weekend of 6th January playing Caterham, Sevenoaks and Hurstpierpoint

Skiing

Lucy (Year 10) competed in the first round of the French Cup

(Moguls) in Tignes over the Christmas break and placed 4th and 5th across the two days and qualified for round 2 in Meribel

Future Events

Castertonian Society launch Burns supper is on 26th January

Rawthey Ball is on 3rd February

Half term is 9th February to 18th February

Scholarship assessments week starts on 20th February

Sedbergh U14 Sevens Tournament is to be held on 24th February

The Ten Mile Relays will be held on 26th February 4.15 pm

There is a Long exeat weekend on 1st March

Sedbergh U18 Triangular Sevens tournament is on 28th February 2024

A Ben Crossland Concert will be held in the Thornely Studio at 7.30 pm (free admission)

An Evening of Jazz and Swing in Powell Hall is to be held on 10th March at 7 pm

The Wilson Run Dinner takes place at 7 pm in Powell Hall on 18th March and the Wilson Run OS and Parents Lunch in Powell Hall on 19th March at 12 noon

The Wilson Run starts at 2pm on 19th March opposite Lupton House in Back Lane

A Junior 4 mile cross country – Brackensgill starts on 21st March at 10.20 am

The end of Term is 22nd March

The two First Class cricket games this year are Thunder Cricket v Southern Vipers on 14th July 2024 and Metro Bank One Day Cup on 24th July 2024.



**K. W. Electricals
(Sedbergh)**
Tel: 07917 322626

Domestic & Commercial
Electrical Contractors

NICEIC
DOMESTIC
INSTALLER

CONTINUING PROFESSIONAL DEVELOPMENT

Fritz Hrynyk

What does Continuing Professional Development mean to you?

For therapists it means a few days away, hopefully not too far, in a quiet rural place with stunning views, where they can meet up with other CranioSacral Therapists and treat each other as well as receive treatments.

That's what happened last weekend. I had been invited to attend a course in Eskdale in the Lakes along with 5 other therapists. It was an opportunity to chat and discuss the different aspects of CranioSacral therapy and how we can continue to develop our skills and practice to ensure that our expertise and knowledge is up to date.

It's also important for us as therapists to experience what it is like being the person on the table. We experience the same feelings as our clients; after all we have become the client and our bodies have given permission to be treated, just as yours does when you lie on the couch. By having a treatment ourselves we have a much better understanding of the whole experience of CranioSacral Therapy and how it can make you feel.

Our bodies have their own histories and stories to tell and we need to be able to help release the hidden tensions within, in order to begin, or continue, the process of unwinding and rebalancing. It's this rebalancing that leads to a better understanding of where we are and where we would like to go.

Here are a few thoughts about the course. It was a fantastic venue to hold a CranioSacral weekend. Eskdale is a stunning valley in the Western Lakes surrounded by the hills of Scafell, Lingmell, Illgill, Great Gable, Hardknott and many more. It wasn't a walking or climbing weekend but it did provide a magnificent backdrop, made even more stunning with the caps of icy snow over the summits; definitely a place to return for some walking and cycling. It was good to meet the other therapists, some of whom I already knew and had experienced treatments with before. Everyone brought something different to the energy of the group. I took the lead with 4 treatments, received 4 treatments and assisted with 4 treatments. The excellent treatments I received brought up different stories that my body was experiencing which left me feeling settled and rebalanced, albeit a little tired.

MVOFASCIAL MASSAGE & SCARWORK

FASCIAL FITNESS BAREFOOT TRAINING

Yvonne
07795063107

CRANIOSACRAL THERAPY

SOMATOEMOTIONAL RELEASE

Fritz
07817665662

Dalesway Therapies
015396 21303
@dalesway_therapies daleswaytherapies@gmail.com
www.daleswaytherapies.co.uk

There is due to be another course in autumn so I'm very much looking forward to attending that, but in the meantime my practice has just got that little bit better.

Give me a call to have a chat about CranioSacral therapy. There is no obligation to book a treatment but it may give you something to think about, not just for yourself but for your children as well (I treat age 4 upwards); after all, they have their own issues and would benefit from time on the table. I have some discounted offers available until the end of February.

Fritz Hrynyk MA, CST-T, MCSS of www.daleswaytherapies.co.uk.

Landline: 015396 21303 Mobile: 07817 665662

KILLINGTON SAILING ASSOCIATION Annual Report

Geoff Pardoe

I am very happy to report that our membership numbers have matched the record numbers of last year. We have a wide range of members from families encouraging the next generation, youth groups providing youth training, organisations providing training and support for all, individuals who use the facilities to develop their skills and those who enjoy recreational activities.

Increased numbers can put pressure on the facilities but with great cooperation and consideration of others there have been no major problems.

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

The Association has again benefitted from above average revenues due to the high level of membership being maintained. When the running and fixed costs have been extracted we are again left with a moderate surplus. It has been decided to use the surplus to again subsidise the membership fees of all renewing family and individual members. We are continuing to keep them at the same amount as 2023 when they were reduced. The fees are the same as they were in 2017 which is exceptional for any organisation. Again this is only for the new season as we are facing some steep rises in our running costs and don't know what the coming year will bring.

We have also continued to use the extra funds to upgrade the facilities and heavily subsidise training sessions for members. More details on completed and planned developments are explained under the relevant main headings.

Main headings:-

New door and gate access systems

Training opportunities

Events

Sailing events for 2025

Club craft

Site developments

Volunteering

General

New door and gate access system

The new door and gate access system to the site has worked well adding extra security to the site. A potentially difficult change over went relatively smoothly. Thanks for your

patience during that time. Renewing members will have their access cards reactivated for the coming season on March 1st. Anyone unfortunately not able to rejoin must return their access card so it can be reused.

Training opportunities

The training sessions across a number of disciplines were well attended during the spring and early summer and were particularly appreciated by new members. The success of the sessions and the feedback from members has encouraged us to fund and develop a programme of training for the coming season with adjustments to the timetable to reflect demand.

The funded training is aimed at encouraging members to extend their skill base and for them to sample new activities. Information about the courses will be displayed on the website when the programme is confirmed.

J.J. MARTIN
FUNERAL DIRECTORS



JJ Martin are your local, independent funeral directors based in Sedbergh and covering the surrounding areas.

We provide free advice, pre-paid funeral plans and a 24 hour service.

EDWARD WALLER:
07779025745 or 015396 20130
BRIAN GOAD: 015396 25334

www.jjmartinfunerals.co.uk
info@jjmartinfunerals.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

A number of funded escort boat training sessions have taken place to encourage members to help provide escort boat cover on selected weekends as well as the published sailing events. Cover was provided on Saturday afternoons from mid-April to the end of August. It is hoped to extend funded escort boat training sessions sponsored by the Association. All participants are expected to commit to helping at selected times when escort boat cover is provided.

A big thanks to Myles Ripley for coordinating and facilitating the programme and to all those who helped to make it happen. These sessions rely on support from

volunteers and extra help in the morning and evening sessions would be appreciated.

Dinghy sailors wishing to continue and develop their training by participating in RYA approved courses can do so by signing up to courses run at the reservoir by Arnside SC.

Events

The Open Day was very successful with 49 guests participating enjoying sessions of dinghy sailing, sea kayaking, windsurfing and paddleboarding provided by 16 volunteers and 2 instructors.

An end of summer BBQ for volunteers was held again and was well received.

Sailing Events for 2025

The initial list of sailing events for the new season will hopefully be added to as the season progresses.

Discover Sailing (Open Day) in conjunction with RYA – date to be announced.

Junior regatta hosted by Sedbergh School – Sunday May 18th.

Wednesday evening racing sessions – have now ceased

Laser/ILCA Open racing event – We are no longer hosting this event.

All events, including non-sailing, at the reservoir will be put in the events calendar on the website and advertised on the KSA Facebook page. If you have an event you wish us to host then contact Chris Bell.

Club craft

The 'Megasup' board has had good use due to it being left inflated and stored in a secure elevated position. Please carefully follow the handing instructions found by the pully chain when accessing. A big thanks to Peter Melling for designing and constructing the storage system.

Wing surfing and wing foiling is growing in popularity with a number of new members being attracted by favourable conditions at the reservoir. Due to the increased interest in the activities from members we have purchased 4 Wings, 1 Board and a Wing Foil. The foil can only be used in conjunction with a qualified foil instructor presenting an official training session.

The craft booking system and the logging system are working well. Regular feedback on the condition of the craft enables us to ensure necessary work is done in good time.

It is essential that members maintain the high standard of care, respecting the craft as they would their own.

Site developments

The Canal and River Trust (CRT) in conjunction with KSA volunteers started their work to reduce the amount of Blue Green Algae (BGA) in the reservoir. Barley straw bales were netted and fixed to the lake bed at various positions along the shoreline where the feeder streams enter the reservoir. CRT have asked for feedback on sightings of algal blooms during the season to help monitor the effectiveness of the installations. It is too early to say what effect the straw has had on the algae even though there have been fewer reported sightings, no two years are the same. It is hoped that CRT will have gained from the experience and will return to develop the installations, some remedial work does need to be done due to the recent storms.

A new bench seat is in the grounds awaiting fixing to its permanent position.

Abandoned boats have been removed from the site, one finding a new home in a primary school playground. It is sad to find

DALTON WOODLAND BURIAL GROUND



**Natural Woodland
Burial Ground**



"Return to the Earth, naturally"

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

abandoned craft on the site which creates unnecessary work for us to dispose of them.

Please help Peter Melling to maintain the site to a good standard by taking away any unwanted equipment or materials,

Many thanks to Peter for all the work he has done again this season in construction projects and continued maintenance of the building and the site.

