

Sedbergh & District

LOOKAROUND

March 2025

Donation £1

Issue 440

If you are concerned about the lack of bus services in Sedbergh make sure you become part of the new Bus User Group. There are articles about this and the buses on pages 9 & 10.

Have a look at our new advertiser on page 20. Use them if you need them.

And, of course don't forget the Spring Show!
Ed.

SONGS, STRINGS, SIX SETS and SUPPER

19th March at 7.30 - Dent Memorial Hall

In anticipation of our big event, Handel's Messiah on the 26th April, we're holding an evening of lighter entertainment to listen, mingle, chat and get to know the choir. We'll provide a buffet, soft drinks and corkscrews, if you would like to bring a bottle of plonk.

You'll be entertained by:

Folli Contorti – 9 members of the choir in glorious harmony

The Chequered Acafellas - 6 blokes with songs and sea shanties

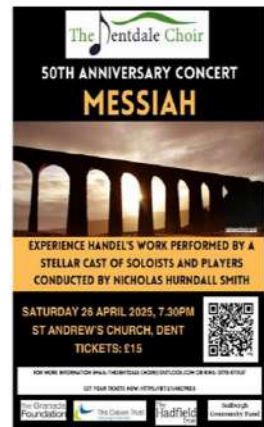
Nick Hurndall Smith – wonderful tenor + John Seymour on piano

Cornucopia surprising ancient sounds!

Julian Cann and Caroline Page – violins in harmony

Surprise! - wait and see or rather, hear

TICKETS: £10 on the door



The Jentdale Choir
50th ANNIVERSARY CONCERT
MESSIAH

EXPERIENCE HANDEL'S WORK PERFORMED BY A
STELLAR CAST OF SOLOISTS AND PLAYERS
CONDUCTED BY NICHOLAS HURNDALL SMITH

SATURDAY 26 APRIL 2025, 7.30PM
ST ANDREW'S CHURCH, DENT
TICKETS: £15

FOR MORE INFORMATION PLEASE CONTACT US ON 01547 525252 OR VISIT OUR WEBSITE
GET YOUR TICKETS NOW! VISIT US AT www.jentdalechoir.co.uk

Partners: The Jentdale Choir, The Jentdale Foundation, The Jentdale Trust, Jentdale, Jentdale Community Fund

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 Spark Is All It Takes | 16 |
| Ardnamurchan | 35 |
| Baliol School | 37 |
| Book Town Quiz | 15 |
| Book Town Quiz Answers | 62 |
| British School Trust | 8 |
| Bus Service Changes | 10 |
| Bus User Group | 9 |
| Calling All Dentdale Residents... | 11 |
| Carnegies Book Town Takeover | 12 |
| Community Swifts | 43 |
| Dementia Surveillance Factsheet | 58 |
| Dentdale, Head To Foot | 18 |
| Family Musings | 45 |
| Fifty Years Ago | 31 |
| First Responders A.G.M. | 7 |
| Goodbye And Thank You | 5 |
| Hardship And Exhibition Funds | 15 |
| History Society | 14 |
| Lizzi's Column | 54 |
| Millthorp Development | 13 |
| N.H.S. App Drop In | 7 |
| Notes From Dent Station | 28 |
| Police Report | 8 |
| Problems With Paying Energy Bills | 61 |
| Sedbergh Parish Council | 53 |
| Sedbergh School News | 49 |
| Sedbergh Y.F.C. | 7 |
| Spellbound Theatre | 10 |
| The Largest Non-Nuclear Explosion? | 33 |
| The Thornborough Henges | 39 |
| W.I. Dentdale | 23 |
| W.I. Howgill & Firbank | 19 |
| W.I. Killington | 19 |
| W.I. Sedbergh | 21 |

Articles (Continued)

| | |
|--------------------------|----|
| W.I. Virtual | 27 |
| Wensleydale Arts Society | 6 |
| Why Music Moves Us | 56 |
| Wildlife Gardening | 40 |
| Y.D.N.P. Five Year Plan | 46 |

Business Adverts

| | |
|-----------------------------------|----|
| Able Memorials | 25 |
| Audio Lookaround | 58 |
| Black Bull | 22 |
| Booktown - Volunteers | 19 |
| Clean Machine | 55 |
| Cobble Country | 57 |
| Cumbria Stoves | 8 |
| Curtains | 60 |
| Dalesway Therapies | 31 |
| Dalton Burial Ground | 26 |
| Dawsons Fuels | 51 |
| Duncan Law Plumber | 6 |
| Firewood & Septic Tanks | 43 |
| G.J. Baines | 17 |
| H&M Craftsmen Kitchens | 49 |
| Housing 21 | 18 |
| J.J. Martin Funeral Director | 23 |
| K.W. Electricals | 30 |
| Keldrigg Shutters | 20 |
| Kev Scrap | 37 |
| M.K. Conversions Ltd | 34 |
| Matthew Cook Stonemason | 27 |
| McGarry Solicitor | 47 |
| Parkin And Jackson | 24 |
| Peoples Hall | 45 |
| Powells | 36 |
| Primary School Vacancy | 41 |
| Royal British Legion | 53 |
| S. Alderson Painting & Decorating | 59 |
| Sheila Shuttleworth Dressmaker | 26 |
| Simon Parkin Carpets | 46 |
| Stephenson And Wilson Builders | 54 |
| Stramongate Press | 81 |
| The Thirsty Rambler | 35 |
| Thomson Hayton Winkley Solicitors | 42 |

COVER PHOTOS

Spring Show

Chris Wood

CONTENTS (continued)

Business Adverts (Continued)

| | |
|---------------------------------|---------|
| Tooby's Electrical | -----50 |
| Treadwell flooring | -----52 |
| White Hart Sports & Social Club | -----44 |
| Wools Of Cumbria | -----48 |

Event Adverts

| | |
|------------------------------------|---------|
| Griefshare Open House (Tues) | -----16 |
| Karate Club (Thurs) | -----12 |
| Medical Centre (14th) | -----15 |
| Peoples Hall AGM (09/04) | -----10 |
| Sedbergh Town Band (22nd) | -----9 |
| Songs, Strings, Six Sets (19th) | -----1 |
| Spring Show (29th) | -----0 |
| St Andrew's Sedbergh (5th onwards) | --5 |
| Weekly Coffee Morning (Weds) | -----3 |
| Westwood Books (26th) | -----11 |

Other Information

| | |
|---------------------------|---------|
| Advertising In Lookaround | -----4 |
| Bed & Breakfast | -----69 |
| Bus Services | -----72 |
| Car Parking Charges | -----61 |
| Diary of Events | -----66 |

Other Information (Continued)

| | |
|-----------------------------|---------|
| Eat and Drink in Sedbergh | -----67 |
| Editorial | -----62 |
| Groups and Organisations | -----70 |
| Lookaround Details | -----63 |
| Lookaround Editorial Team | -----76 |
| Places of Interest | -----68 |
| Public Information Contacts | -----80 |
| Religious Information | -----77 |
| Sources of Funding | -----65 |
| Train Times | -----73 |
| Walks Around Sedbergh | -----68 |

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 March - Christian Aid
 Wed 12th March- St Andrew's
 Wed 19th March - St Andrew's
 Wed 26th March - 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

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editor@sedberghlookaround.org.uk

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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**

GOODBYE AND THANK YOU

Peter Jackson

In November 2013, Gaynor and I took over the running of Sedbergh Post Office, having been teachers in Preston for 30 years each. We had taken early retirement and were looking to do something worthwhile to take us into full retirement. However, I don't think we were quite prepared for the rollercoaster of a journey that running a Post Office has been. The role is far more involved than we ever imagined and working with Post Office has also had its challenges, such as during Covid when a lot of the country shut down but we, like most Post Offices, stayed open to help keep our communities stay together, or when, a few years ago, Royal Mail threatened to close our sorting office and we ran a successful campaign to save it, which you all very kindly supported.

Then two years ago we decided that the time was right to try and sell our lovely little business, retire properly and enjoy living in the place we have made our home. We thought there would be people out there who would love, as much as we do, our fabulous shop and would enjoy serving our wonderful customers and be able to develop the business further. Unfortunately, this never happened. The remuneration that PO pay was not enough to tempt a buyer and time passed with no interest shown.

Then, last September, a bombshell hit. Royal Mail gave us notice that they were going to move our sorting office back into the Kendal office. They had done it in Appleby. They

had done it in Kirkby Lonsdale, and now it was our turn. This was a disaster because the money that RM pay to Penny Black helps to subsidise the PO counters and so the sorting office closure meant that the business as a whole would no longer be viable and, in all probability, would never find a buyer and would have to shut.

Just before Christmas, Spar put in a bid to buy the PO, on the understanding that it would move to their Station Rd store. We felt we had no choice but to accept even though the agreed price was much lower than our initial investment. But, looking at the positive side of this arrangement, Sedbergh will retain a Post Office, albeit in a different

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



location, parking will be better, there's no big step up to get in and no heavy door! You will still get mail, albeit from Kendal rather than our own office, the outreaches will still happen, just with another operator, and Gaynor and I will be able to do what we set out to do by moving to this lovely area; namely retire.

Despite the ups and downs, it really has been a pleasure being your Postmaster for the last 11 years and Gaynor and I would like to thank you all most sincerely for your kindness, custom and friendship. We hope that the changes we made to the shop created a better shopping environment for you and we are sad that it hasn't been possible to find someone to take it on. But you will be able to access all the same PO facilities at Spar that you are able to do with us and Westwood Books are going to take on a number of our card ranges and stationery.

Finally, we must thank all the staff that have worked with us. From Lynette, who came over to us when we bought the PO, to Ralph and Sarah, who worked part time with us, to Ian, Alan and Sue, our cover staff who have stood in for us so that we could have holidays, and of course to Gillian, Alexandra and Andy who have been with us the longest and have helped us through thick and thin.

Thank you again for all your support. We now look forward to having the time, and energy, to really get to know this wonderful part of the country. We look forward to seeing you on the other side of the counter. Best Wishes. Peter and Gaynor.

DUNGAN LAW Ltd

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Central Heating Systems
General Plumbing



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Tel: 015396 20930

WENSLEYDALE ARTS SOCIETY

Jenny Howard-Vyse

The Wensleydale Arts Society's March meeting is on Tuesday 25th March 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: David Hockney - The Old Master of the Modern World.

From the early sixties, when he left the Royal College of Art more famous than his teachers, Hockney's paintings have shown a charm and humour that sets them apart from others of his generation. A naturally gifted draftsman, his love of ingenious visual devices has led him to experiment with a whole range of techniques, from stage design to coloured paper making. From the early abstract expressionist images, through his famous Californian scenes of swimming pools, to the photo-montages of the mid-eighties, this lecture follows the career of an artist whose wit and imagination have never faltered.

Lecturer: Douglas Skeggs.



SEDBERGH Y.F.C.

Ruby Allan

This last few weeks, Sedbergh Young Farmers have been really busy preparing their very own Pantomime, an original from Roger Bainbridge called "Cinderfella". We performed firstly at the Bryce Institute, Burneside, in the District Competition, coming a very well deserved 2nd place and also coming back with the "Best Moment in Theatre"!

We showed this to the locals on Wednesday 5th Feb where we had an absolutely amazing turnout!

Our next round is the county round where we are performing (will have performed by the time this is published) at Theatre by the Lake in Keswick on Saturday 15th February.



An upcoming date for your diary is:
Saturday 19th April,
People's Hall Easter Saturday
Afternoon Tea (with delivery available!)

More details to follow!

P- 07398138594

E- rubbyallan03@icloud.com

NHS APP DROP IN SUPPORT SESSION

Lynn May

Join us for an informative session NHS App Drop-in and Support Session for the NHS APP

19th March - 10:00am to 12:00pm.

16th April - 10:00am to 12:00pm.