Volunteering

The date of the annual 'members workday' is Sunday 2nd March. This is the annual event where members have the opportunity to offer their help to give the site a 'spring clean' ready for the new season. There are a variety of jobs both in the clubhouse and on the site and the

session starts at 10.00 and is generally finished by 1.00. It is also an opportunity to meet some of the committee to seek answers to question you may have.

Thanks to the members who have been able to get involved in volunteering their help with a variety of tasks. I look forward to your continued support during the coming season.

General

Dinghy berth spaces must only be occupied by dinghies that are active on the reservoir. It is not acceptable for the spaces to be used as a storage area for retired dinghies. There is a demand for spaces from active sailors and at present we are full.

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

Berth occupiers need to ensure their craft are secured to withstand the increasing number of periods of exceptional high winds. This not only protects your craft but prevents damage to others.

Check the website for any updates to the KSA rules that are relevant to your membership in March after the annual review has been completed and published.

The present committee has been together for a number of years, with some of the officers having given in excess of 30 years valuable service, this can't go on forever. We are always looking to the future with the knowledge that all committees need new talent, bringing with them fresh ideas and energy in order for the organisation to progress.

It has been another busy year with the developments that have come to fruition which were helped greatly by the many varied skills that the committee is blessed with. I feel very lucky to have this team who work so well together throughout the season to ensure KSA is offering the opportunity for members to benefit from quality facilities. The work done is not always obvious and may not get the recognition it deserves so I wish to offer a big thank you to the committee.

Please help the membership secretary by returning your renewal membership forms by the end of February, before the start of the new season. This makes the task far more manageable and less time consuming. Remember your access card will not be active from the 1st March if you haven't renewed your membership.

FAMILY MUSINGS

Sarah Woof

Happy February! And Happy New Year. And for us 2024 was most definitely the year of the dog..... Two dogs, one given to us and the other on loan when we collected them from the kennels on a frosty January day having never met them before. As time went on the second dog was also given to us, or to be quite precise, to me. While hubby set to training Pip, who is looking as if she will make a great sheepdog. Tilly and I started visiting the local cafes and churches and going on walks. Some days I walk them both, some days they pull me along as if they have somewhere very important to be, while on other walks they have to sniff everything! I haven't missed many morning walks and try to be out in time to wave at the school busses.

Some days we all go farming, Hubby has two trained Sheepdogs, though one seems to forget what she has been taught, so it's quite a load when we all travel together. One day, during a lull in proceedings, I was throwing a stick for our dogs and one of hubby's dogs just stood and looked at us as if in utter disgust, very much beneath her to 'play'. Luckily, they all agree with each other, at least most of the time. So, do give us a wave if you see us out and about.

An even greater pleasure are our grandchildren, seeing the world though their eyes is delightful, just finding ice on the garden, bird footprints in the snow, frosty branches and such like is so much more exciting when done with a 2 or 4 year old.



- **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

After our high fir tree came down we offered some of it to whoever could use it for decorating their homes or family graves or whatever. The top 14' became the tree lit up outside the school, such a shame it won't live another year. But we will, hopefully anyway, live to race around with our dogs and play with our grandchildren, or do I mean the other way around ...

As a notice we got for Christmas says.. " Live, Laugh, Woof".

MAMMAL WATCHING – FEBRUARY

Marc Baldwin

Red foxes are coming to the end of their breeding season now, so calling starts to die down and long-range movements become less frequent. Many vixens will now be pregnant and will start looking for an earth (den) in which to give birth to their cubs towards the end of the month. So, if you have any holes under your sheds or outbuildings that you don't want a fox potentially using as a nursery, now is the time to block the entrance.

Badgers are both breeding and having cubs at this time of year, although they prefer to mate underground so most happens away from prying eyes. The end of winter may seem a strange time to give birth, particularly given that a sow is likely to be malnourished having spent very little time out foraging if the winter was harsh. The logic is sound, however, and the cubs will appear above ground in late spring or early summer, just when food should be at its most abundant and the weather at its best. Badgers are one of very few mammals that are superfetuous, which means they can conceive while pregnant (hence, February is also still the breeding season), the resulting embryos suspended in the womb until the following winter. Badgers can carry embryos fertilised at different times of the year and yet give birth to the cubs at the same time to, hopefully, coincide with times of environmental plenty.

Thomson Hayton Winkley & The Rural Law Practice

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

- **Wills & Inheritance**
- **Farming & Rural**
- **Residential Property**
- **Tourism & Hospitality**
- **Divorce & Family**
- **Commercial & Business**

Kendal - 01539 721945

Rural Law @ J36 - 015395 67571

Kirkby Lonsdale - 015242 71222

e - info@thwlegal.co.uk

e - info@rurallawpractice.co.uk

w - thwlegal.co.uk

Trusted Solicitors & Advisers
Thomson Hayton Winkley




Many badger sows give birth during February and the cubs will spend the first two or three months of their lives underground being tended to by their mother.

Some of our mammals are still in hibernation, including hedgehogs, dormice and bats. Mild weather can wake them up, perhaps lulling them into an early sense of spring, but so too can very cold conditions. If the temperature inside the hibernaculum drops below about one degree Celsius (34F) hibernating mammals are at risk of freezing to death and will leave in search of food. With this in mind, it can be hugely beneficial to continue to provide food for hedgehogs in your garden when it

gets very cold. In addition, if you're doing some gardening this month, please be aware that large piles of twigs and leaves offer ideal spots for hibernating hedgehogs. Please check any pile of garden rubbish for hedgehogs before lighting it.

February can be good for deer watching, with roe deer forming sizeable groups and feeding out in the open during winter. Roe bucks are currently in the process of re-growing their antlers. Brown hares can be seen boxing, the lack of vegetation making them easier to spot. Similarly, low vegetation during the winter makes it easier to spot many species that usually go about unnoticed, such as mice and voles or



**Sedbergh
Curtain Workshop**

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*

even stoats and weasels. Indeed, stoats are very active as males are out securing territories and looking for potential mates, while females are looking for suitable den sites and checking out local food supplies. For wood mice the breeding season is ramping up and they are much more active, particularly in and around garden sheds and garages during inclement weather. Males will closely follow a female, sniffing her rear and the ground over which she has walked, in a bid to gauge when she is receptive.



NOTES FROM DENT STATION

*John Carey, Friends of the Settle
Carlisle Line*

I should first of all take this opportunity of wishing one and all a happy and prosperous New Year! It has been a busy Christmas at the Station as we have seen our guests come and go and plenty of folk using the train services, many of these visiting families in the area for the festive season particularly on the midday trains.

I had only just submitted the last article, when we were subject to Storm Bert which in turn led to the landslip of the minor road at Dent Head. As most will know, the road is now closed for the duration. However, events of this type seem to be all too common, and it has, no doubt, left the council engineers scratching their heads as reconstructing the formation will be a difficult undertaking. It has also created a significant logistical problem for both ourselves and our guests. Indeed, the all-weather alternative via Kirkby Lonsdale and Sedbergh will add another 20 miles to the journey from the Settle direction. We are not on our own and I suspect that other businesses and householders will be impacted by the road closure. We can only hope that Westmorland and Furness are able to improve upon their suggested May 2026 completion date.

Life is never dull and on 5th December concerns were raised over two ordnance devices located as 'garden ornaments' at the former observation post and bunker on the Coal Road just to the east of the

station. As a result, the bomb disposal squad were duly despatched from Catterick and, having attempted access via the now closed road at Dent Head, were forced to turn back and detour via Widdale and over the Coal Road, in the course of which, the vehicle, rather unfortunately, went off the road and had to be later rescued. By this time, it was dark, and a decision made to deal with the devices in the morning. Whilst we believe that the main charges had been removed, there is some suggestion that they might have had viable fuses. Thus at 0830 on the Friday morning there were two very load bangs during which time train services were suspended in each direction. Incidentally, the story prompted a local resident to mention that German bombers had been known to deposit unused bombs over the fells as they flew back from operations over Barrow-in-Furness!

I have had an ongoing frustration about the facilities at Dent Station and in particular the lack of operational BT payphone, or at least the emergency buttons to the rail authorities. For some years, the button which supposedly connected with British Transport Police has gone through to a recorded message, whilst the button for Northern control

has rung disconnected. Never mind, it would still have been possible, well in theory, to make a '999' call should that be needed! However, whilst on a midweek visit to the station. I noticed a BT Openreach engineer in attendance removing the said phone completely! Surely, emergency communication should be a basic requirement at such an isolated station, several of which we have on our line. We have raised the issue with Northern on many occasions as to when an emergency call point might be installed but the premature removal of the existing phone was not quite the result we anticipated.

We were starting to see some slight improvement on our train services. However, there have been a number of significant issues in December including the two floods, Storm Darragh, and the heavy rainfall just before New Year as well as the aforementioned Storm Bert in November. I guess that most folk would now agree that climate change is bringing with it an increasing number of weather events, but it also begs the question as to whether the railway is being maintained in the same way as it was in days gone by with gullies and culverts regularly cleared out. We also continue to see a number of crew-related cancellations and it is disappointing that there does not appear to be sufficient spare resource to cover absenteeism. But to place all of this into context, we experience far fewer cancellations than the rest of the Northern network, particularly the northwest. It is just that with so few trains, any cancellation can be a



major inconvenience, and a potential 2 hours or more wait!

On the bus front it is disappointing that, at the time of writing, we still await a decision on the weekday services from Sedbergh to Kendal. Whilst there was originally some criticism of the Stagecoach 563 operation as a through route from Kendal to Penrith, I personally thought that it was an imaginative use of two school's buses, operating at marginal cost to the operator in between school commitments and, perhaps, even a stepping stone towards the earlier and later services desperately needed. The route was mostly a commercial operation with only the Sedbergh to Kendal section receiving any council subsidy. The loadings on the Sedbergh to Kendal section certainly demonstrated the social necessity albeit very few rural bus routes can actually exist on fares alone and, inevitably, require subsidy or support of an education contract.