Between 10am and 12 noon at the Sedbergh Medical Practice waiting room

Discover the Benefits of the NHS App! Get hands-on help with how to register and use the NHS app.

Learn how to:

- Book appointments
- Order repeat prescriptions
- View your medical record
- Seek medical advice with ease.

Bring your ID on the day.

Empower your health journey with Technology!

SEDBERGH COMMUNITY FIRST RESPONDERS AGM

Myles Ripley

We would like to invite you all to our AGM on Monday March 3rd at 6.30pm in the Rawthey Room above the TIC. You can ask any questions you have about our operation, enquire about volunteering to help and/or just hear about our year's work.

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SHOWROOM:

**34A Main Street, Staveley,
Nr Kendal, LA8 9LN.**

In summary in the year of 2024 we have responded to 75 call outs during 15 of which we were stood down on 15 occasions. We respond to all areas within about a ten mile radius of Sedbergh though most of our calls are in Sedbergh itself.

Thank you to all of those who put cash in our collection boxes in various outlets in the town. I would also like to put in a massive thank you to all those Community First Responders in our team.

POLICE REPORT

Amanda Coleman PCSO

Here is the police report for Sedbergh for the previous month.

23/1 – 1 person arrested for various driving offences in the area, arrested on the A684 to Garsdale.

4/2 – Ford Ranger stolen from the area, located in Yorkshire.

5/2 – 1 male in the area causing a nuisance. Police are well aware of

this individual and dealt with accordingly.

6/2 – 3 Suspicious males seen in the area, registration plate given, suspected on false plates , enquiries still ongoing.

Crime prevention for this time of year.

Please be mindful when walking your dogs. Be particularly vigilant during lambing season and always keep your dog on a lead during this time. It is the law to keep your dog under control in an area where there are livestock or wild animals.

Every year, sheep and lambs are chased and sometimes killed by dogs that are let off their leads in rural areas. Large financial losses are often suffered by farmers as a result, and it leads to distressed and often aborted lambs.

The next Police drop in will be Wednesday 19th March 10-1pm.

SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope

The trustees will meet on Wednesday 12th March 2025 to consider small grant applications from suitably qualified persons who have attended local authority schools in Sedbergh and Dent, and who seek financial assistance to further their education or for vocational training. Applications should be in writing and addressed to:

The Honorary Secretary of the
Trust

14 Guldrey Fold
Sedbergh
Cumbria LA10 5DY

BUS USER GROUP Sedbergh & District

Debbie Wilson

Following the recent disappointment in the reduction of bus service capacity and areas served and the significant impact this will have on users and the town as a whole, several residents are looking to set up a Bus User Group for Sedbergh. Bus User groups have proved successful in many other areas including at Greystoke which has a population of less than 700 and have been allocated six journeys a day in the recent allocation of BSIP Funding. Sedbergh is the only area which has seen a reduction in funding and seen the services which were implemented in March 2024 cut.

A Bus Group would campaign for an improved service getting local councillors / MPs etc involved and the local community. The new Bus User Group has the full backing of Lizzi Collinge MP, who is an active Lancaster & District Bus Users Group and recently met with a local resident and informally a Parish Council representative and discussed the problems Sedbergh is facing.

We will be having a meeting on Thursday 27th March at 2pm in Rawthey Room, above the Information Centre, if you are interested and would like to know more but can't come along please contact Debbie Wilson at the Information Centre office@sedbergh.org.uk or call 015396 20125.

Sedbergh Town Band



Dance Extravaganza *an evening of music & dance*

Saturday 22nd March 2025
People's Hall, Sedbergh

Doors open 7 p.m. for 7.30 p.m.

Tickets £15 available from the TIC or band members
(includes Meat Hook pie & pea supper)

Licensed Bar

BUS SERVICE CHANGES

Myles Ripley

At the end of March the bus service provision in Sedbergh will be changing due to changes in subsidies provided by Westmorland and Furness Council. The main change is that the Stagecoach 563 service will cease running to & from Sedbergh; it will still run from Penrith to Kirkby Stephen.

In order to continue to provide a Sedbergh to Kendal service the following services will be provided

Monday – Westmorland and Furness council are going to provide a service using, probably, school bus providers – details are unclear at present. (this service will also be provided on Fridays)

Tuesday – Western Dales bus will provide a service running from Kirkby Stephen to Kendal through Sedbergh. The intention is that these services will coordinate with the Stagecoach bus to Kirkby Stephen so that passengers can travel to/from Penrith via Brough, Appleby, Kirkby Thore.

Wednesday – Western Dales bus will continue its Dent to Kendal S1W service as at present with some small changes in timing

Thursday – as Tuesday

Friday – Western Dales bus will continue to run its S5 service primarily from Kirkby Stephen to Kendal via Ravenstonedale and Newbiggin but allowing passengers from Sedbergh to reach Kirkby Stephen on the first service of the day and to return on the last service of the day

ALSO Westmorland and Furness council are going to provide a service using, probably, school bus providers – details are unclear at present. (this service is the same as provided on Mondays)

Saturday – Western Dales Bus will continue to provide its S1S service from Dent (station) to Kendal via Sedbergh.

New timetable leaflets for the Western Dales services will be printed and distributed.

SPELLBOUND THEATRE

Heather Pakeman

After our recent AGM it was decided that there seems to be little or no interest for participating in amateur dramatics and we are likely to be disbanded by 2030 unless we have input from more adults. We are therefore in the process of donating costumes and down sizing our extensive props and scenery stores.

Sedbergh People's Hall
committee
invite you to their

**ANNUAL GENERAL
MEETING**

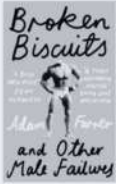
**in the Main Hall
on Wednesday 9th April**

**7.15pm for free
refreshments**

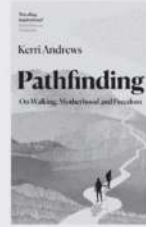
7.30 pm meeting

**Meet the team
find out what
we do and...
how to be involved**





**WESTWOOD
BOOKS**



All welcome to our next events:

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

Pathfinding: On Walking, Motherhood and Freedom with Kerri Andrews
Thursday 1st May 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

bookswestwoodbooks.co.uk

www.westwoodbooks.co.uk



However, this does not mean you won't be hearing from us, as there are some exciting plans afoot. Hopefully they will come to fruition and we will keep you informed in the Lookaround and on the FB Community forum.

If you would be interested in taking on the responsibility of Spellbound Theatre we would love to hear from you. We have experienced members who would help out and funds which should keep us going for the next 5 years without any major additional monetary input.

We look forward to keeping you up to date about our next production.



CALLING ALL DENTDALE RESIDENTS...

Karen Rainford

Have you heard about the new book?

DENTDALE 2025

We are producing an updated version of the much sought after DENTDALE 2000 book put together 25 years ago. This original is a family album of Dentdale at the start of the Millenium.

This quarter of a century update will follow the same format using historical editorial with new additions, exterior photographs of houses and hopefully the people living in them.

This new piece of social history will be released in early December 2025



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

at a cost of £25. All proceeds will go to Dent C of E Primary School.

We need your help...

Look out for the leaflet dropping through your door. Fill out the questionnaire and return to one of the many drop off points.

Don't miss out...

To make sure you are included your form must be dropped off by 31st March 2025

Keep in touch...

Please like, follow, and message us on our Facebook page 'Dentdale2025'

Alternatively, you can email us at dentdale2025@gmail.com

THE CARNEGIES BOOK TOWN TAKEOVER

Carole Nelson

If you have children at school in Sedbergh, you may have been notified about an event for children between about 9 years and 14 years taking place on 18th March in Powell Hall Sedbergh School.

This event has been brought here by Sedbergh, England's Book Town. Perhaps you are aware that we have been a Book Town since 2005, although all the difficulties with Covid etc. have made activities rather quiet lately. The Book Town here is 20 years old this year and we are rather desperately working our socks off to make it grow back to being a real economic and cultural advantage for everyone here and roundabout.

The Carnegies are medals for excellence in children's literature and children's illustrated books which are awarded each year. There is fierce competition for the medals and some of the long-listed authors will be bringing their books and stories to tell to the children. In addition, we are very lucky to have Joseph Coelho, who is one of the Children's Laureates of the UK. In addition to talking about his books, Joseph will be encouraging the children to write themselves.

Thousands of schools all over the country take part in the Carnegies by doing something called Shadowing. Schools read books from the list and then meet authors by on-line meeting at school. It is only schools here in the immediate area who have the chance to take part in person. We are very grateful to Sedbergh School for

The Carnegies Book Town Takeover

Sedbergh, England's
Book Town

With support from
Yorkshire Dales Millennium Fund
Westmorland and Furness Council
Sedbergh & District Community Fund



hosting the children and, at the time of writing, more than 500 are coming.

You may shortly receive a form offering the possibility of buying a book for your child so that they can have it autographed by the visiting authors.

Everything the Book Town does for children is free of charge because we do feel that it is so important for children to learn to love books. It is a real gift that we can give to children which will enhance their life chances. We would love to hear from those over 16 who might like to volunteer to help with Book Town events.

Just email sedbergh.org.uk/booktown or ring 015396 21770.

MILLTHROP DEVELOPMENT

Garth Steadman

Several years ago, the community in Millthrop adopted a small piece of waste land which was becoming an eyesore. This lay beyond a private parking area with 6 parallel parking places owned by local residents.

Our group liaised with the Parish council and adopted the land which was intended to become a community area. The red telephone box was saved from being scrapped and was totally refurbished, repainted and reglazed by volunteers from our hamlet. A small notice board was the next contribution followed by a seat which easily fitted into the small area. This work enhanced our hamlet which has won multiple awards in competitions for Best Kept Hamlet and Best Gardens so we were very pleased with these additions.

We then negotiated with Sedbergh First Responders and with help from the Parish Council and generous donations from our community managed to install a defibrillator in the now disused telephone box. The old box is now one of eight CPADs, "Community Public Access Defibrillators", in our surrounding area. We then discovered that there were ongoing maintenance expenses to constantly update the defibrillator. This was our responsibility so a community barbecue was held in the summer which raised adequate funds for the maintenance of the defibrillator. A generous donation was also made to the First Responders who have held several training sessions for our residents which were very well subscribed.

As our hamlet is on the Dales Way route, we get up to 100 people a day passing through Millthrop as well as school pupils on cross country runs not to mention the numerous visitors and locals who enjoy passing through our hamlet either sightseeing or exercising. So, the defibrillator is



always there in case of an emergency and the seat is on offer from our community for people to take a break. The notice board can be of use as well for locals and visitors who can see a map of the area and enjoy reading a display of local events and news.

It is a credit to a small group that this area has been developed and it has enhanced the centre of our hamlet while providing a possible life saver which is readily available.

SEDBERGH HISTORY SOCIETY

Derrick Hartley

The Society is now some 44 years old and has been serving the community with access to records of people and properties for that time. We cover the townships of Sedbergh, Dent, Garsdale, as well as neighbouring parishes such as Killington. Our archives are held in the History Room at 72 Main Street above where the Sedbergh Information Office is located.

They consist of copies of censuses, OS mapping, churchyard

grave records, a set of property folders with information on each house or building, a wide range of copies of local photographs, as well as books on a variety of local and other topics. The Sedbergh Historian is published annually, and there is a members' Newsletter published quarterly. We also publish a series of leaflets on Heritage Walks in and around the town.

We now have a fully-featured website which everyone can use, which also has some parts for members only. Here you can see our Publications, the Events that we hold and links to various Resources. In addition, you can see the various Exhibitions we have mounted and a Gallery of images – some before and after ones of places around the District – from the Society archives.

Membership is open to everyone who is interested in local history and we have a wide range of people both in and around Sedbergh, the rest of the UK and abroad. We now use an online membership system software program which is easy to use. If someone is unable to use the system, they can download and complete a membership form from the website.