It would appear that the current intentions are to split the route into

the 563 and 564 as it once was, but this ran into problems. I can only imagine that the issue here is cost coupled with the problems of locating a willing bus operator in the area. Thanks to the erstwhile Cumbria cut backs in 2014, a situation was allowed to develop where there was a single dominant operator in the area with a number of smaller companies going out of business. Thus, there are very few smaller bus operators left with fully compliant

public service vehicles, and it would probably involve sourcing an operator from outside the area. Meanwhile it is likely that Stagecoach will continue to provide the service, but only from Kirkby Stephen to Penrith.

However, for a town the size of Sedbergh (population 2818), indeed the largest town in the Dales, not to have a regular bus service with a full-sized vehicle is completely unacceptable. I often use the comparison with the slightly smaller Settle (population 2714), only just outside the National Park, which has an hourly service to Skipton, roughly



Scenic. Historic. Sustainable.

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

2-hourly to Kirkby Lonsdale, plus the Settle-Carlisle and Morecambe railway lines. Likewise, Sedbergh needs to be able to benefit from the proximity to both Oxenholme and Dent stations.

The experience over Christmas was somewhat bizarre in that the regular weekday service ceased due to the fact that Stagecoach adopted a reduced Saturday template for all of their services. For most other routes this would simply mean a slight reduction, but of course, the implication for Sedbergh was the absence of any services on weekdays over the period apart from those provided by Western Dales Bus. Again, this was an unfortunate oversight by all concerned and I'm sure that some mitigation arrangement could have been put in place with adequate planning.

Anyway, rant over and back to the here and now! The Saturday S1 Western Dales Bus continues to provide a vital link from Dent Station (the highest bus-rail interchange in the country) to Dent village, Sedbergh and Kendal, the first service meeting the 1047 northbound train to Carlisle in the morning and returning for the 1732 train in the late afternoon. This gives a fantastic opportunity for a winter 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 confirmation and times

particularly in bad weather.

Meanwhile, on weekdays, the 563 continues to provide 3 daytime journeys from Sedbergh to Kendal with two to Penrith (at least until the end of March) whilst for those fancying a longer stay time there is the opportunity of the Western Dales Bus S6 service to Penrith on Tuesdays and Thursdays.

As mentioned in earlier articles, the single fare cap increased from £2 to £3 now runs until the end of 2025 following the recent government spending review. Without doubt, the scheme has done much to encourage bus use and modal shift from the private car. In the majority of cases this £3 fare will still reflect a significant saving, but remember that this is a 'cap' and there may now be lower cost single fares for shorter journeys. Also, always check out the cost of a return ticket.

For regular rail 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 (via Bentham) and will quickly prove its worth. These are available to residents within the qualifying post codes from Appleby, Carlisle, Settle, or Skipton Stations, or by application to the Settle Carlisle Railway Development Company via their





website. Even better, there is currently a winter offer for Dales Railcard holders which runs until 13th April and gives 50% off a day ticket plus discounts of up to 81% for accompanied children.

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.

FRIENDS OF SETTLE-CARLISLE LINE MAGAZINE

David Owen

The Friends of Settle-Carlisle Line magazine seek new contributors.

The Friends of Settle-Carlisle Railway Line have over 2,000 members. They help support the long-term viability of one of the world's most scenic railway journeys by helping to raise the profile of the line.

As part of a wider engagement programme, their magazine plays a vital role in keeping enthusiastic members and the whole community informed. They now seek new volunteer contributors who can submit articles inspired by the many features associated with its route across the Dales and Eden valley.




OPEN HOUSE
Every Tuesday
Coffee, Craft & Chat
 10:00am till 12:00pm
 Renew Wellbeing Café
 Cornerstone Church Sedbergh



Sedbergh
 Grief Share
 07498 870267

*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*

H & M

CRAFTSMEN

KITCHENS | BEDROOMS | STUDIES



Full design and fitting service

Showroom Open:

Mon-Fri 9am-5pm | Sat 10am-1pm

Ingleton | North Yorks | LA6 3NU

015242 41535

kitchensandbedrooms.co.uk

The Friends point out that it doesn't need to be all about trains. Budding writers are encouraged to tackle anything that links the line to themes related to social & economic issues, the unique Dales landscape, environmental matters, geology, history, architecture or wherever inspiration takes you. If you're seeking an outlet for your writing talent, this could be a fantastic opportunity to see your name in print.

All written contributions should be submitted voluntarily for consideration. As an incentive the Friends are enticing you with free membership, worth £20, for the first 5 new contributors accepted for inclusion. The magazine is quarterly

and is currently undergoing a complete refresh, so you could be one of the first new voices to see your name in print. Email submissions should be sent to editor@settle-carlisle.com

The Friends of the Settle-Carlisle Line are "independent champions" of one of the finest railways in the World, which runs through the Yorkshire Dales into Cumbria. The Friends were originally formed in 1981 to campaign against a proposal to close this famous historic and scenic route, and in 1989 the Government decided that the line must remain open. Since then we have acted as a user group to improve facilities and services for passengers, and as a support group for the train operating companies. Eight stations have been reopened, station buildings have been refurbished, platforms raised and Victorian style lamps installed. We have also restored and now maintain the disused signal boxes at Armathwaite and Settle Stations. Full details on our company can be found on our website www.foscl.org.uk

50 YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from February 1975.

Sedbergh Secondary School

A party of 13 pupils competed in the Cumbria school cross country race held at Cartmel Priory on Monday, and all acquitted themselves well. The course, a difficult one, ranged from about two and a half to five miles in length, depending on

age, and running conditions were far from ideal. In the race for under 13's, Graham Scarr finished in 16th place, Trevor Hodgson 21st and John Mason 22nd out of a field of well over 100. Travelling on their own bright orange bus with their teacher, Mr David Lord at the wheel, a party of pupils attended a football match at Carlisle last Saturday, and on Sunday another party went to Horton-in-Ribblesdale for a caving expedition to broaden their experience underground.

TV Documentary

For several days recently a television camera crew have been filming on location in Grisedale in preparation for a forthcoming documentary type film, to be called "The Dale That Died" and to be screened on Yorkshire TV and networked. Author and TV producer Barry Cockcroft has been interviewing local people for background into the project, and last Thursday evening a special evangelical service was held at Hawes Junction Chapel as part of the film. The original intention was to use the Richard Atkinson Memorial Chapel, actually in Grisedale, but since this was closed to worship and passed into private hands some years ago, an alternative had to be found. Hawes Junction was selected as being most suitable. Grisedale, a remote dale some two miles from the main road at the eastern end of Garsdale, was once a thriving community, and nineteen farms were occupied at the time of Richard Atkinson's death in 1888. Now there are only two dwellings occupied on a

year-round basis. Mr Atkinson, who was credited with having "second sight", was a well-known and widely respected Methodist preacher in the dales. Following his death, local people carried stones from a tumbled -down Friends' Meeting House in Grisedale, about half a mile from Scale Farm, and erected a chapel in his memory in 1889. It closed for worship a few years ago.

Guild

Guest speaker at the meeting in the schoolroom last week was Mr Chris Pratt of Garsdale, who gave an inspiring talk on the life of Richard Atkinson, a renowned preacher in the Dales until his death in 1888. He was thanked by Mr T. Harper. Junior Guild members enjoyed a questionnaire-type programme at last week's meeting set by the co-warden, Mrs I. Buckley. Introduced by Barry Elliot, she was thanked by Carol Wearing and Veronica Brown. Pauline Woof was the pianist and the lesson was read by Debra Gibson. The Guild meeting last Monday was arranged by the devotional committee and the chairman was Mr Brian Park. He answered questions on his own faith, and introduced the speaker, Mr William Allen, whose subject was The Requirements of Christian Fellowship. Mrs Park gave a recitation and duets were sung by Mr and Mrs Allen. Pianist was Mrs Agnes Bainbridge.

The late Mrs C. Lilley

The death occurred at her home, Main Street, Dent, of Mrs Cicely Lilley, aged 85. Mrs Lilley was the wife of the late Mr Joseph Lilley, who was for many years headmaster of

Sedbergh National School. Born in Langcliffe, she taught at Cowgill and Dent schools until her retirement. She moved from Sedbergh to Dent in 1959 and was a member of the WI and Mothers' Union for a number of years. She is survived by two daughters, a granddaughter and two great-grandchildren. The service at St Andrew's Church was conducted by the Rev. A.J.W. Barker, interment following at Sedbergh.

Young Wives

The popular TV programme "Any Questions ?" was emulated at the meeting last week when the question master was Mr M. Dodds. The panel consisted of Dr P. Campbell, Mr J. Dawson, and Mrs Margaret Rhodes. Devotions were led by Mrs J. Mitchell, and the pianist was Mrs Jennifer Dawson.

Sedbergh Bus Driver's Award

Bus driver Mr Lester Haslam from the Kendal depot was one of the honoured guests of Ribble Motor Services at the bus company's annual get-together of long-service staff at Blackpool last week. He was among five men who received presentations to mark 40 years service with the company. Mr Haslam lives in Joss Lane, Sedbergh. In total 39 staff received long-service awards, having more than 1,000 years of service between them.

Legion Party

The annual New Year party for the elderly folk of the area, given by Sedbergh and District branch of the Royal British Legion, was held at the People's Hall on Saturday. The president of the branch, Mr I.F. Macdougall, welcomed 165 guests,

who enjoyed a meal provided by the women's section and members of the committee. Prizes were presented by Mrs N. Chamley, wife of the branch chairman, to: Oldest ex-soldier present, Mr A. Hargreaves; oldest lady present, Mrs Jane Udall; oldest man, Mr J. Wilson; couple longest married, Mr and Mrs M.O. Leighton; most recently married, Mr and Mrs T. Woof. Lucky chair prizes were won by Mr F. Elvey and Mr T.V. Stainton. Birthday presents were given to Miss E. Reay, Mrs A. Campbell, Mr J. Greenwood, and Mr J.L. Robinson; man with longest hair to Mr T. Bowerbank; youngest lady present, Mrs F. Garnett; and the latest arrivals in Sedbergh, Mr and Mrs R. Mason. Entertainment was provided by Kirkby Lonsdale Band, conducted by Mr W. Dennison. Thanks to the hosts were expressed by Mr R. Bamber. Transportation to and from the hall was provided by friends of the Legion.

**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.**

TATE MUNCASTER 1939-45
Sedbergh History Society

Karen Bruce Lockhart

This is a forgotten piece of local history – when the speaker, Rob David, addressed a group local to Muncaster Castle he asked how many in the room knew about it, and only one hand went up – from the daughter of one of the men involved. Because of the secrecy at the time, Rob David found that there was nothing in the way of records to be found either in Muncaster Castle or Cumbria/Cumberland's records. However, there were records in the Tate's own files and at Kew Gardens.

Following the shelling of cities and towns on the coast in World War 1 it was realised that if there was another

war there was likely to be serious bombing of towns and cities, which would put the nation's art treasures in jeopardy. As early as 1920/21 an Air Raid Precaution Committee was set up, and all art galleries were asked to find suitable places to safeguard the precious art works. The Tate searched for houses and lighted on Corsham Court and Hartham Hall near Corsham. However, as war loomed again it was realised that these were in a munitions area and accordingly were not suitable. In 1938 a new director was appointed and had to find suitable hideaways in a hurry. He lighted on Hellens and Eastington Hall in the West Midlands and Muncaster. Hellens was brick build and thought most suitable but Eastington Hall was half



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**
CARPETS

timberframed and a fire risk. In 1939 Sir John Frecheville Ramsden Bt was asked if he would be willing to allow Muncaster Castle to be used. He replied that he would – particularly as it would probably prevent the castle being overrun by hordes of evacuee children !

At the end of August 1939 the Tate Gallery (the only Tate at the time) was closed and the pictures taken down and put into crates – it is thought that they were all taken out of their frames which were stored (safely as it turned out despite the building being heavily bombed.) in the basement of the Tate Gallery. The crates were taken to Euston station and loaded into three extra carriages attached to the scheduled passenger train to Workington. The train

stopped at Ravensglass and the three carriages were put in a siding. The skeleton staff at Muncaster were then told to go and fetch the crates – they knew nothing about what they contained and had only one horse and one cart. They thought perhaps they were Sir John’s personal possessions from other properties as he was very wealthy. However, they somehow managed it – some of the paintings were enormous – measured in yards not feet. It is a mystery how at least one of the paintings was got through the front door into the hall which was used as a work room. The dining room and drawing room off the hall were piled with the crates for storage.

As well as the paintings ten members of the Tate Gallery staff



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

were sent to Muncaster for the duration of the war to look after the paintings. They inspected each painting (eventually about 800) on a regular rota for such things as mould and insect infection. Keeping the paintings from damp involved a special dispensation to use fuel to heat the rooms with open fires as there was no central heating. The castle was not easy to get to with a bad road, but the local Fire Chief agreed that the fire brigades of four local towns would be on call – he was one of the very few people who was told what was being stored. One problem was a lack of water – a reference to a leaking ballcock made Rob David think of water pouring down on the paintings from a malfunctioning lavatory, but in fact it was causing a lack of pressure in the water supply.

Among the ten staff were two specialists: John Lee and Helmut Ruhemann. John Lee was a practical man who knew how to repair and look after the paintings. Ruhemann was an escaped German Jew who was an expert restorer, possibly the best in Europe. At one time he took Van Gogh's famous Sunflowers picture and the Yellow Chair, together with several Turners, from Muncaster to his cottage in the Trossachs and hung them on his wall while he worked on them. Modern methods were as yet unknown and his technique involved a cheese grater, powdered wax, a laundry iron and a dental burnishing instrument.

In 1941 during the Barrow blitz the castle was still considered safe although the fires in Barrow could be

seen from the castle. The two other safe houses in the West Midlands had to be given up and the paintings moved to other sites in the Cotswolds, mainly because of difficulties with the houses's owners. In 1944 a detailed list of the paintings was made including where they had come from. They were not only from the Tate but included art works from the Guild Hall, the Foundlings Hospital, the India Office, Westminster Palace and the Rothschild's collection. They included Ramsays, Turners, Rosettis, Sargents, Constables, Ravillious, and Kokoschkas among many others. Some paintings were sent round the country to exhibitions as morale boosters. Local galleries and museums also send their art works to Muncaster, and some sent them to schools for safe keeping. The Liverpool Walker Art Gallery sent some of theirs to Sedburgh School. [According to Michael Raw in his new history of the School, some of them were "great masterpieces". The School Notes commented "ought we to be sorry or glad at Liverpool's plight?"]

By 1945 the presence of the artworks was a not very well kept secret and six months after the end of the war they were moved back to London – although it is not really known where they went as clearly they could not have been kept in the very badly bombed Tate Gallery. Possibly they were simply stored in the basement which had survived with the frames. The Gallery reopened in 1948.

SEDBERGH: 100 YEARS + AGO

Colin Cowperthwaite

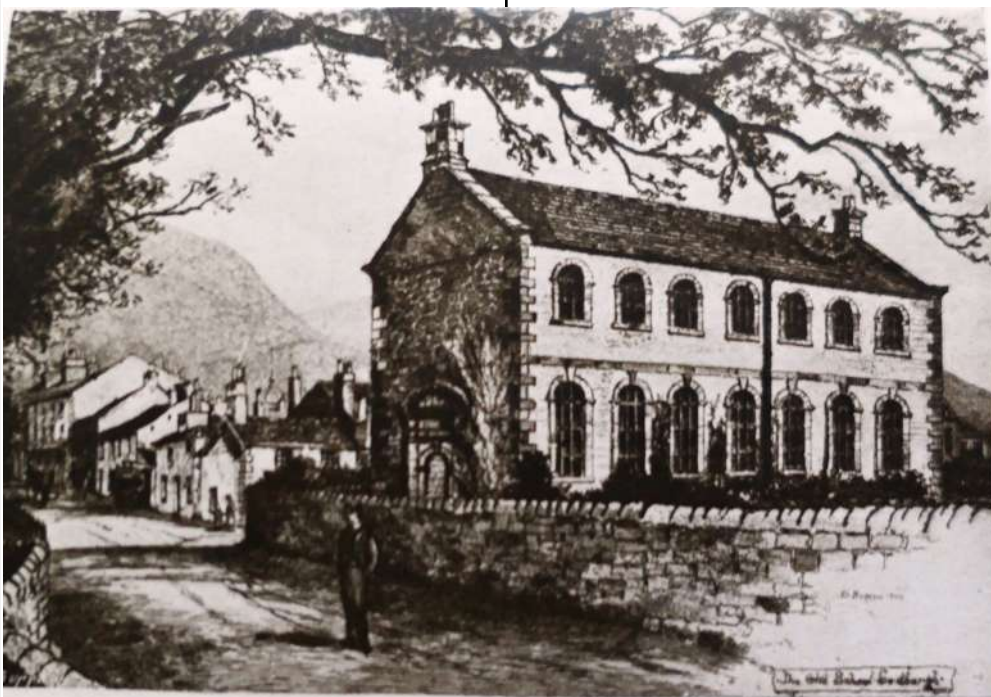
Recently, Doris Cannon from Queens Drive kindly passed on to me a small pocket guide, which is undated but was probably published around 1920. Costing twopence, it is entitled 'Sedbergh and its Schools' and was 'issued under the auspices of the Sedbergh Rural District Council and the Sedbergh Tradesmen's Association'.

It contains many adverts for businesses trading in the town at that time, along with photographs taken by R. Greenbank who lived at West View on Loftus Hill. Amongst the advertisers are George Hall, fish merchant and Italian warehouseman; F.R. Woodhouse, dispensing and

photographic chemist; Henry Sisson, tailor, hatter and outfitter; Harvey A. Askew and T. Askew, both grocers; and John F. Trotter, draper, milliner and gent's outfitter.

To quote a few passages from the guide :

The quaint old market town of Sedbergh is situated on an open plateau more than 400 feet above sea level, surrounded by a circle of mountains, outliers of the Pennine Chain, and about 2 miles from the frontier of Westmorland. It is nearly 12 miles east of Kendal and 15 miles north-west of Ingleton. It thus forms a central meeting point of five more or less converging valleys. Looking eastwards, with the palm of the left hand upturned, and the fingers



*From an Etching by
Edward J. Burrow.*

THE OLD SCHOOL, NOW THE LIBRARY
SEDBERGH.



F. R. *Woodhouse,* Dispensing and Photographic Chemist,
 THE PHARMACY,
SEDBERGH.

The Pharmacy is conducted on modern lines. A very complete stock of all Toilet, Surgical, Medicinal Preparations is held.

The Dispensing Dept. is under the direct supervision of the proprietor, who holds the Pharmaceutical Society's Diploma for the practice of Pharmacy.

Prescriptions are dispensed with every care and only the highest quality of drugs used.

Agent for GILBEY'S WINES & SPIRITS.
 Mineral Waters. Photographic Dark-Room.