We hold talks in person at the People's Hall committee room and some are given by Zoom. Our final talks this winter season are:

- Maureen Street on "Rev. Benjamin Ingham and the Inghamites" on Wednesday 19th February at 7:30 pm in the People's Hall;
- Malin Holst on "Disturbing archaeological finds at Fewston

graveyard near Harrogate" on Wednesday 5th March by ZOOM.

If you would like to attend the latter ZOOM event please email our Secretary for a link, She can be contacted at karen@btinternet.com

We are always pleased to receive articles on a variety of local topics and we can publish them in the Newsletters or the Historian. You can see many copies of both publications on the website or see them all if you join the Society.

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

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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

For a list of other charities in the Sedbergh area who welcome applications please see page 65.

**SEDBERGH
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2025*

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Tues 16th April
Thurs 15th May



BOOK TOWN QUIZ

Gerry Cotter

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

1. In 1962 Richard Booth opened a second-hand bookshop that proved to be the start of something big. Where?

2. Behind the Scenes at the Museum (winner of the 1995 Whitbread First Novel and Book of the Year Award); Life After Life (winner of the 2013 Costa Novel Award); A God In Ruins (winner of the 2015 Costa Novel Award). Who is the successful author of all three books?

3. Which playwright's works include The Threepenny Opera, Mother Courage and her Children and The Caucasian Chalk Circle?

4. The novelist Margaret Drabble has a sister who is also a well-known novelist. Under what name does she write?

5. Which famous man of letters wrote The History of Rasselas,



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Prince of Abissinia, published in 1749?

6. In Homer's The Odyssey what was the name of Odysseus's wife, who waited patiently for him to return home?

7. Which House did the American author Laura Ingalls Wilder write about for children?

8. In which subject area are A F Mummery, F S Smythe, Eric Shipton and H W Tilman notable authors?

9. What is the title of Vera Brittain's memoir published in 1933 about her experiences in the First World War and its aftermath?

10. Thomas Gray, Elegy Written in a Country Churchyard: '-----'s ignoble strife'. The missing five words were taken as the title of a novel published in 1874. What is that title and who wrote it?

11. What is the surname of Dmitri, Ivan and Alexei in the novel by Fyodor Dostoevsky?

12. Writing Home (1994), Untold Stories (2005) and Keeping On Keeping On (2016) are memoirs and essays by which writer?

A SPARK IS ALL IT TAKES

Katherine Hartly

This story is one of the Highly Commended stories from the recent Book Town Story Competition, written by a pupil at Settlebeck School.

I was back in the dream's that never left. The endless list of things I could've done. The things I didn't do. No one knew how the fires started, only that it started. Now, her days were spent laying in her hospital bed functioning but not truly alive. Her eyes closed bringing the dream.

It always started with the crackling, flickering flames licking under the door, caging us in like animals. My little sister, Tilly, and I trapped, cornered and crying. There was one window, our only escape, but we were five stories high. No chance we'd survive jumping. The inferno had made its way past the door traveling like water along the walls. The air thickened and our hacking coughs racked the room. My sister only nine at the time clung on to me. Soon the flames would engulf the walls snatching our only chance of escape from us.



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“Come on follow me” I yelled in a hoarse voice. Tilly stumbled to her feet, gripping my sweaty hand. Hauling the window open, I peered through my tear laden eyes. That’s when I realised. Where were the sirens? Surely someone would call 911 the merciless flames had overtaken the entire building.

“Right come on ,” I said crouching down to face her,” What we are doing may not work okay, there’s a chance we won’t make it. But we’ll try.”

There was no point in lying , it would make it worse not telling her. She nodded her head with a snuffle. I precariously hauled myself out of the window, grappling for a handhold. My hand clenched around a pipe; it would be risky.

“Follow me and go slow. I promise to catch you if you fall.” I say gently coaxing her down. She hesitated then followed my lead. She was always a strong girl, going through so much at such a young age. I encouraged her with soothing words while my heart beat like a drum. We were only a few meters of the ground when her poor screech emanated from her throat, our cries mingled as she fell, tearing me apart. I leapt from the pole not caring about the consequences, I landed ankle twisting on impact and crawled to her body. Checking her pulse, I let out a strangled cry of relief. Her pulse, faint but there. I curled protectively around her shielding her from unknown harm. But, heavy with fatigue I let my eyes drift close.

That was my mistake I should have pushed through, I know I could have.

Some kind soul had found us there huddled together in the dying embers of the fire that heroic rain had diminished. When I woke in that dank hospital my thoughts had immediately gone to Tilly, they’d taken her from me to a foster home, leaving me.

But now, my journey with her has finished I, visit her and her new life as often as possible.

I’m on my own journey, one to recovery, one that’ll succeed.

**DENTDALE, HEAD TO FOOT
Over the Shop counter**

Andrew Povey on behalf of DDHF

Head to Foot had a very interesting start to 2025. The February speaker, Sarah Woof, gave a fascinating talk on the history of the retail trade in and around Dent.

Most of the shops were run by her ancestors and a combination of family members. The Middleton shop in the centre of Dent was like a modern day department store with a very wide range of clothes and hardware goods for sale. Sarah recalled helping in the shop as a child. Her extensive family ran the local garage and included a cycle maker, jeweller and glove-maker.

Dent was a thriving town in 1900 with a population of ca 1100. Sarah illustrated her talk with a wide selection of photos and articles from the shop.

The talk was very much enjoyed by everyone.

Our next meeting is on Friday 7th March 2025; this will be a talk from Peter Knapton entitled 'Saving a Life'. It will cover how to undertake CPR.

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
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HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

We met at Firbank Hall on 6th February where Sarah welcomed eight members, one visitor and our speaker for the evening, Rebecca Barstone from 'Growing Well', Low Sizergh Farm.

Rebecca gave us a most enlightening talk about Growing Well which is a registered charity providing mental health care. At the organic farm, the participants, along with the growers and volunteers, learn to grow, propagate and harvest produce which is sold through a weekly veg box scheme. The aim of the charity is to increase self-esteem and confidence, increase social inclusion and improve emotional resilience. To this end they provide a peaceful haven with a structured routine, where you learn to deal with life events. Unlike the NHS, this charity is unfunded so lots of fund-raising is required. Booths and Beetham Nursery have both adopted Growing Well as their charity for this year.

Sarah thanked Rebecca for a most enjoyable talk. The competition 'what being outdoors means to you' was

won by Pauline with Vera 2nd, and the raffle was won by Steph. Our usual Jacobs join and catch-up rounded off the evening.

Going forward, we are holding a domino drive on Friday 28 February @ 7.30pm at Firbank Hall and our next meeting on 6 March at Howgill is 'making and printing easter cards' with Zoe Baker. Visitors and new members always welcome.

KILLINGTON W.I.

Wendy Fraser-Urquhart

February already. The weather outside was pretty grotty, cold, dull and cloudy, but inside the People's Hall was filled with warmth and light. In other words, a gathering of the friendly members of Killington WI! As is usual nowadays, our meeting started with our speaker. Then it was followed by a scrumptious tea and concluded with the business of the day and future arrangements.

Today's speaker was Jack Ellerby, the "Friends of the Lake District Dark Skies Officer". How's that for a job title? I wasn't sure what to expect from his talk. Was he an astronomer? Were we going to learn about the

stars? Or about street lights? As it turned out, it was the adaptation of the latter so that we could clearly view the former, plus so much more. We learnt about the effect that up-shining light has on insects, moths, birds [especially during their migrations], on the pollination of plants and the resulting decrease in the yield of food crops. We learnt about the effect on human health of bright and long-lasting lights. We learnt that research shows that dimming lights at night does not cause an increase in crime nor in road accidents. We also heard about the ways in which techniques can be used to minimise these harmful effects. Best of all, we heard about the efforts that have been, and are

being made, to improve the lighting in Sedbergh! If you have a chance to hear this speaker, do take it!

Then it was time for tea. Today it was enlivened by wishes, a cake, and a flaming candle, for Alison Siddall to celebrate a decadal birthday. Other birthday congratulations this month go to Avril Hobson, Anne Macer - down in Hertfordshire, and our revered president Susan Sharrocks – up here in Sedbergh. Our competition for “something you have made”, was won by Avril, with Margaret and Wendy fighting over 2nd place! Worse than the Olympics!

In our business meeting, we discussed the future of our defibrillator which is outside the

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People's Hall. We encouraged our members to enter the Spring Show, and considered various activities being organised by the Federation and National WI organisation. Our next meeting is on March 11th at 2-00pm in the People's Hall, when our speaker Val Welti's subject will be "Crossing the Blue Line.....Women in Policing". Do come and join us. You will not be arrested but may choose to stay!

SEDBERGH W.I.

Moira Folks

2025 began on a sad note for us when we learnt that Jean Jones, our oldest member, had passed away on December 21st at the grand old age of 97. She had been a WI member for over 70 years, in southern England and northern Scotland as well as Sedbergh. Several of us attended her funeral service at Beetham Hall Crematorium on January 22nd and were able to join her family at Cornerstone Church for refreshments afterwards, with the opportunity to look through photo albums illustrating many facets of her life with which we were unfamiliar but which typify the feisty, forthright woman she was: she was a founding member of her London college's mountaineering club, for example, where she met her future husband. We shall miss her – but some of us have plants in our gardens which came from her beloved garden, which are flowering even now: snowdrops in my garden, for instance, represent a living memorial to Jean.

Moving now from the very old to the feisty younger generation of women: at our monthly meeting on 12th February, we learnt about a 15-year-old British-Chinese girl in London who helped to boost her mother's low income by making her own skin products using her Chinese grandmother's recipe. The first of these was a body scrub made with sea salt and macadamia nut oil and perfumed with bergamot. She sold this in jars on a London market stall and on her first day she sold 200 jars! This enterprising young lady was Susie Ma, born in China in 1988 and educated in England, who went on to take part in the TV show 'The Apprentice' in 2011 and although she didn't win, she secured an investment from Lord Sugar which helped her found Tropic Skincare, moving her business from her mum's kitchen to her own Tropic Skincare HQ! Between times, Susie Ma had graduated at University College London and extended her range of cosmetics from the original body scrub to moisturisers and other skincare products, all sustainably sourced from the most nutritious ingredients from tropical climates. Only natural ingredients are used and there are few natural preservatives, so they are not shelf-friendly. They are therefore made in Surrey as required and sent out to a network of Tropic Ambassadors around the country: there are no shops which sell Tropic Skincare products. Ellen had booked Gillian Chase, our speaker for the evening, to give us a demonstration, as she is a Tropic Ambassador, and she had brought

along some samples to try out. Gillian had set out the top table with six colourful plastic bowls containing warm water, as well as face flannels, towels and headbands alongside them, so six willing ladies were able to cleanse their faces with body scrub before trying the other products and massaging their faces. The spectators each had a little dollop of the body scrub (very pleasantly perfumed) to massage their hands too. It was an entertaining meeting, and it was refreshing to hear about a company keen to do their best for the planet, using renewable energy and using some of their profits to benefit food banks and schools in deprived countries.

The book club met at Anne Pitt's home on 13th February to discuss a book set in Wigtown, Scotland's Book Town. This was 'Remainders of the Day', the daily diary of Shaun Bythell, owner of the biggest second-hand bookshop in Scotland, from February 2016 to February 2017 – not the most riveting read! It had its compensations, however, in the anecdotes about the customers and his personal friends, some amusing, some irate. Scores varied from 3 to 7, averaging 4.8/10.

The Lakeland store café in Windermere was the lunch club venue on 30th January, much enjoyed by all. No doubt there were some tempting items in the main store too!




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We next meet in the People's Hall committee room on Wednesday 12th March at 7.30pm for our Annual Meeting, a time for appointing new members to the committee and reviewing all the many good times we've shared during the year. New members and guests are always welcome. For further information, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Valerie Welti, on 07969 376649.

DENTDALE W.I.