1

diverging, we have at once a rough diagram of the configuration of the country. The thumb points towards Howgill and the fingers successively to Cautley, Garsdale, Dent, and the Vale of Lune. Sedbergh lies in the hollow of the hand, and the three valleys of Cautley, Garsdale and Dent, commencing in mere passes, and widening as they descend, converge towards it.

Although the evidences are not so conclusive here as in some localities, it is reasonably believed that the present town stands upon the site of a Roman or Saxon settlement, and that the curious eminence of Castle

Howe originated with one or other of those peoples. But coming to later times, it may be recalled that special prominence was accorded to Sedbergh School in a sermon delivered by Leaver before Edward VI, that in the Stuart period Sedbergh was a scene of strife between Puritans and Royalists, and it was here also that George Fox, the Quaker, conducted his mission, the town having previously provided the Marian martyr, John Bland.

Until recently the town consisted chiefly of a main street and a back lane, converging towards the east, and united between the Market Place and Grammar School by Finkle Street, which has been much widened of late years. A newer road, called Bainbridge Road, between the old town and Winder, now provides a

Ye Olde Coaching House,
 COMMERCIAL AND FAMILY HOTEL.

Black Bull Hotel, Sedbergh.

— Under Management of Owner and Entirely Free. —
 NEAR TO SCHOOLS AND CHURCH.
 Wines and Spirits of the Best Quality. Potting in all its Branches. Hotel 'Bus meets every Train.
LEONARD CHORLEY, Proprietor & Owner.
 Orders by Post promptly attended to. Accommodation for Motorists. Garage with Pit.

number of pleasant dwellings, many of which furnish apartments for visitors, while there are some smaller inns and two good hotels, the "White Hart" and the "Black Bull", both long established.

The town's chief buildings are the Public Hall at the east end, built in 1865 and used for lectures, concerts, entertainments and meetings of various kinds. The National School, at the west end, founded in 1842. The British School, up Joss Lane, founded in 1843. The Market-house and Reading-room, founded in 1861 by the Rev. J.H. Evans, headmaster of the Grammar School, as a memorial of his sojourn at Sedbergh, from the money presented to him by his former pupils as a testimonial of their regard. A Book Club, originated in 1782 and located in the upper room of a cottage in Cockle Street; the privileges of this club are limited to members by subscription. The Widow's Hospital, founded in 1854 by Thomas Palmer, a retired solicitor, for "the reception and accommodation of six poor widows", at the entrance to the town from the railway station. The Workhouse, a commodious building erected in 1854, at the entrance to

the town from the Dent Road. St Andrew's Parish Church, probably founded in the early part of the 12th century, in the reign of Henry I. The Wesleyan Chapel (1864) stands in New Street past the Gasworks, with a Minister's House near at hand. The Congregational Church (1828) stands a little way from the main street.

Walks and excursions around Sedbergh are so many and varied. Walks will involve crossing fields or moorland, where cycles cannot be used. A very useful Reduced Survey Map of Sedbergh and District can be purchased from Messrs. Jackson, booksellers, Main Street. For walks along the hills, a compass should always be taken, as in case of getting lost, this would be a great help towards finding the way. Several of the hills in the Pennine group can be approached up Settlebeck Glen. They can each be climbed separately, or several can be included in one expedition. Provisions should be taken, as there are no means of getting them, and the mountain springs, accessible to sheep and other cattle, are most unsafe for drinking.

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>



White Hart
Sports & Social Club



Sedbergh

TEL: 015396 20773

EMAIL: WHITEHARTSEDBERGH@HOTMAIL.COM

ONLY £10

PER YEAR MEMBERSHIP

FREE ROOM HIRE FOR MEMBERS

SNOOKER - POOL - DARTS - DOMINOES - BOARD GAMES -

LIVE MUSIC - KARAOKE - BINGO - BAR MEALS - CASK ALES

MEETING ROOM HIRE WITH USE OF WIFI, DOCUMENT PRINTING

/ COPYING, LARGE TV'S FOR PRESENTATIONS

REFRESHMENTS / CATERING AVAILABLE.

PLEASE CONTACT US AND SEE HOW WE CAN HELP YOU!

FOR UP TO DATE EVENT LISTINGS, PLEASE VISIT OUR

FACEBOOK PAGE.

**PAGANS! RANTERS!
DISSENTERS! QUAKERS!
CONGOS! MORMONS!**

Sedbergh History Society

Karen Bruce Lockhart

On 27th November Alastair Robertson gave the Society a Zoom talk on the history of the very varied religious groups that had grown up around Alston. He began by explaining that Alston sat in a very small enclave (Alston Moor) that was part of Cumberland historically (and now Cumbria). However, it has little of no connection with Cumberland or Cumbria. Only one road led and leads down to Cumberland/Cumbria – all the others went north, east and south into Northumberland, Durham

and Yorkshire on the other side of the Pennines. It had been in the Diocese of Hexham, Durham and Newcastle at various times in its history but never Carlisle. The rivers and the railways also did not go into Cumberland.

Its population has varied over the year from about 6,000 when lead mining was at its height to the present approximately 2,000, but despite its small population it has an amazing history of religious denominations and buildings.

He began by pointing to the faint remains of a henge, and the fact that there had been a Roman fort at Whitley Castle where the 6th Legion had been, which together had

probably meant pagan practices. In Saxon times there had been a church where the present parish church stands. The present church stands on the site of at least two earlier churches and is dedicated to St Augustine of Canterbury. In early medieval times the area was under the control of the Scottish King, but King John acquired it for England where it has stayed and the church was under Hexham Priory. In the Reformation it came under the diocese of Durham and then in the early 1800s was transferred to Newcastle. By the early 1700 the church was in very poor repair and was rebuilt in 1769, There are two other Anglican churches in Garrigill and Nenthead, both dedicated to St John, and one of which was probably founded by the Hospitallers.

In the 17th century there was discontent with the Anglican church among the general population as it was felt to be under the control of the aristocracy. The Quakers came to Alston around the time of the Commonwealth, and in 1748 John Wesley preached in Alston. Only 12 years later there was a Methodist Church in Alston and later a very large one in Nenthead. The Congregationalists ("Congos" of the headline) at first met in a pub and then in the open air but in 1805 built a new church, and set up Sunday schools. The latter seem to have been good as mention is made in a newspaper of a five year old girl who could repeat seventeen songs by memory. The Catholics eventually established themselves in what had

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



been a stable and then a jail which they bought in 1953.

Around 1800 the Methodist split and the Primitive Methodists built chapels and sent out many preachers into the world. They were known as Ranters due to the noise and merriment they made. There were eventually seven Wesleyian and five Primitive churches. Perhaps most surprising were the Mormons. In 1837 one Isaac Russel, who had been to Toronto and Utah. returned with seven missionaries and set up a Mormon sect which survived until 1850. He is said to have had six wives.

When the population was at its highest with the lead mining there were three Anglican congregations, two Congregationist, one Quaker, seven Methodist, a Mormon and a Catholic congregation

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

HONEYBEES AND ANNUAL CHRISTMAS LUNCH

Andrew Povey

Dentdale Head to Foot had a busy final quarter for 2024. Our November meeting included a fascinating talk from Elly Archer all about honeybees, which everyone enjoyed.

Honeybees are particularly important for the pollination of food crops. Bee colonies consist of worker bees, a queen and drones, all with their different functions. Each colony consists of many thousands of bees; in the winter these help to keep the queen warm.

Elly illustrated her talk with some colourful slides showing the structure of the bee body with its five eyes, two

antennae, a tongue and proboscis. There are many threats to bees eg wasps, mites, mice and rats. We need to look after our honeybees!

After the November meeting preparation and planning begins for the Dentdale over 60's Christmas lunch. This annual event, run by DDHF and its volunteers, is held in the Memorial Hall, is always very popular and is provided free of charge.

On Dec 7th the hall was nearly full, beautifully decorated with a friendly welcome to all.

A traditional Christmas meal was followed by mince pies and coffee/tea.



All types of building work undertaken:

- Extensions
- Barn conversions
- New build
- Restoration work
- Building, joinery, plastering, tiling, roofing
- Topseal flat roofing approved installer

T: 015396 22038
E: info@mkconversions.co.uk
W: mkconversions.co.uk



SEDBERGH W.I.

Moira Folks

Grasmere in the Lake District was the starting point for our walking group's last walk of 2024, described here by Anne Pitt. 'On an extremely cold morning but with fantastic views, three group members drove to Kendal and then caught the 555 Bus to White Moss Common. From there they proceeded on the path along the east side of the river to near Grasmere, crossing the footbridge below the lake to take the path upwards above the valley to arrive at Rydal Cave overlooking Rydal Water down below. It was too cold a day to linger, with icy patches along the hill and valley paths, so, after descending to the valley, the lane along the west side was followed to Ambleside for a good hot lunch in a café before catching the bus back to Kendal to return home before dark.'

Sedbergh was looking very festive when we drove over to the Pheasant Inn at Casterton for our Christmas Dinner on December 11th. The dining room table was beautifully decorated, and the meal was delicious, chosen in advance from an excellent menu. Valerie had recycled old Christmas cards into lovely little boxes, one at each place-setting, and filled them with gold-wrapped chocolate coins for each of us. The boxes are so pretty that I keep them and add them to my Christmas decorations each year!

Sandra Kemp was host to our Christmassy book club meeting the next day, her lounge decorated earlier than usual just for us! We discussed 'The Shepherd's Life' by

A few carols were sung, accompanied by Mrs Rita Corpe then the raffle which proved very popular, was drawn. There was a joyful and friendly atmosphere which provided a very good start to the Christmas season in Dentdale.

Our next meeting is on Friday 7th February 2025, this will be a talk from Sarah Woof entitled 'Over the Shop Counter'.