Thelma Belfield

Hello again from Dentdale. It has been quite some time since our last report in October 2024 but this month I will try to include the most interesting news during that time, in addition to the latest activities from our group. Back in November 2024 we held our Annual General Meeting which included looking back at our achievements during the year, recognising the contribution of all our members, including our hard-working committee. Jackie, our president over the past four years, wished to step down and was presented with flowers to thank her for all the work she has done. All our existing committee were happy to remain and we welcomed Jenny as a new committee member. Thelma was subsequently elected as our new president for 2025. We completed the evening with a fun-filled quiz, some delicious cakes and of course, cups of tea. In December we enjoyed an excellent Christmas lunch at The Cross Keys at Cautley, courtesy of Chris and her staff. We

had our usual Secret Santa sack and everyone went home with a gift.

During the covid pandemic, when meeting in groups was not possible, we met via Zoom, and enjoyed one of our most interesting and successful discussions about the Resolutions for that year. Having continued this at our January meetings since then, it was programmed again for 2025. However, the weather on Wednesday 8th January was atrocious. Following heavy snow two days previously and sub-zero temperatures creating lethal, icy conditions underfoot, in the interests of health and safety it was decided to cancel our meeting. Four of our members, Alice, Jenny, Kate and Sarah had all worked hard to produce their presentations of each of the four Resolutions and it was regrettable that we had to forego hearing and discussing them as a group. The good news was that, by cancelling the meeting, no-one sustained any slips, falls or broken

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limbs, and to date everyone is hale and hearty. The Resolutions under scrutiny this year are all good workable proposals. They are: - 1. Let's Talk About Incontinence: 2. Bystanders Can Be Lifesavers: 3. Eliminate landfill of Medication Packaging: 4. Join The Repair Revolution. Despite not meeting and participating in a group discussion, we voted electronically and 'Let's Talk About Incontinence' received the most votes and the result has been forwarded to Federation. In due course, we will find out which Resolution will be taken forward for full consideration at the NFWI Annual General Meeting later this year.

Thankfully, the weather did not adversely affect our February

meeting, despite grey skies and a wickedly cold NE wind, and we welcomed a good gathering including six visitors. Our speaker was Chris Comrie and his talk entitled 'From Summits to Sea'. Chris lives in the Dale and has visited us in the past to talk about his mountaineering adventures. He is an excellent raconteur and we were all eager to hear about his new venture – building and sailing his own boat. However, before introducing Chris, there were a few business items needing to be addressed and Thelma began by paying tribute to one of our members who had recently died. Rita C had been a longstanding and highly respected member of our institute, she had been our piano accompanist

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for many years, and we will miss her. Her family had asked that we remember her whilst lustily singing Jerusalem.

Thelma shared several announcements of upcoming events, including the Sedbergh Spring Show on 29th March and the Federation Annual Council Meeting at the end of March, when two of our members will receive long service certificates, having held membership for 30 years. The Lune Valley Group meeting hosted by Casterton WI is on 13th May and our own Dent Run on 8th March. This event as always attracts entries from all over the UK and our WI members bake cakes, scones and traybakes and help prepare and serve teas for all runners

on the day. The final item of information was the plan to hold a 'Bring a Friend Social Evening' with a Jacobs Join supper at our August meeting, with a view to recruiting new members to our group.

Finally, business over, it was time to introduce Chris and he began by explaining he had a lifelong interest in boats. His father had owned a boat named Bunty during his military service in Egypt and had sailed during his off-duty time there. As children, Chris and his brother were 'always messing about in boats' and aged 18 Chris drew full scale plans and built a full-sized keel, which subsequently sat in his parents' garage for many years, before ending up as firewood. Chris abandoned his

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plans for many years, taking up mountaineering as his main interest until, after his retirement when climbing in the Himalayas and the Alps, the consequent changes in oxygen concentration became more difficult for him and he decided once again to build his own boat. Living in a remote house up a twisting and steep track, the first thing was to ensure that, when the boat was completed, he could successfully manoeuvre it from his workshop to the sea. His first task was to build a full-sized model of the keel and tow it on a trailer down his track negotiating a very tight bend and out onto the main road. In the knowledge that this was possible, he commenced building the boat in 2017. Working 7 days a week and up 10 hours every day, he spent 3000 hours in total, finally producing a beautiful sea-going boat which he named Bunty B In memory of his father. Plans to launch his boat were disappointingly delayed by covid which halted all social activities. Finally, after months of delay, he managed to launch his boat on Lake Windermere for its maiden sailing. Chris told us that precision is paramount when building

a boat. He chose the finest of materials, using marine plywood on the hull and furnishing the deck and interior of the boat with teak. This is a very expensive timber, some of which he managed to source from a supply that had been salvaged from a ship which was sailing from Rangoon to England and subsequently sunk by a U boat off southern Ireland many years ago. He used bronze fittings, installing a state-of-the-art navigation system and the latest modern electronics. Since the launch, Chris has sailed extensively around the coast of Scotland and across the Irish Sea to the Isle of Man, spending happy hours fulfilling his dream. He illustrated his talk with many excellent photographs of his boat at different stages of its construction and of his sailing trips since the launch. He ended with a video of a recent trip he had made, sailing with two other friends. Not only has he built his own boat but has also had to learn about seamanship, winds, tidal flow and much more. The video illustrated the dangerous sea conditions that a lone sailor can be faced with, even on a bright sunny day. It is not for the faint-hearted, the sea can be very

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treacherous. Chris has future plans, having now purchased a bigger boat which he will renovate and sail even further afield, and he still finds time to go rock climbing from time to time. He truly is an inspiration to us all, interesting, informative, knowledgeable, enthusiastic. We were all fascinated by his story.

After a restorative cuppa and some of Marjorie's delicious biscuits, Chris kindly judged our competition. This month it was items of interest beginning with the letter Q. Chris O was our winner, with a beautiful piece of quartz. Gill was runner up with porcupine quills, and in third place, Rita S with her Queen LP. Raffle prize winners were Andy (a visitor) and our own famous biscuit baker, Marjorie. It was a very successful and enjoyable evening. Next month we will hear about 'In search of the Northern Lights, which I am sure, will give us another entertaining and instructive experience. Visitors are always very welcome, do come and join us.

VIRTUAL W.I.

Helpful Book Company

I discovered that the Women's Institute, or WI, of jam and Jerusalem fame, have started up a series of Virtual WI groups for those who'd like to join the organisation, but who maybe don't have a group in their area, or aren't able to leave the house to get to a monthly meeting because of limited mobility or caregiver responsibilities.

These virtual groups instead hold a videocall at a specific time once a month, where members can chat and catch up, as well as learn new skills

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like cyber security or tartan making (to name but two). Some members have called it a real "lifeline" and built strong friendships despite never having met in person.

You can have a look at the list via this weblink

<https://www.thewi.org.uk/join-and-support-us/become-a-wi-member/virtual-wis>

– I particularly enjoy the idea of the "Sassie Lassies" and the "Blooming Zoomers"...

And for the gentlemen, not to worry, I haven't forgotten about you! If you're able to get to meetings in person, there are branches of Andy's Man Club and UK Men's Sheds Association all over the country.

Or if you're not wanting or able to go out to a meeting, and would rather have a virtual meeting from the comfort of your own armchair, The ManKind Project have free online connection groups that you can join, and an organisation called Men Who Talk offers online groups that you can sign up to.

Right, I'm off to cheer myself up by watching Calendar Girls. Toodaloo!

NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

As I write this, we are just completing another small project to convert what was a bunk room at the Station into a more suitable double bedroom. Known as the Porter's Room this can be best described as a corridor from the car park into the old booking hall. The rooms are not an ideal shape for a residence but, after all, this was never its purpose. Thanks are once again due to the excellent Dent and Sedbergh tradesmen including Gary Sedgwick, Steven Alderson, Philip Middleton and Roger Keighley.

But of course, our main purpose is as a support group for the railway line and with a wider public transport interest. It was only a few weeks ago that I was bemoaning the increased number of weather incidents which seem to be affecting the railway including flooding and snow, but towards the end of January we had yet another event with storm Eowyn. Thankfully, the winds were not nearly as severe as the forecast, at least in our part of the world, but it appeared that most services were shut down anyway for a two-day period as a precautionary measure.

It occurred to me that, in days gone by, railways were the one thing that could be generally relied upon to keep going until there was no alternative but to stop but, on several occasions recently, we have seen pre-emptive cancellations at great inconvenience to the public. In the post-war years we saw valiant efforts

to keep the Settle-Carlisle going even in the worst snow drifts and a fallen branch would have been swiftly dealt with. However, it is perhaps easier not to run the services but, in the meantime, staff are being funded by the taxpayer. We understand that the decision was initially taken by Network Rail, but it is perhaps the case that the train operator was not ready to start when they could have done so.

We now understand that it will be a few years before we see new rolling stock so desperately needed on our line. Invitations to tender have just been issued for the new stock which will be multi-modal. That is, capable of electric or diesel operation and with the possibility of changing to other technologies when these are available, before finally phasing out diesel traction altogether. The best guess for new stock is 2030 but, until then, we must make do with a limited number of aging 158 units which can be sometimes full and standing at peak times. Not ideal I know.

I have been following the local bus debacle unfold with interest. It seems somewhat bizarre that Sedbergh is about to lose its Stagecoach bus service as from the end of March to be replaced by a combination of two community buses. Incidentally, I have no issue with community buses, but the simple fact is that such vehicles are limited to 16 seats and generally reliant on the goodwill of a limited pool of volunteers. This is simply not sustainable for a service which needs to run every weekday and, in my experience, often ran pretty near full with a larger bus anyway. But I do

understand the situation is a complex one.

I believe that existing 563 service was created with the imaginative use of a couple of schools buses after they had completed their education commitments, and it is therefore quite likely that the service was operated at marginal cost to the local authority. It is possible that the tendered costs of providing the additional journeys required for work times have greatly increased and thus exceeded a perhaps unrealistic budget. I speculate here of course. Another significant problem is that there is only one dominant bus operator in the area, most of the once familiar smaller operators ceasing to exist when subsidies were withdrawn by Cumbria in 2014. This makes it very difficult for the present local authority to obtain alternative tenders.

It is worth pointing out that all local authorities were in receipt of monies from central government to support their bus service improvement plans (BSIPs) and it is for the Sedbergh

area to seek its equitable share.

However, it was interesting to note that Campaign for Better Transport calculated that the BSIP allocation to Westmorland and Furness up until 2024/25 was only £9.38 per head of population as compared with £41.42 per head for Greater Manchester. The government allocations generally favoured the more urban areas. The difference may also be down to lack of ambition of the improvement plans submitted but, at the same time, the local authority may have been cautious as regards supporting any services which might be withdrawn when the funding runs out. Indeed, this is a very real concern.

But, for whatever reasons, the situation is entirely unacceptable. Sedbergh is the largest community in the Yorkshire Dales with a population of 2818 (2021 census) and a regular bus service is vital to the local economy; for employment, education and welfare journeys. In addition, the visitor economy is seen as being increasingly important and better



links to the local railway stations, including Dent, an imperative. The situation may improve somewhat if indeed Westmorland and Furness and Cumberland combine under a mayoral authority with a transport budget. I think that this is probably the best hope.

Having been slightly negative I suppose that I should get back to the positive! 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 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 (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.

The single fare cap of £3 now runs until the end of 2025 and, in the majority of cases, this will reflect a significant saving but remember that there may now be lower cost single fares for shorter journeys. Also, always check out the cost of a return ticket. Also, 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 via john.carey@settle-carlisle.com and, as always, I would be delighted to help.



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FIFTY YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from March 1975

Secondary School Football

Football enthusiasts at Sedbergh Secondary School had a busy week, both as spectators and participants. Accompanied by their teacher, Mr David Lord, they travelled in the school bus to watch a league match at Maine Road, Manchester on Saturday, and last Wednesday evening saw Leeds United do battle in the European Cup at Elland Road. Sunday saw the school team defeat a side of former pupils, living locally, on the Settlebeck ground.