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



SIMON PARKIN

— CARPETS —

CLEANING, FITTING, SUPPLY

simonparkincarpets@gmail.com

Contact: 07973704664 / 01539620585

 @SimonParkinCarpets

Supply & fitting of carpets, LVT & sheet vinyl;

Carpet & hard floor cleaning

SHOWROOMS OPEN BY APPOINTMENT



James Rebanks, which has the additional title 'A Tale of the Lake District' since it refers specifically to the family sheep farm near Ullswater where he grew up, shadowing his beloved grandfather, always expecting to take over from him one day. We shadow his family too in the minute details of their daily lives and their interaction with other farming families, helping each other, meeting at shows and other events. Most of us found the book fascinating, especially the way James's character and career developed much more widely than expected. Average score 7/10. Mulled wine (alcoholic or otherwise for drivers!) and Christmas treats followed: thank you, Sandra!

Our first WI meeting of 2025 on January 8th was an educational one, led by Miriam Baird, entitled 'Demystifying Dementia'. Miriam has retired from years of working in the NHS and now works for the 'Dementia Friends' social movement

which is a volunteer-led organization for the Alzheimer's Society. In Sedbergh, the Sedbergh Songsters provide a useful and happy meeting place where people with dementia and Dementia Friends can come together to sing and enjoy themselves. Some of the shops have Dementia-Friendly cards in their windows. Miriam, who gave an excellent overview of the problems of dementia and tips for dealing with it, had personal experience of living with her mother's dementia for 9 years. She gave us cards issued by Dementia Friends, reminding us of their five key messages:

1. Dementia is not a natural part of ageing.
2. Dementia is caused by diseases of the brain.
3. Dementia is not just about losing your memory – it can affect thinking, communicating and doing everyday tasks.

4. It's possible to live well with dementia.

5. There's more to a person than dementia.

Karen Shepard hosted a celebratory book club for the New Year on January 9th, when we discussed 'Marple', a collection of twelve short stories about Agatha Christie's famous detective, written by twelve modern prizewinning authors of detective novels. I think most of us could 'hear' and 'see' the Miss Jane Marple character portrayed by TV actress Joan Hickson in our heads when reading the stories. A book in bite-size chunks was convenient to read over the busy Christmas period and the fact that some of the stories took place abroad made it easier to distinguish between them, but this format is much less satisfying to read than a good novel where you get to know real characters. Average score 5.2 /10. There was nothing 'average' about Karen's teatime spread of cakes, fresh fruit and Prosecco (alcoholic and non-alcoholic) though: Many thanks, Karen!

Our next meeting in the committee room at Sedbergh People's Hall is a Tropic Facial Demonstration by Gillian Chase (Tropic Facial is the name of the firm providing the cosmetics), taking place on Wednesday 12th February at 7:30pm. Visitors and new members are always welcome. For further information, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Valerie Welti, on 07969 376649.

EXPERIENCED DRESSMAKER

Made to measure
Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.
Also alterations undertaken
All made to the Highest Quality by
SHEILA SHUTTLEWORTH
Tel: 015242 - 74322

HOWGILL AND FIRBANK W.I.

Bridget Postlethwaite

On Thursday 5th December, 19 members, partners and friends joined together at the Cross Keys, Cautley, for a delicious Christmas dinner followed by mystery dominoes where everyone took home a prize. The competition of a handmade Christmas card was won by Lesley Hennedy, with raffle prizes being won by a variety of other people. Chris Clowes and her team were thanked for providing us with a wonderful evening, and best wishes were expressed to Chris for a happy retirement.

Our meeting on 2nd January at Howgill was shorter than usual as our speaker had to cancel due to adverse weather conditions. However, we took the time to discuss the resolutions put forward and had a really good catch-up with one another whilst enjoying our usual Jacobs join.

Our next meeting on 6th February will be held in Firbank School Hall where we will welcome Sinead McCann from the Growing Well Charity. Visitors and new members are always welcome.



Your Legal Companion

- ESTATE PLANNING
- PROPERTY & RURAL LAW
- FAMILY LAW

Offering Guidance & Practical Advice

<i>Offices At:</i>	<i>Sedbergh</i>	<i>Barnard Castle</i>	<i>Hawes</i>	<i>Leyburn</i>
mbmcgarry.co.uk	t. 015396 223 40	t. 01833 600 160	t. 01969 666 290	t. 01969 621 230
e.office@mbmcgarry.co.uk	LA10 5AB	DL12 8EQ	DL8 3QS	DL8 5EH

KILLINGTON W.I.

The Afternoon W.I. for the Entire District

Wendy Fraser-Urquhart

No peace for the wicked, so here we go again! My thanks to Christine Drury for her splendid reports over recent months. I cannot believe how time flies so by the time you read this we'll be well into 2025. Goodbye Christmas and New Year. Hello Valentine's Day and Easter. Nevertheless, I know that you are eagerly waiting for a report of our last meeting of 2024 – Christmas Lunch held at Sedbergh Golf Club on 10th December. 18 members gathered for a relaxed and tasty repast in lovely surroundings. Our sumptuous

hamper was won by Janet Dinsdale, one of our newer members. The quiz and a highly intelligent game, standing bingo, were prepared by Margaret Denton. It was lovely to enjoy such a relaxed time.

This afternoon was our first meeting of the year and what a lovely afternoon it was. Our speakers were Colin Kendal and his colleague Peter from the North West Blood Bikes Group. {Many of us will already know Colin's wife, Mary, from her stall in our Wednesday market, raising money for the Christie Hospital}. The voluntary Blood Bikes organisation was originally formed in 1962 in South London but has become countrywide since then. The NHS

Sedbergh and District Lookaround

AUDIO & LARGE PRINT LOOKAROUND

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

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.

transport operated only in “working hours”, so from 6pm to 7am the only method of moving vital medical components, including blood, was by costly taxi. Nowadays the Blood Bikes service transports all sorts of medical necessities to where they are needed – medical records, equipment needed for emergency operations, samples to be tested at specialist centres, breast milk for premature babies. You name it, they take it, come rain, snow or shine, and all without a penny of financial reward. Sometimes they travel on “liveried” bikes, sometimes on their own bikes, and sometimes in their own cars. Our grateful thanks to all of their members.

Then it was time for tea and chat and plenty to catch up with. Lovely ginger cake and biscuits. I really shouldn't reveal that the said cake was bought at Powell's, after all we are the WI. Eventually, Susan, our President, called us all to order. Unfortunately, by this time I was so relaxed that my note-taking had fallen by the wayside so the rest of this report depends on my memory! Susan gave this month's birthday greetings, to Barbara Maunder and Jenny Maconchy, and then moved on to more formal WI stuff. We were sorry to learn that our Secretary, Christine Drury, has decided to resign for the time being, but thank her for all her good work over the last years. We read through the Federation

St Andrew's Lent Lunches

**Easter is early this year and the first of the
Lent Lunches will be:**

Wednesday 5 March

**Do come along for soup and a roll, fruit
and a chat. Still only £3.50**

**The proceeds will go to Mana House and
St John's Hospice**

St Andrew's Parish Room

12.00 – 1.00



Newsletter. We discussed the prospects for the Sedbergh Spring Show which will be on 29th March. We looked at forthcoming destinations for outings and lunches. Then it was time for more chat, tidying up, and going home. It was almost dark when we left and we welcomed the prospect of days beginning to lengthen again. Next month the sun may be shining again. It must be up there somewhere.

Our next meeting will be on Tuesday February 11th at 2-00pm in the Committee Room of the People's Hall. Jack Ellerby will speak about Protecting Our Dark Skies. So keep looking heavenwards and do join us. We would welcome you.

Treadwell Flooring

Established Family Business since 1999



*Contract & Domestic
Extensive Range of Floor Coverings
Carpet, Vinyl, LVT and Wood
Carpet Cleaning Service Available*

T: 015396 21175 • M: 07795 598 913

AGE RELATED HEARING LOSS AND DEMENTIA

Alzheimer's Society

Age-related hearing loss is a common condition affecting older people. It often starts with problems hearing what other people say, especially in noisy environments. Symptoms can start gradually and be difficult to notice. This makes early detection and treatment difficult.

There are two types of hearing loss: peripheral hearing loss and central hearing loss.

Peripheral hearing loss is the reduced abilities of the ears to detect sounds. This does increase a person's risk of developing dementia.

Central hearing loss involves problems with processing sounds in the brain, that are not able to be corrected with hearing aids. This may be a very early symptom of Alzheimer's disease, as sound processing parts of the brain are affected by the disease.

Protect your hearing to reduce dementia risk

You may be able to book a free hearing test at your local optician or speak to your GP about being referred to an audiologist (a doctor for hearing). This will show up any hearing issues and provide ways of managing them, such as using a hearing aid.

Studies have shown that people who use hearing aids to manage their hearing loss are less likely to develop dementia. Hearing aid use was also associated with fewer memory problems and thinking problems independent of dementia. Tracking hearing aid use over a long period

showed that it was associated with less decline in memory skills.

Often, managing hearing loss works best when you start doing it early on. This means protecting your hearing from a young age. For example, you can avoid listening to loud noises for long periods and wear ear protection when necessary.

The link between hearing loss and dementia risk

Research shows that a person's hearing loss is related to an increased risk of developing dementia. The amount of hearing loss and length of time someone has hearing loss also impacts dementia risk.

People with hearing problems may also be more likely to withdraw from social situations and become more isolated over time. Social isolation and depression are both risk factors for dementia.

Hearing loss may also mean that the areas of the brain that help us understand sounds and speech have to work harder to understand what sounds are. This additional effort may lead to changes in the brain that affects our memory and thinking abilities.

The link between hearing loss and dementia is not fully explained, but it does not mean that someone with hearing loss will go on to develop dementia – just that their risk is higher.

It is possible that hearing loss is a risk factor for dementia, or an early symptom, or both, but it is very difficult to determine on an individual basis.

DUNGAN LAW Ltd

Plumbing & Heating Engineer

Bathroom Suites & Tiling
Central Heating Systems
General Plumbing



Mob: 07796 544596
Tel: 015396 20930

DAMP AND MOULD INDOORS

South Lakes Citizens Advice

Damp and mould have built up in our home. Our letting agency say they'll speak to our landlord but there's been no action and I'm really worried about how this might affect our health.

It's not always easy to work out the cause of damp and mould. Your landlord will be responsible for the issue if it's being caused by structural problems or disrepair such as a leaking roof or bad insulation, and if it's affecting your health. However, they might suggest that it's your fault for causing condensation. On the Citizens Advice website you can find information to help you work out what type of damp you have, who is responsible and what you can do about it.

The best way to prevent condensation is to keep homes well-heated and ventilated, but high heating costs and cold weather can make this difficult. Check the website to see if you're eligible for financial support, and for advice on actions to avoid, like drying clothes on heaters.

Matthew Cook

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

Stone repairs and replacement

Re-pointing with lime mortar

Stone cleaning

Specialist surveys and consultancy

07791894782

www.cookmasonry.co.uk Info@cookmasonry.co.uk

However, if the property can't be heated and ventilated adequately to cope with normal day-to-day living activities like showering, cooking and laundry, then it's the property that's the problem, not your behaviour.

If your landlord is responsible for the damp in your home but doesn't do anything about it, you can report them to the local authority. And if you have medical evidence that damp is making you ill, you may be able to get free legal advice. Contact South Lakes Citizens Advice if you need further help.

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

FLICKING BACK AND FORTH

Helpful Book Company

If you've ever found yourself having to flick back and forth between two things on your device, I've got a tip for you that should make things a bit easier.

I've been doing this quite a lot recently, where I'm trying to buy Christmas presents in a shopping app, but I need to check my present list for everyone, which is kept in my Notes app. So if I need to check the size or colour or some other detail before I order it, I have to keep swapping back and forth between the two.

But thankfully, there are ways to speed up this process on pretty much any device.

On a Windows computer, you can go back to the previous app that you were using by holding down the Alt key on your keyboard, and pressing the Tab key once. The tab key is just above the Caps Lock key – it'll either say "Tab" on it, or it'll have two arrows pointing left and right.

On Mac computers, you can do the same thing by holding down the Command key and pressing Tab. On Macs and Windows computers, you can press Tab more than once (while holding down either Alt or Command) to cycle between your open apps, if you have lots of them open at the same time.

On iPads and iPhones, you can use the App Switcher to quickly move between apps. On iPads, you can also swipe sideways on the screen with 4 fingers.

On iPhones and iPads without a Home button, you can swipe right

SUBSCRIBE TO LOOKAROUND

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)**

POSTAL SUBSCRIPTIONS

£40 FOR A YEAR

for a UK Annual Subscription

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**

along the bottom edge of the screen (where the Home bar is). If your iPhone has a Home button, then you'll need to use the App Switcher, by double-tapping the Home button and then tapping on the app you want to switch to.

To do this on Android devices, you can double tap on the Recent Apps button at the bottom of the screen – it'll be next to the Home button, it usually looks like a square or three vertical lines. Or if you have gesture navigation turned on i.e. if you just have a horizontal bar at the bottom of your screen, swipe from left to right on that bar to go back to the previous app.

BOOK TOWN QUIZ ANSWERS

1. Tess of the d'Urbervilles
2. Rudyard Kipling
3. The Faerie Queen
4. Alan Ayckbourn
5. William Caxton
6. Ulysses – James Joyce
7. The Dogs of War – Frederick Forsyth
8. Food and cookery
9. G K Chesterton
10. Stephen Potter
11. Joseph Conrad's
12. Clerihew

LOOKAROUND SUBSCRIPTION

Name _____

Address _____

Postcode _____

Phone _____

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.**

PERSONAL MESSAGES

RALPH DREW

Ralph Drew died on 8th December, in Manchester, aged 86. Ralph and his wife, Joan, have a cottage at Hallbank, which they used constantly for the past 39 years, and which Joan will continue to visit.

EDITORIAL

Next month's edition of Lookaround will be another first, after the full page ad on the inside cover this month. The first edition of Lookaround to be


compiled (by me at least, I'm not sure about Dennis) in New Zealand. Of course I'll be relying on modern technology, my PC and the internet, to make that work, so if next month's edition does not appear, or it's partly upside down, you'll know why.

Last year Lookaround again lost money, we need to get it back to breaking even, or this year may well be our last.

To help us do this Ellen (Morrison) has now joined our team. Ellen will be spending a little time each month helping us find new advertisers, the Kilvington advert being the first.

And please, if you have advertised with us in the past, consider doing so again!
Ed

PUZZLES (SOLUTIONS ON PAGE 69)

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

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

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

Organisation	Help For	Contact
Dent Grammar Educational Foundation	Educational Expenses	Dgsef1@yahoo.co.uk
Killington Educational Foundation	Educational Expenses	andy.burgess@westerndales.org.uk
Sedbergh School Young Persons Fund	Educational Expenses	mhm@sedberghschool.org
Sedbergh United Charities and Widows' Hospital : Exhibition Fund	Educational Expenses	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh United Charities and Widows' Hospital : Poor Householder's Fund	Financial Assistance	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh British School	Further Education Expenses	015396 20194
Sedbergh United Charities and Widows' Hospital : Widow's Fund	Housing for Widows	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh & District CIO	Community Endeavours	015396 20790
Lea Yeat (otherwise Cowgill 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	2	8	5	4	3	1	9
8	1	3	9	2	6	4	7	5
9	5	4	1	7	3	6	8	2
3	2	6	4	8	5	7	9	1
1	9	7	6	3	2	5	4	8
4	8	5	7	9	1	2	6	3
2	4	9	5	1	7	8	3	6
5	6	1	3	4	8	9	2	7
7	3	8	2	6	9	1	5	4

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

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

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

PEOPLES' HALL HIRE RATES

Main Hall

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

Committee Room

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

DIARY OF EVENTS

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

FEBRUARY 2025

05 1930 Sedbergh Young Farmers Panto (9) PH
 06 1400 Community Afternoon Tea GH
 06 1830 Wise Women (5) Westwood B
 06 1930 WIHF - Growing Well (57) FCH
 07 1400 Over the Shop Counter (DHTF) (54) DMH
 07 1930 Domino Drive for Killington sports (7) KPH
 09 SS Half Term (25) SS
 11 1400 WIK - Dark Skies (58) PH
 11 1930 Domino Drive FCH
 12 1930 WIS - Tropic Facial Demo (55) PH
 13 1300 Medical centre closed MC
 13 1930 Sedbergh Parish Council (20) PH
 14 Valentines Day (5) Everywhere
 18 SS Half Term (25) SS
 20 1400 Community Afternoon Tea GH
 21 1930 Sedbergh YFC Pie, Peas and Quiz (9) PH
 22 1000 Eco Market (12) StAS
 24 Scholarship Application Week SS
 24 1930 AGM FCH
 25 1400 A Very Dangerous Work (WA) (13) Tennants

MARCH 2025

01 1000 Table Top Sale Red Squirrels (15) PH
 05 930 Christian Aid Coffee Morning (16) StAS
 05 1200 Lent lunches start (59)
 07 1400 Dentdale Head to Foot - CPR DMH
 08 1400 Jumble Sale - Air Ambulance (17) PH
 11 1400 WIK - Crossing the Blue Line PH
 11 1930 Domino Drive FCH
 12 1930 Sedbergh WI AGM & Jacobs Join PH
 13 1300 Medical Centre Closed MC
 13 1930 Sedbergh Parish Council TBA
 19 1400 Wilson Run (25) SS
 22 Sedbergh School Term Ends (25) SS
 22 1930 Town Band Dance Concert (8) PH
 26 1930 Broken Biscuits (5) Westwood B
 29 Spring Show (10) PH

APRIL 2025

03 1300 Medical Centre closed MC
 04 1400 Dentdale Head to Foot DMH
 08 1400 WIK - Mosaic Workshop PH
 10 1930 Sedbergh Parish Council PH
 26 1930 Dentdale Choir Messiah (Sep) StAD

MAY 2025

02 500 Anniversary Gala Weekend SS
 02 1400 Dentdale Head to Foot DMH
 11 Christian Aid Week (16) TBA

13 1400 WIK - Resolutions and More PH
 15 1300 Medical Centre Closed MC
 15 1930 Sedbergh Parish Council PH
 17 Christian Aid Week (16) TBA
 20 Singing Slovenia Trip (11) Zrece
 27 Zrece Twinning 20th Anniversary (11) TBA
 29 1800 Killington Sports Becksides F
 30 Singing Slovenia Trip (11) Zrece

JUNE 2025

06 Dentdale Head Foot summer outing DHTF
 10 1400 WIK - Cycling Vancouver to San Fran PH
 11 1300 medical centre closed MC
 12 1930 Sedbergh Parish Council PH
 25 930 WIK - Coffee Morning StAS

JULY 2025

02 WIK - Garden Party TBA
 05 Dentdale Head to Foot "tea" DMH
 08 1400 WIK - My Life in the Gutter PH
 10 1300 Medical Centre Closed MC
 10 1930 Sedbergh Parish Council PH
 14 Thunder Cricket vs Southern Vipers (25) SS
 24 Metro Bank One Day Cup (25) SS

AUGUST 2025

12 1400 WIK - History of Puzzles PH
 23 Sheepfest Sedbergh

SEPTEMBER 2025

05 1400 Dentdale Head to Foot quiz DHTF
 09 1400 WIK - Lancaster Castle PH
 17 1300 Medical Centre closed MC

OCTOBER 2025

03 1400 Dentdale Head to Foot DMH
 14 1400 WIK - Antarctica PH
 15 930 Christian Aid Coffee Morning (16) StAS
 16 1300 Medical Centre Closed MC

NOVEMBER 2025

07 1400 Dentdale Head to Foot DMH
 08 1930 Sedbergh WI Demystifying Dementia PH
 11 1400 WIK - AGM & Social Time PH
 12 1300 Medical Centre Closed MC

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

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

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

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!