Bride from Sedbergh

The marriage took place on Saturday at Holy Trinity Church, Howgill, of Mr Ronald Shepherd, of Bedale, Oxenholme Road, Kendal, and Miss Ruth Mason, only daughter of Mr and Mrs J.W. Mason of Crook-o-Lune, Howgill, Sedbergh. The bridegroom is employed by Macalpine Construction and the bride is a secretary to Gill Dockray, Rhodes and Moore, architects. The service was conducted by the Rev. G.D. Rhodes, and the organist was Mrs Luffman. Given away by her father, the bride wore a white peasant style dress with matching picture hat. She carried a bouquet of freesia and hyacinths. A reception was held at the Bull Hotel, Sedbergh, and the honeymoon will be spent at Plymouth. Their future home will be at Bleaswood, Oxenholme, Kendal.

Dentdale WI complain over TV Reception

Poor television reception is the subject of a resolution to be put by Dentdale WI to the half-yearly council meeting at Westmorland Federation of Women's Institutes at Appleby on April 7th. The institute wants to call attention to the "failure of the Broadcasting Authority to provide a reasonable and satisfactory service in many rural areas". The resolution asks for further representations to be made to the competent authority and that until such a service is provided, no increase in licence fee should be levied on those not enjoying a full service.

Young Wives

The Young Wives had an "away" meeting last week, when they were the guests of Norweb for a cookery demonstration in Kendal. Thanks were expressed by Mrs H.S. Hills. On Monday evening they presented a devotional programme at the Guild, taking Freedom as their theme. Mrs H.S. Hills was the leader, and the

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speaker was Mrs Raw. Soloist was Mrs Dorothy Pratt, and a duet was sung by Mrs Barbara Gorst and Mrs Todd. Mrs Dodds gave a recitation, and the lesson was read by Mrs Beth Roy. Pianist was Mrs Gorst, and members of the party were thanked by the Rev. H.S. Hills.

Mrs E.L. Seed

The funeral took place on Thursday last week, at Sedbergh Parish Church, of Mrs Lorraine ("Rene") Seed, of 23 Havera. Mrs Seed had been admitted to hospital for tests and died suddenly at the age of 56. Born at Sedbergh, she was the eldest daughter of a family of six of the late Mr and Mrs T.E. Conchie, and attended the old National School. From leaving school and until her marriage, she was employed at the now defunct Sedbergh Laundry. In 1940 she married, at the Parish Church, Mr William Seed of Preston, who was in farm service. They moved to Keighley, but in 1953 moved to Dent and returned to Sedbergh in 1965. Since living at Havera, Mrs Seed had been employed part-time at Sedgwick House, Sedbergh School. Her family was her main interest and she is survived by her husband, two daughters and a son, and three grandsons. The service was conducted by the vicar, Canon D.A. Rogers, and the organist was Mr W.L. Smith.

Confirmation Service

Thirteen candidates were presented at Sedbergh Parish Church on March 2nd, for confirmation by the Bishop of Bradford, Ross Hook. The Rev.

E.P.E. Long was Bishop's chaplain, and the Rural Dean, Canon D.A. Rogers, was present. Candidates presented were : Shirley Braithwaite, Catriona MacDougall, Katie Morphet, Anne Rogers, Christine and Jillian Taylor, Phillipa Towler, and Mesdames Kathleen Ellis, Ann Hoggarth, Jean Moore, Malinda Todd, and the Misses Carole Nicholson and Valerie Waters. Organist was Mr W.L. Smith, and following the service refreshments were served in Sedbergh School tuckshop. In the morning the Bishop had conducted a similar service at Sedbergh School Chapel when there were over 60 candidates, including local boy Roy Appleyard.

Schoolboys' Quick Thinking helps to save Cavers

The quick-witted action of four schoolboys could well have saved the lives of three older boys lost in a complex cave network at Dent for 27 hours. Roland Sedgwick of Dent, and Peter Kliszat, Michael Mudd and Garry Bowman, of Sedbergh, were cycling near Ibbeth Peril Cave near Dent on Monday, when they noticed bicycles and rucksacks were still lying where they had seen them the previous day. The boys dashed to the nearby National Scout Caving Centre at Whernside Manor. Warden Mr Ben Lyon took a search party to the cave and found three teenagers in an underground passage 700 feet from the entrance. Christopher Watson, 19, Andrew Waddington, 18, and Simon Farrow, 18, all of Southport, had been lost in the flood-prone passage since the previous day. "They were very lucky it did not rain.

They would probably have drowned", said Mr Lyon. He praised the action of the local boys who raised the alarm. "It was very fortunate they spotted the gear and had the sense to do something about it". The boys were brought out of the cave little the worse for wear. After a hot shower and a meal at Whernside, they told Mr Lyon of their ordeal. They had spent Saturday night at Dent Youth Hostel and set off on Sunday morning to explore the cave. They had the right equipment, but only Christopher Watson had caving experience. Inside the cave they lost their way and before they could get back to the entrance, their lamps ran out. They spent the night hoping that somehow someone would find them.

THE LARGEST NON-NUCLEAR EXPLOSION?

Karen Bruce Lockhart

At the top of the list of big explosions are three monsters: the Halifax harbour explosion in 1917; the Beirut explosion in 2020; and the Fauld explosion in 1944. Which was actually the greatest is difficult to say as they took place in very different places, conditions and causes. The Halifax explosion was surrounded by hills which contained the blast. The Beirut explosion was in an open harbour, and the Fauld explosion was underground in a sparsely inhabited area. However, the Fauld explosion is certainly a contender for the largest: it took place in England only 80 years ago but few people have heard of it



The four schoolmates drink a toast to the success of the cave rescue. From the left: Garry Bowman, Peter Kliszat, Roland Sedgwick and Michael Mudd.

At the time, of course, Britain was at war, and the Government was always very keen to keep news of such disasters out of the Press in order to prevent “alarm and despondency”, let alone the full extent of the disaster reaching enemy ears. Few people outside the affected area knew of it until 1974 when the 30 year rule applying to secrets expired.

In 1937 the Air Ministry purchased an area near Hanbury, about 5 miles northeast of Burton on Trent, containing disused gypsum mines. These mines had tunnels 12 feet high and 20 feet wide and were ideal for storing up to 40,000 tons of high explosive bombs, plus incendiaries and detonators. It also housed a

repair centre for defective and jettisoned bombs, and 500 million rounds of small arms ammunition. It became known as RAF Fauld, and distributed bombs and ammunition to airfields all over the country. Over 1,000 persons worked there, including RAF and civilian personnel and Italian prisoners of war.

At 11.11 am on Monday, 27th November 1944, between 3,500 and 4,000 tons of mostly high explosive went up. It seems there were two almost simultaneous explosions and the mushroom cloud rose many thousands of feet into the air. Seismologists in Switzerland recorded the explosion. The neighbouring farm of Upper Castle Hayes Farm disappeared completely – no trace of the buildings, inhabitants, or farm animals remained. Every house in the village of Hanbury was damaged, as were three other farms. About a third of the RAF station was destroyed. The situation was made worse by the destruction of a reservoir causing a huge flood into the mine and nearby plasterworks. The crater left by the explosion is 100 feet deep and nearly 1,000 feet wide. It could have been much worse, but the maze of tunnels had natural and man-made barriers which contained the explosion

The death toll was surprisingly light considering the number of people in the vicinity. About 70 people died of which 18 were never traced, 6 were RAF personnel and six were Italian prisoners of war. There had been about seven people on Hayes Farm. Heroic work dealing with the subsequent fire was carried out as



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the workers were conscious that there were still 10,000 bombs stockpiled nearby

It is not known what caused the explosion but it is thought that a workman was using a metal tool to remove a detonator instead of the wooden one he should have used. This speculation was fuelled by the somewhat chaotic circumstances, where there been staff and equipment shortages, a management position which had been empty for a year, multiple agencies working there and a lack of a chain of command, lack of training, and pressure from the Government to increase the work rate which led to safety regulations being ignored.

The storage facility continued to be used after the war, and was used by the Americans in the sixties. Access to the site is still restricted as a significant amount of explosives is still buried deep underground.

ARDNAMURCHAN COMMUNITIES BUILT IN TURF AND STONE

Sedbergh History Society

Karen Bruce Lockhart

On 5th February Professor Hannah Cobb, Professor of Archaeology and Pedogogy at Manchester University, addressed the Society on the excavations undertaken on the Ardnamurchan peninsular over the last 18 years.

Nineteen years ago she had visited the peninsular where there were known to be three chamber tombs and had fallen in love with it. It is an interesting site because the peninsula has been remote and isolated almost like an island throughout its 9,000 year history. There are about 200 sites which could be investigated, one castle and the ruins of the cottages left after the Clearances in the 1850s.

The three known chamber tombs were one on the north shore of the peninsula, and two on the south shore. The main dig took place on the north one at Swordle Bay, known as Cladh Andreis, and explored the transitions from the Mesolithic period to the post medieval and Highland Clearances. They did find Mesolithic spear heads but the first real remains were from next period from about 4,000 BC to 2,000 BC when the inhabitants started farming. The chambered tomb, which was similar to chambered tombs found all over southwest Scotland, belonged to this period. It was a small tomb trapezoid in shape and contained the remains of cremation and disarticulated bones which may have been gathered up in

bags which had disappeared. It seemed to have been sealed in the Bronze age.

They found a Bronze age curbed tomb on the boundary of the tectonic plate nearby which had a huge central kist lined with four different types of stone. It was unusual as it appeared to have contained two bodies. They also found jet beads from Whitby and a bronze awl. The beads were probably part of a necklace. They didn't find evidence of housing but a polishing stone could indicate metal working. They also found evidence of early medieval activity including a cairn which was not listed from about 700 which was when St Columba was known to have been in the area.



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On the foreshore they found what they thought was the remains of a farm but which turned out to be a Viking boat burial – a boat shaped hole had been dug and then stones pebbles and silt in layers piled round it, and finally the boat had been put in and covered with stones. It had probably been a mound which had been levelled by ridge and furrow ploughing. They had found a shield boss, a huge axe, the top of a drinking horn, a copper cauldron and an iron sword with silver trimming. There was also the shadow of where there had been cloth. Three teeth indicated that they might have come from Norway and had started to eat large quantities of fish after the age of about five.

After the medieval period there had been three clachans with small townships of 14 or 15 houses extracting lime and exporting it to places such as Glasgow. They had also found a “Norse” mill

The project had been a fascinating one showing an area continuously occupied and there was plenty to occupy archaeologists for the next eighteen years and more.

SEDBERGH'S BALIOL SCHOOL

Colin Cowperthwaite

Those of us who remember our local Baliol School, situated on the left hand side of Cautley Road, will recall that in more recent years it was operated as a Special Community School by North Yorkshire County Council. I believe that it was closed in 2011, at which time the school catered for 37 boys aged between 10 and 16 with special educational needs or behavioural difficulties, employing a staff of 40, some of whom have remained in the Sedbergh area. I'm probably not alone in being unaware that the school had originally been established for the education of girls.

I have read that the house itself was built in 1897 by Herbert Newsome Baxter, and a copy of an early 20th century booklet in my possession advises that the school was established three years later. The booklet was edited by Miss Bertha Marian Skeat, who was born in 1861 and died (unmarried) here in Sedbergh in 1948. To quote from Miss Skeat in the Sedbergh booklet :

Foundation and History

The school was established in 1900 by Miss Skeat, Ph.D., and Miss Auld, M.Sc., in order to secure for the girls entrusted to their care such special advantages as are afforded by the exceptionally healthy and bracing climate, pure moorland air, and splendid situation in the midst of fine hill scenery, together with such a thorough education as would enable pupils to prepare for public examinations leading up to the University, or to specialize in the

directions of music and art. The school was originally started at Barnard Castle, and hence was named after Bernard Baliol, the celebrated founder of the ancient castle there. After existing for a year in temporary premises, it was transferred to its present permanent abode; but the name had by that time become sufficiently well known to make its continuance desirable.

School Buildings

The house is built on a lower spur of the Pennine Chain, about 500 ft. above sea level, and faces south, commanding a grand and extensive view of hill scenery. It was originally planned for a school, and the classrooms, divided by sliding partitions, form, when thrown open, a hall 60 ft. long, while the spacious dormitories are divided by curtains into cubicles, allowing ample air space for each pupil. The grounds, covering about six acres, include a tennis court, lawn gymnasium, kitchen garden, and a playing field used for hockey during the winter and cricket in the summer term. An indoor gymnasium has now been added for use in unfavourable weather.

Educational Features

(1) Physical Culture. This receives special attention and is aided by the splendid climate, regular outdoor



exercise and games, thorough ventilation, and daily Swedish gymnastics. Pupils are weighed and measured every term, and the results carefully noted. Remedial gymnastics, whenever desired, are given by an experienced resident mistress, trained in Stockholm. The physical development is further assisted by a course of dancing lessons throughout the winter season.

(2) Higher Mathematics. These are successfully taught by Miss Auld, M.Sc., up to the standard of honours in the Cambridge Higher Local Examination.

(3) Specialization in English. This may include some knowledge of Anglo-Saxon, Early English, Chaucer, Historical Grammar and Etymology, and the History of English Literature, with a fuller study of given periods: these studies being chiefly based on the teaching of Professor Skeat, Litt.D., of Cambridge.

(4) Conversational French and German. In addition to the teaching of the resident foreign mistress, this is usually promoted by the presence of two or three foreign girls among the boarders, some helpful



THE SCHOOL BUILDINGS, BALIOL SCHOOL.



IN THE CRICKET FIELD, BALIOL SCHOOL.

international friendships being thus occasionally formed.

(5) Excellence in Music. Good evidence of musical ability is given by the successes of various pupils in the different examinations of the Associated Board of Music, both in piano, solo singing and the violin, the highest examination taken hitherto being that of the Junior Local Centre.

(6) Social Training. This is promoted by a series of evening functions held during the winter months and is also encouraged by means of the annual entertainment, which usually consists of a play on some classical or legendary subject, including much of the work done in elocution, music, singing and dancing throughout the year.

One of many local publications by the late Freda Trott, renowned local historian, stated that "The principle was Dr Bertha Skeat who had her pupils dressed in a uniform of red cloaks and green tunics, so that she could see them when they were out on the fells. These uniforms were tailored by T.W. Douglas and Son, and the material was made at Farfield Mill, which is on the banks of the River Clough just before it joins the Rawthey".

THE THORNBOROUGH HENGES

Karen Bruce Lockhart

The three henges at Thornborough lie between the A1 and Masham on a raised plateau above the Ure. Until recently they were not really open to visitors being in farm land and quarrying, but they have now been acquired and made accessible by English Heritage and can be visited free at any reasonable time during daylight hours

This is an enormous monument. Each of the three henges is approximately 250 metres in diameter and are about 550 metres apart, stretching over a mile in total on a northwest-southeast alignment. Although at first sight they look in a straight line they are not quite so. It has been suggested that they represent Orion's Belt which has a similar kink.

The henges were built on an area where there had previously been a cursus, which is a rectangular structure with a rounded end – rather like the shape of an early church. This was about a mile in length and can only really be seen in aerial photographs taken in the 1930s as quarrying has destroyed it since then. Although it has not been dated other such monuments were built between 3,600 and 3,400 BC in the early Neolithic period

Each henge is surrounded by a bank which was originally about 4 metres high and were broken by two opposing entrances. They were covered by gypsum which would have made them gleam white and be seen from afar. They were built about 4,500 years ago and were in use for

at least 2,000 years probably as a meeting place rather like Stonehenge. The brightest star in Canis Major, Sirius, would have been aligned with the southern entrance of each henge, and the southern entrance of the northern and central henges are aligned with the midwinter solstice. The "kink" reflects the difference in the summer and midwinter solstice alignment.

The henges are on a plateau and it would seem that the plateau was used for ceremonial purposes only and any occupation sites were at the edge of the plateau rather than on it. At these sites were used by people travelling long distances as chert and flint from the Pennines and the Yorkshire coast are found there. Between the central and south henges is a mound known as the Centre Hill where a Bronze age burial was found in the nineteenth century, and ten ring ditches are scattered over the landscape. They are thought to be part of a "ritual" landscape being surrounded over a 7 mile radius by other monuments



comparable to the area around Stonehenge, Avebury and Orkney

The henges have suffered from quarrying and ploughing, the central henge was used as a munitions dump in the second World War, and a section of the south henge bank was deliberately bulldozed in the 1960s

There is parking – of a kind – at various point around the henges – you do not need to walk the whole mile!

The History Society is considering the possibility of arranging a guided tour of the henges by English Heritage in the summer

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Cumbria Wildlife Trust

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Why have a plain, ugly fence when a green, living boundary can bring the riches of flowers, scent, berries, rich autumn colours and wildlife? Ever thought about which heavenly-scented plants provide night-time nectar for moths? Or digging a pond? If you introduce a water feature, not for fish but for newts, dragonflies, and pond skaters, you'll also be providing water for birds. Plant up the edges with the golden blooms of marsh marigolds and the lush spikes of purple loosestrife and you'll have nectar stations for insects and beauty to dwell on.

Working together, people can change the natural world for the better. We can achieve a Wilder Future!

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The Worm Secrets Most of us Don't Know

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need to gently spade in your eggshells. You do this with a shallow diffing—no more than a few inches. If you haven't established a good spread on the worms, keep depositing them as the days go by. Compost in some food leftovers, like greens coffee grounds, other vegetable mater. In time, you'll be in for an amazing discovery when you gently open one of the shell layers and see small white spots: WORM EGGS!!! Each worm will lay anywhere from a few to as many as 20 eggs. And since you will have thousands of worms imported at the beginning and be the neighborhood hunter of everyone's eggshells, you will have a marvelous kingdom of soil composting and worms. Think of it

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SEDBERGH COMMUNITY SWIFTS

TA Hoare

In our cold and damp winter it is heartening to remember that our swifts are still enjoying the warmth of central Africa. We heard good news from our swift friends and colleagues in Israel that their first swifts returned at the end of January. It is the most southerly breeding area of the Common Swift, arriving there the earliest and departing by June.

While we await the return of our own swifts and ponder on the marvels of how they achieve their astonishing migration, we can ponder on what people believed in the past. You have probably heard of Edward Jenner, the country doctor who, in 1796, began his work that led to the development of smallpox vaccination. Why are we writing about Jenner in an article devoted to swifts? Because as well as being a doctor he was also an accomplished ornithologist who published pioneering studies on the cuckoo and on bird migration. In an experiment which would be frowned upon today, Jenner injected the scrapings from a milkmaid's cowpox blisters into the arms of the 8 year old son of his gardener. When the lad was subsequently injected with infective material from a smallpox victim, he suffered no ill effects.

In 1788 he was elected to membership of the Royal Society, the pre-eminent scientific body of the day, not for his momentous work on vaccination, but for a study on the cuckoo. Up to then it had been thought that it was the adult cuckoo which pushed the eggs from the parasitized nest. Jenner established

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that it was the newly hatched cuckoo chick which did so using a special depression on its back, which filled out after 12 days, and in which the eggs to be ejected could be lodged.

At a time when migration was poorly understood, Jenner then turned to studying swifts. He was a pupil and friend of John Hunter, an eminent surgeon and anatomist and regarded as the father of scientific surgery. In a famous quote in a letter to Jenner he wrote "... but why think? Why not try the experiment?" Jenner did exactly that with swifts. He marked 12 swifts by clipping two claws from each and discovered that the same birds returned to the same nests over subsequent years, one swift being followed for 7 years. Only

one person previously had marked birds for the study of migration (see below). Ringing did not start until 1899.

In Jenner's time many naturalists believed that birds hibernated in a torpid state in the mud at the bottom of rivers and lakes. This Jenner found hard to accept. He knew that hedgehogs in spring were thin and almost devoid of fat whereas when swifts appeared in May they were plump and well nourished, surely not what would be expected of a bird which had just emerged from a period of torpor and prolonged starvation. A German, Johann Frisch, was the first person to mark birds to discover what happened to them in winter. He tied red thread around the



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legs of swallows, and found the colour had not faded by the following year, thus making it unlikely that the bird had spent the winter submerged in water.

If birds did not spend the winter hidden in a torpid state where were they? Jenner knew from his nephew, a naval officer, that many healthy land birds occurred hundreds of miles out at sea. Jenner believed this clear ability for birds to fly long distances was evidence that birds migrated. He even went so far as to say that a bird's true home was elsewhere, and that birds such as the swift left home for three months solely for the purpose of breeding.

He was however puzzled as to how young birds found their way home on their first migration. He noticed that swallows and house martins collected together before migration and thus the fledglings might possibly learn by migrating with experienced birds. However, he had no answer for the cuckoo, where the adults left before even the young had made their maiden flights. Thus he had to accept that the departure of fledglings was due to an "unknown principle", one in fact that scientists are still trying to unravel in all its complexity to this day.

So when you have your covid and flu vaccinations, give a thought to Edward Jenner, health pioneer and expert experimental ornithologist.

Please remember that we are always happy to offer advice for helping swifts, don't hesitate to contact Sedbergh Community Swifts:

Email ta.hoare@btinternet.com or ring 01539 824043

FAMILY MUSINGS

Sarah Woof

A year ago this month, hubby was coming to the close of working in partnership with his brother and sister-in-law on the family farm and he and I were about to start a new farming business together. A lot has happened in the past year, the brothers do still share certain machinery and equipment but on the whole each farms separately.

For me it was what I had always wanted from getting married, to work together, but life got in the way and, although I did help a bit, I also worked in care, did cleaning and had my own care business for a few years. What I really would like is to have a shop, probably antique/vintage/retro. I think me and a lot of stuff in my house would fit very well in that!

So, we started on April 1st these fools we are or so some say we are, straight into one of the wettest lambing times hubby could remember. We survived! And on thru the farming year on good days and bad, in sunny warm days and dull very cold days, and soon it will be lambing time again.

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All the other stuff we do has carried on too, looking after grandchildren, helping local causes raise money, sitting on committees and having some quality time together, even days by the sea.

My writing projects are still ongoing as are my talks "Over the Shop Counter" and are more of a priority to me this year.

A long, very long, overdue eye test found I have cataracts on both eyes in need of removing. Within 5 days I was diagnosed, had my pre-op assessment and got the date for the operation on one eye. Not bad is it? Apparently, it will open a whole new, bright world for me. That's what getting glasses aged 6 did. For the first time I saw the pattern on our curtains and saw that the teacher was actually writing words on blackboard, not just wiggly lines..!!

Spring is coming, all those bright colours to experience. Enjoy them folks.

FIVE YEAR PLAN BACKS NATURE FRIENDLY FARMING

YDNP

Supporting farmers has been put at the heart of a new five-year plan for the Yorkshire Dales National Park.

A draft set of objectives for the Yorkshire Dales National Park Management Plan 2025-2030 is out today.

People and organisations are "warmly invited" to have their say on it during a seven-week period of public consultation; there is a survey for members of the public and a separate survey for organisations.

The management plan is the most important policy document for the National Park. It is being put together by a partnership made up of 15 local organisations, including representatives of business interests. The draft has today been sent to more than 200 organisations that operate in the National Park.



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In giving priority to the nature and climate emergencies, the main thrust of the plan is to see that “nature-friendly farming” businesses are supported across the National Park. This approach is based on the outcome of the first public consultation on the plan, held last April.