HALF AND HALF

Bar with sofas and a good fire, or window seats if you fancy watching the world go by.

NUMBER 46

MAIN STREET

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

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SEDBERGH PIZZA

MAIN STREET - 015396 28262

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

SMATTS DUO

MAIN STREET - 015396 20552

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

WAFFLE CONE

MAIN STREET

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

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958 catering@farfieldmill.org

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable

SOME WALKS AROUND SEDBERGH

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

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

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

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

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

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

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

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

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

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

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

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

For further details of these numbered walks see the Sedbergh Town website. Leaflets describing the walks can also be obtained from Sedbergh Tourist Information Centre for 50p.



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	TBA
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Phil Johns - 07807 909860
Bridge Club -----	Mr Alison - 015398 24666
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
Cornerstone Community Church -----	William Allen - 015396 20194
Cricket Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 07855 102930 / annemcclurg@btinternet.com
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill – Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	TBA
First Responders - Dent -----	See Public Information
First Responders - Sedbergh -----	See Public Information
Football Club Junior - Sedbergh -----	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
Football Club Senior - Sedbergh -----	Mr Parkin - 015396 20585
Friends of Farfield Mill -----	friends@farfieldmill.org
Friends of Settle and Carlisle Line -----	john.carey@settle-carlisle.com
Garsdale Village Hall -----	Mrs Labbate - 015396 22114/07814 378758 / rhlabbate@gmail.com
Getting Together -----	Sarah Woof - 015396 25212
Gladstone Community Group -----	Janey Hassam - 07966 134554
Golf Club -----	Mr Gardner - 015396 21551
Good Companions - Dent -----	Sarah Woof - 015396 25212
Grief Share -----	Duty Team Member - 07498 870267
History Society -----	Karen Bruce Lockhart - 015396 34603
Howgill Harriers -----	admin@howgillharriers.co.uk
Howgill Village Hall -----	Gareth Marshall - 07801 276233
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Joe Gorst - 07964 830473 / joe.gorsty24@gmail.com
Killington Parish Hall -----	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk
Lunesdale Archaeology Society -----	lunesdale.archaeology@gmail.com
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003

GROUPS AND ORGANISATIONS (CONT)

Messy Church -----	Rev'd Andy Burgess - 015396 20018
Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Over 50's Swimming Group -----	Rachael Mellor - 07969 663881
Parent Support Group -----	Mrs Goad - 015396 20402
Parish Council - Dent -----	Scott Thornley - 07368 455353
Parish Council - Garsdale -----	Clerk - clerk@garsdaleparishcouncil.gov.uk
Parish Council - Sedbergh -----	Janey Hassam - 07966 134554
People's Gym -----	membership@sedberghgym.club
People's Hall -----	Steve Longlands - 01536 20885
Pepperpot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Janey Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
PMR/GCA support Group -----	0300 111 5090 / kendal@pmrgca.org.uk
Poetry Club* -----	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Royal British Legion -----	Nigel Whiting - 015396 21358 / nigelwhiting306@gmail.com
Schools - Dent Primary -----	015396 25259
Schools - Dent Primary - Friends of -----	015396 25259
Schools - Sedbergh Primary -----	015396 20510
Schools - Sedbergh School -----	015396 20303
Schools - Settlebeck -----	015396 20383
Scouts -----	Bill Mawdsley - 07989 201481
Scouts - Beavers -----	Bill Mawdsley - 07989 201481
Scouts - Cubs -----	Bill Mawdsley - 07989 201481
Sedbergh Book Town -----	booktown@sedbergh.org.uk
Sedbergh Environmental Group -----	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 / vscsedbergh@gmail.com
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Louise Atkinson - 07855 378883
Young Farmers - Sedbergh -----	Club Secretary - sedberghyfc@hotmail.com

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

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

*New groups are marked with an asterisk *.*

BUS SERVICES

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

From 25th March 2024

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

BUS SERVICES

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

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

Kendal Morrisons	..	1113	1328	1533
Kendal Bus Station	..	1118	1333	1538
Kendal K Village	..	1123	1338	1543
Oxenholme Station	..	1128	1343	1548
Killington M6 Bridge	..	1138	1353	1558
Sedbergh Spar	..	1147	1402	1607
Sedbergh Post Office	..	1148	1403	1608
Sedbergh Maryfell	945	1150	1405	1610
Dent Village	1000	..	1420	..

DENT RAILWAY STATION TIMETABLE

Valid from June 2024

(N) Through train to Leeds, Sheffield and Nottingham
(S) Originates in Sheffield (G) Time at Garsdale - DOES NOT STOP at Dent.
*Cancellations are always possible, so please check before travelling:
National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)*

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.49	07.55	10.46	07.03	09.08	10.40
09.16	09.16	12.39 (S)	09.38	10.42	13.38
10.47	10.47	14.01	12.12	12.12	16.35 (N)
12.17	12.17	15.53	14:40 (G)	14:40 (G)	18.40
14.45	14.45	17.48	16.05	16.05	20.26
18.15	16.46	20.20	17.33	17.33	..
19.45	18.15	..	19.38	19.38	..
..	19.45

BUS SERVICES

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

From 2nd October 2023

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

BUS SERVICES

Western Dales Bus

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

From 2nd October 2023

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

BUS SERVICES

Western Dales Bus

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

From 2nd October 2023

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

LOOKAROUND EDITORIAL TEAM

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

Editorial Team members annotated with (T) are also Trustees.
Jackie Whicker is Life Time President but is no longer involved in compilation

Religious Services in Sedbergh

CHURCH OF ENGLAND

The Benefice of the Western Dales

**Vicar: Rev'd Andy Burgess
20018**

andy.burgess@westerndales.org.uk

Licensed clergy:

Rev'd Christine Brown 25418

Rev'd Lindsay Gray

Churchwardens:

St Andrew's, Sedbergh

Tony Reed Screen 21081

Susan Sharrocks 20754

churchwardens.sedbergh@westerndales.org.uk

St Andrew's, Dent

David Wright

churchwardens.dent@westerndales.org.uk

St John the Baptist's, Garsdale

Bill Mawdsley and Rosemary Lord

churchwardens.garsdale@westerndales.org.uk

St Mark's, Cautley

Judith Bush and Maureen Hinch

churchwardens.cautley@westerndales.org.uk

St John the Evangelist's, Cowgill

Janice Moorby and Heather Fraser

churchwardens.cowgill@westerndales.org.uk

Holy Trinity, Howgill

Pauline Marshall and Helen

Hoggarth

churchwardens.howgill@westerndales.org.uk

St John the Evangelist's, Firbank

**Currently no churchwardens,
please contact Sedbergh
churchwardens**

All Saints', Killington

**Currently no churchwardens,
please contact Sedbergh
churchwardens**

ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Parish Priest Kendal

Tel: 015397 20063

SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

Janet Chetwood (Comms Clerk)

Tel: 21715

Sally Ingham (Business Clerk)

Tel:07939 569559

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Sarah Woof Tel: 25212

METHODIST CHURCH IN THE WESTERN DALES

Cornerstone Community Church, New
Street; Dent;

Garsdale Low Smithy; Hawes Junction

Rev'd Andy Burgess 20018

andy.burgess@westerndales.org.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545
375721**

Anglican Service Times

ST ANDREW'S CHURCH, SEDBERGH

Every Sunday	8.30am, BCP Holy Communion 10.30am, Holy Communion
4th Sunday	4.00pm Teatime Church
Mondays	9.30am, Morning Prayer
Wednesdays	11.30am, BCP Holy Communion

ST ANDREW'S CHURCH, DENT

2nd and 4th Sunday	10.30am, Holy Communion
Tuesdays	9.30am, Morning Prayer

ST MARK'S CHURCH, CAUTLEY

3rd Sunday	9.30am, Morning Prayer + HC (ext)
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 - 2nd and 4th Sunday 2pm.

*Combined plans for Western Dales Mission Community
February 2025*

	Time	2 nd	9 th	16 th	23 rd
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Candlemas Service with HC	HC		Choral Matins 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Morning Service 4pm- Messy Church	Joint Service	HC
St. Mark's, Cautley LA10 5LZ	9.30am			MP HCx	
St. John's, Garsdale LA10	10am	Public Worship with HCx		Service of the Word	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service		Service
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service			
Holy Trinity Howgill LA10 5JD	9.30am		Morning Service		
St. John's Firbank LA10 5EF	2.30pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC
St. John's, Cowgill LA10 5RJ	2.30pm	Afternoon Service		HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		Morning Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	4th			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	Wednesday	5th	12th	19th	26th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00				Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer) HCx- Holy Communion by Extension			MP- Morning Prayer		
Quakers contact Janet Chetwood 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

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

First Responders

**IN EMERGENCIES CONTACT THE
EMERGENCY SERVICES**

The numbers below are for information on
volunteering only

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

POLICE

101 or 999

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

Community Officers

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

DENTAL SURGERY

Main Street 015396 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street

01539 713150

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

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - 015396 20406

MARKET DAY

Wednesday

Last Page Update:

September 2024