The Yorkshire Dales National Park Authority is named as the potential lead organisation responsible for achieving 13 of the 40 objectives in the plan, with organisations such as Westmorland & Furness and North Yorkshire Councils, Natural England, the Environment Agency and the Forestry Commission leading on other objectives.

David Sharrod of Yorkshire Dales Millennium Trust, who is the Chair of the Yorkshire Dales National Park Management Plan Partnership, said: “Supporting hill farming has been a long-standing priority for us but it’s more important now than ever. We need nature-friendly farming businesses to thrive in the National Park. That is critical for maximising the benefits that the National Park can provide for the nation, whether that is helping nature to recover, storing more carbon in our landscapes, reducing flooding downstream or producing fantastic quality food. Such farming will need support to be viable, and that’s what the partnership is planning to provide.



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“People familiar with previous Yorkshire Dales National Park Management Plans will recognise that some objectives have been updated and carried over, such as on broadening access to the National Park by the public and retaining dark skies at night. And yet some objectives are strikingly new and ambitious. For example, creating over 5,000 hectares of new wildlife-rich habitats; creating or restoring 60km of hedgerows, and supporting farmers to adapt to the challenges of climate change. Another new objective seeks to help tackle health inequalities in society and make the National Park a place of healing for more people.

“The proposed objectives have been shaped by national government policy, local organisations and public opinion – as well as by evidence on the state of nature and the local economy. The seven-week consultation is an opportunity to influence the final detail. I would warmly invite anyone with an interest in the future of this special place to examine the proposals, and have their say.”

Yvonne Peacock, North Yorkshire Council’s representative on the management plan partnership, added: “People might be forgiven for thinking that we come up with plan after plan, when what they want to see is action. Well that’s what the

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Yorkshire Dales National Park Management Plan Partnership wants, too. Action on new housing. Action on public transport. And above all, action to support farm businesses, which will be so important for sustaining local communities, growing the local economy and enhancing the natural environment.”

The full links to the public consultation are as follows. Members of the public:

www.surveymonkey.com/r/NPMPpub

The public consultation period closes on Monday 10 March 2025.



SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

On 3rd February the School held the first of its major celebrations of its Five Hundred year history by holding a concert in the Bridgewater Hall in Manchester. As well as members of the School performing, many Old Sedberghians took part, notably Joe de Groote's solo. The first half of the concert consisted of pieces by the orchestra, the Band which included members of the Town band, the Choir and solos mostly by Old Sedberghians. It involved over 200 performers. The second half was audience participation singing favourite hymns, patriotic song and the two favourite School songs, The Long Run and Winder. The final line of the latter, "Which makes the Sedbergh man" was noticed to have been brought up to date by being changed to "Which makes a Sedberghian" (which may be more appropriate to today's School but is difficult to fit to the music!). A dinner was given by the Sedbergh Association (the association of friends of the School) beforehand in the Bridgewater Hall.

The Prep School held a Christingle service, and years 6-8 had a talk from the author Deborah.

OS Captain Bil Canning RN spoke to the School on the Navy's involvement in the Falkland conflict in 1982.

On 17th January the School hosted the son and grandchildren of Freddie Spencer-Chapman one of the most remarkable of Old Sedberghians. His grandson Stephen spoke to the

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pupils of resilience and the example of his grandfather

Years 7 and 8 enjoyed a sports tour to Edinburgh on 16th- 18th January

The School was sad to report the death of Mr Kyle Joyeau who only joined the School to teach chemistry in September 2024.

The exeat weekend of 25th/26th January was hit by the storm on Burns Day and pupils were allowed to go home early on Friday

The annual Rawthey Ball which is Scottish dancing was much enjoyed
Half term ran from Friday 14th February to Sunday 23rd February.

The Prep School intend to perform The Wizard of Oz in the summer

To contribute to the 500 year celebrations, the archive department has created A History of the School in Fifty Objects, for instance the first three objects to have stories written about them in the news section on the School website were the Governors' Minutes, Evans House and the School Library.

Running

Twenty one schools joined in the Rawthey Run this year on 16th January. The Prep won the U11 Boys with William and Thomas coming 1st and 2nd.

The third Epic was run over Frostrow Fell (10.6 km) on 22nd January and the fourth on Rise Hill on 29th January (18k)



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Over 400 runners including the majority of the School pupils, staff (including the Headmaster), Old Sedberghians, pupils from the Prep, and members of local Running Clubs took part in the Symonds (formerly Morgan) Run on 18th January

On 22nd January approximately 600 runners from over 100 schools took part in the Cumbria Schools Cross Country Trials hosted by the Prep

Senior, Intermediate and Junior teams competed in the CSAA Cumbria XC Championships at Keswick on 15th January and brought back two County Champions, and it is thought that there will be several representing Cumbria at the Inter-Counties

Championships at Middlesborough on 8th February

The teams took part in the annual King Henry VIII competition at Coventry, the boys achieving 14th place in a field of 52 teams and the girls 9th in a field of 42 despite losing their star performer to illness

Cricket

Yrs 11, 12 and 13 boys went on tour to Sri Lanka from 6th to 16th February. Against Lumbini College Colombo they won by 16 runs and by 4 wickets; against Maris Stella College, Negombo, they won by 21 runs; against Alathgamba Maha Viyslaya lost by 3 wickets; and lost to Foundation of Goodness Academy by 7 wickets

Climbing

Twelve pupils from the Prep took part in the Independent Schools competition near Manchester and pupils did well, but the star was Cecily in Yr 6 who achieved second place

Music

Mowden Hall visited the School for a day of musical collaboration

Hockey

The U16 Girls won their Tier 1 Plate quarter final at Oxford.

The Boys first team lost to The King's School Chester 10-5, won against the Wirral Grammar School 9-0, and lost against Yarm 6-0. The girls drew with GSAL 2-2.

U15A lost their quarterfinal in the Independent Schools Cup to

Bromsgrove. The U14 gained second place in the North West tournament.

Rugby

The U17's match against Kirkham had to be stopped after 22 minutes as the teams were unable to see in the thick mist.

Swimming

The U13, U15 and U18 teams played Stoneyhurst and won with an overall score of 368 points to Stoneyhurst's 298

Football

The newly formed second team won 5-2 against Stoneyhurst. The 1st team, after the first game of the term was frozen off, drew with St Peter's 2-2.

Equestrian

The team attended the National Schools Eventers Challenge qualifier and won the 80cm and 90 cm Team events. Two senior school and two Prep pupils also attended the National Schools Dressage Qualifier at Carlisle and qualified.

Forthcoming Events

U16 Rugby Sevens – at home – Kirkham Grammar School and Barnard Castle 1st March

U18 Rugby Sevens -at – home – Stamford 29th March

Confirmation Service 10.15 on 23rd March

Wilson Run Dinner 24th March

Wilson Run 25th March

End of Term 2pm 28th March

Sedbergh U18 Rugby Tens - at home – 30th March -31st March

Summer term starts 6pm 22nd April

500th Celebration Gala weekend 2-4 May

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SEDBERGH PARISH COUNCIL

Janey Hassam, Parish Clerk

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

Sedbergh Parish Council Co-Option

Members were pleased to receive three applications for the current vacancy, and Douglas Thomson was duly elected to the Parish Council.

Parking/New Bridge Lay-by

Sedbergh Parish Council have recently been liaising with Westmorland and Furness Council in respect of a proposal to consider relocating coach parking to the lay-by at New Bridge. The project would still allow some parking for cars. It has previously been acknowledged that parking in the town is under pressure and this proposal would allow a

number of further parking bays at Joss Lane car park. This project has been identified, previously, as part of a long-term parking strategy.

Following the provisional support of Westmorland and Furness Council highways, Members agreed to progress with Yorkshire Dales **National Park Bus Service Improvement Plan (BSIP) Review**

Members remain extremely disappointed that Sedbergh has not received any monies from Westmorland and Furness Council during the recent review. Currently, Western Dales volunteer community bus will timetable a service Tuesday, Wednesday, Thursday, and Saturday. And, Westmorland and Furness Council will operate an 'in house' service on Monday and Friday. These services will have a 16-seat capacity (Stagecoach currently approx. 35). Members continue to liaise with Westmorland and Furness Council in relation to their decision.

Other matters

Members also discussed the ongoing consultation for the relocation of the Post Office to Spar (Station Road). This had followed

Royal Mail's decision to move the sorting office to Kendal and the subsequent retirement of the current Post Masters. Members noted that it was unfortunate for the Main Street of Sedbergh, however, retaining a Post Office at Spar was preferable to losing the service altogether. In addition, Members agreed to investigate the potential provision of banking hubs/alternative financial institutions. Various other matters were discussed, including Planning, Finance, Amenities, and general correspondence – which included the recent notices displayed in the town's remaining BT kiosks (Havera and Main Street) stating that BT are planning to remove..

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

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LIZZI'S COLUMN

Lizzi Collinge MP

Over recess (when Parliament does not sit and MPs spend welcome time in their constituencies) I tried to get to as many different towns and villages in the constituency as possible. Squeezing all my visits into Fridays and Saturdays is quite a challenge so being able to get to more things during the week is welcome. I dropped into the regular coffee morning held at St Andrew's in Sedbergh. It was wonderful to see so many people at this coffee morning, and the sense of community really shone through. As always, an issue that arose here was buses. This is something which I have been contacted about multiple times, and it is a discussion I will continue to have with the council. When speaking to residents I have suggested that a bus users' group be set up, where locals could advocate for a reliable and often bus service for the town. The Lancaster District Bus Users Group, of which I am a proud member, has been fantastic for my Lancashire constituents and it'd be great to see similar in Westmorland.

Following the coffee morning, I travelled to Garsdale Head train station, to look at the accessibility issues. The steep and rocky path to access this platform is concerning, this is an issue I have raised with both the council and Network Rail but I am currently frustrated with the lack of progress.

However, the frustration over this situation was slightly countered by my awe of our constituency. Travelling over the coal road from

Garsdale to Dent, with snowcapped hills, I was reminded that we do indeed have the most beautiful constituency in the country. Travelling the winding roads is an excellent way take a step back from the stresses of everyday life.

Speaking of roads, I have been reassured that the survey for the closed road at Dales Way will be completed soon, and I am talking to Westmorland and Furness council to press them to ensure the re-opening of this road happens as soon as is possible. Local residents have been severely impacted and it's vital that the road reopens as soon as possible.

A quick lunch at Dent Heritage Centre was, as ever, a treat. It was

good to chat to local councillor Ian Mitchell too.

Later in the week, I welcomed Leader of the House of Commons, Lucy Powell MP, to Kirkby Lonsdale for a tour of the high street to see how the community had pulled together and are now looking forward to the future. We met with local businesses and councillors who recommitted to working together in partnership to make the most of Kirkby Lonsdale's assets and ensure the long-term prosperity of the town.

Looking forward, I am meeting again soon with Sedbergh Economic Partnership where I hope to continue the conversation about the town's economic landscape. We met before Christmas and I am anticipating a

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productive discussion on the future plans for businesses in the town.

Over recess, I also held a number of drop-in events, where people were invited to come along to have a chat about their local area, and any issues they wished to raise. Endmoor was first, in the cosy surroundings of The Club Inn, and second was a slightly livelier event in the Centre @ Halton. I run these events because they are a great community forum, allowing residents to meet with each other as well as with me and my team.

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 566015. 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 Bluesky.

WHY MUSIC MOVES US

Stephen Hall

The Power of Connection, Emotion, and Empowerment
Stepping onto the stage at Manchester's Bridgewater Hall, tuba in hand, my heart pounded. I wasn't a seasoned professional, but as the first notes rang out, the fear melted away. That moment - when music takes over and everything else disappears - is pure magic.

The performance was part of Sedbergh School's 500th anniversary, bringing together

musicians of all levels, including eight current members of the Town Band. Despite never rehearsing together before that morning, we transformed from individuals into a single, unified sound.

The Power of Music as a Shared Experience

From the outset, there was an unspoken understanding: we were in this together. Music uniquely dissolves differences in ability, background, or experience, fostering connection. Research shows collective music-making boosts oxytocin, the hormone linked to bonding and trust. I certainly felt that - especially once my fellow bass players arrived after traffic delays! Until then, I'd felt exposed, particularly when our conductor announced he couldn't hear the bass.

Rehearsal began tentatively, but confidence grew throughout the day. By evening, we weren't just playing music; we were part of something greater. Beyond the notes, it was about the people beside us - the shared breaths before an entry, the reassuring glances. One band member put it perfectly: playing a note alone felt daunting, but with support, the music flowed naturally. Alone, we struggle; together, we thrive.

Community and Kinship

A band is only as strong as its weakest player, fostering an atmosphere of mutual support. Group music-making reduces loneliness and enhances well-being, even without stepping onto a grand stage. Whether it was a smile across the section or the camaraderie of working

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through the music together, the connection was undeniable. In a world where many struggle with isolation, moments like this highlight the power of community. Even in a temporary ensemble, the sense of belonging was profound.

Awe and Wonder

Performing in a venue as grand as Bridgewater Hall was humbling. Feeling the vibrations of sound resonating around me was awe-inspiring. Awe - whether from music, nature, or art - can reframe nerves, lower stress, and increase life satisfaction. The evening's final piece, with over a thousand voices singing alongside the orchestra, dissolved the barriers between

audience and performers. Research confirms group singing increases endorphins and dopamine, fostering joy and reducing stress. In that hall, we experienced a true moment of togetherness.

Overcoming Anxiety and Personal Growth

Having only recently taken up the tuba, stepping onto that stage was exhilarating yet daunting. Performance anxiety is real, but when fully immersed in music, fear has no space. Being in the moment silences the inner critic. As the final note of Highland Cathedral rang out, I felt immense pride - not just for myself, but for everyone who had

faced their own challenges to be there.

Presence and Flow

Performance demands complete focus, leaving no room for daily worries. This deep concentration creates a flow state - effortless immersion where time fades away. Entering flow reduces anxiety and enhances well-being. Music doesn't just connect us to others; it reconnects us to ourselves. Whether playing or listening, it anchors us in the present, a rare and valuable experience in our distraction-filled world.

Lasting Impression

Leaving Bridgewater Hall, I felt changed - not just as a performer but as someone who had been part of something special. Conversations with fellow musicians and audience members reinforced this feeling. Music isn't just sound - it's connection, courage, and transformation. It silences self-doubt and fosters deep presence. Whether you play, sing, or listen, music offers a way back to yourself. If you've ever considered picking up an instrument again or joining a group, take this as your sign. You won't just find music - you'll find connection.

A full video of the concert is available on the School website, with the Band's performance starting at 15 minutes, 30 seconds. It's well worth a watch - as is the full concert!

Here in Sedbergh, there are numerous opportunities to join musical groups - including the Town Band, which has a training Band for those who are new to playing or haven't played music for a while.

Rehearsals take place at St Andrew's Church on Tuesdays at 6.00pm for Training Band and 7.00pm for Main Band. All are welcome!

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DHSS

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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.

The national aspiration is that two-thirds (66.7%) of people estimated to be living with dementia should have a formal diagnosis recorded in their primary care notes. This reflects the 2015 prime minister's challenge to increase the numbers with a formal diagnosis of dementia. A timely diagnosis enables people living with dementia, their carers and healthcare staff to plan accordingly and work together to improve health and care outcomes. The 2 sections below present data on dementia diagnosis rates and diagnosed prevalence.

Diagnosis rates

In November 2024, there were 734,852 people aged 65 and over estimated to have dementia in England. Of these, 483,688 have been formally diagnosed and added to the dementia register making the estimated dementia diagnosis rate (EDDR) for England 65.8%. This was statistically similar to the 66.7% aspiration.

When looking at the regional variance for this period, the highest rate of 70.6% was in the North West (with Lancashire and South Cumbrian being 69.7%) while South West noted the lowest rate of 61.5%.

Diagnosed prevalence

Prevalence describes the frequency of existing cases in a defined population at a given point in time. Measuring prevalence can be particularly helpful in assessing the need for preventive action and the planning of health services.

Prevalence illustrated below is the number of people with a formal diagnosis of dementia on their primary care record, as a percentage of those registered with the primary care practices. The population it measures is aged 65 years and older.

In November 2024, the diagnosed dementia prevalence in people aged 65 and over for England was 4.3% of the 11.4 million registered patients. Over the reporting time, the prevalence was between 4.2% and 4.3%. Across NHS regions, the highest rate of 4.4% was in the North West while South West noted the lowest rate of 4.1%.

Services

Ensuring dementia patients receive a high quality of care is one of the aspirations outlined in the Prime Minister's challenge on dementia 2020. This section illustrates data on memory clinic referrals, antipsychotic

STEVEN ALDERSON and SON

PAINTING and DECORATING

INTERIOR and EXTERIOR WORK

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prescribing and planning care for people of all ages with a record of dementia diagnosis.

Memory assessment services

The majority of formal diagnoses of dementia are provided by specialist clinicians at memory assessment services (memory clinics). To receive a referral to a memory clinic from primary care, an individual should be first assessed to eliminate any potential underlying causes that may be contributing to memory and welfare issues. Since March 2020, the COVID19 pandemic has affected the provision of the usual health services in England, limiting access to memory assessment services.

Between April and November 2024, there were 25,325 referrals to specialist memory assessment services in England. This was 12.8% of all dementia assessments provided.

Antipsychotic prescribing

People with dementia may develop behavioural and psychological symptoms (BPSD) including agitation, aggression, distress, and psychosis. They are often prescribed antipsychotic medication. The National Institute for Health and Care Excellence (NICE) guidance recommends prescription of antipsychotics should be undertaken with serious consideration.

In November 2024, 8.8% of people with a diagnosis of dementia also received a prescription for antipsychotic medication in the preceding 6 week period in England.

Care plans

Following a diagnosis of dementia, a care plan should be put in place as soon as possible. This plan should set out the care needed by the person and those caring for them and it should be reviewed regularly. If a care plan is not current, there could be unmet needs for the individual leading to the deterioration of their health and wellbeing. The dementia care pathway full implementation guidance recommends that the care plan should be reviewed within at least 12 months of being agreed, then reviewed every 12 months in accordance with changes in the person's needs. There will be geographical differences in what team provides care plans and reviews as different local services

develop care plans in different parts of the country.

In November 2024, there were 499,068 people with a dementia diagnosis in England. Of these, 312,388 had a care plan or care plan review recorded in the past 12 months (62.6%).

When looking at the regional variance for this period, the highest percentage of 64.5% was in the North West while Midlands noted the lowest value of 60.4%.

(detailed info available from <https://shorturl.at/c5tbT>)

PROBLEMS WITH PAYING ENERGY BILLS

Karen Evans

I am worried about my energy bills because they are very high and I am getting behind with payments. What can I do?

The most important thing is to contact your energy supplier as soon as possible. They have a duty to help you come to a solution and negotiate a payment plan that works for both of you. When making a payment plan, they have to take into account how

much you can afford to pay and how much energy you'll use in future. On a payment plan, you'll pay in fixed amounts towards the debt you owe over a set period of time.

If you can't come to an agreement with your supplier about repaying your debt, contact Citizens Advice for help.

Energy bill debt is classed as a priority debt but it's not the only expense people have to deal with. If you are having problems with other bills as well, seek advice on managing debt. Citizens Advice will help you with long-term strategies to cope, and advise you on grants and benefits you may be entitled to.

Another thing you can do is save energy by making sure your home is energy efficient. There are simple changes you can make such as checking your central heating or using your appliances differently. You might also be able to get towards the cost of making bigger energy efficiency changes around your home such as getting a new heating system.

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Annual Resident Permit = £70

Permit available from the Information Centre only, renewable annually on 1st September.

Look online for more information about savings - Citizens Advice nationally is working with the Energy Saving Trust to help people manage their energy bills. If you need personal help, contact South Lakes Citizens Advice.

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

- Call 015394 46464 (9.30am – 2pm, Monday – Friday)
- Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)
- Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)
- email advice via the submission page on our website www.southlakescab.org.uk

BOOK TOWN QUIZ ANSWERS

1. Hay-on-Wye
2. Kate Atkinson
3. Bertolt Brecht
4. A S Byatt
5. Dr Samuel Johnson
6. Penelope
7. Little House on the Prairie
8. Mountaineering
9. Testament of Youth
10. Far From The Madding Crowd – Thomas Hardy
11. Karamazov
12. Alan Bennett

EDITORIAL

This edition of Lookaround has been compiled in Australia and New Zealand, partly on the farm belonging to my second cousin Roger. Roger is descended from Harvey Allen, whose father, our joint great grandfather, farmed at Hebblethwaite Hall around 1900. Harvey left for New Zealand in 1907, established himself in the North Island, planted an orchard on his land and married a local girl. He and his descendants bought more land and prospered, and continue to do so.

Harvey and his wife are both buried in Taumarunui, his father and mother are both sleeping soundly in the cemetery in Sedbergh, and when I visit their grave when I get home, there will be plenty to ponder on, and whisper to them. Meeting my New Zealand relatives, I can see resemblances to my relatives at home, and I can also see the resemblances between Taumarunui, and Sedbergh, both little local communities, away from the major cities, with resilient people, working hard among the hills.

Sitting watching the sun set, outside the farm house, overlooking the fields where he planted his orchard, with the ridges and spurs of the sunburned volcanic hills around it feels as if Harvey must have surely felt he'd found a kind of promised land.

Looking at how the weather is in Sedbergh right now I'm doubly sure.

Ed.

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 |
| Trott Musical Foundation | Musical Instruments | 015396 22340 |
| Sedbergh Pepperpot Club | Orchestral Musicians | DrNicolaCann@outlook.com |

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.

MARCH 2025

| | | | |
|----|------|-------------------------------------|------------|
| 01 | 1000 | Table Top Sale Red Squirrels (Feb) | PH |
| 03 | 1830 | First Responders AGM (7) | RR |
| 05 | 930 | Christian Aid Coffee Morning (3) | STAS |
| 05 | 1200 | Lent Lunches (5) | STAS |
| 06 | 1930 | Making and Printing Easter Cards | HVH |
| 07 | 1400 | DDHF - Saving a Life (18) | DMH |
| 07 | 1400 | Dentdale Head to Foot - CPR | DMH |
| 08 | 1300 | Dentdale Run (23) | DMH |
| 08 | 1400 | Jumble Sale - Air Ambulance (Feb) | PH |
| 11 | 1400 | WIK - Crossing the Blue Line | PH |
| 11 | 1930 | Domino Drive | FCH |
| 12 | 1930 | Sedbergh WI AGM & Jacobs Join (21) | PH |
| 13 | 1300 | Medical Centre Closed | MC |
| 13 | 1930 | Sedbergh Parish Council | TBA |
| 18 | | Book Town Takeover (12) | SS |
| 19 | 1000 | NHS App drop in (7) | MC |
| 19 | 1000 | Police Drop In (8) | 72 Main St |
| 19 | 1400 | Wilson Run (Feb) | SS |
| 19 | 1930 | Songs, Strings, Six Sets and Supper | DMH |
| 22 | | Sedbergh School Term Ends (Feb) | SS |
| 22 | 1930 | Town Band Dance Concert (Feb) | PH |
| 25 | 1400 | David Hockney (6) | Tennants |
| 26 | 1930 | Broken Biscuits (Feb) | Westwood B |
| 29 | | Spring Show | PH |
| 31 | | Dent Book Deadline (11) | Dent |

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 |
| 16 | 1000 | NHS App drop in session (7) | MC |
| 19 | | Y.F.C. Afternoon Tea (7) | PH |
| 26 | 1930 | Dentdale Choir Messiah (Sep) | STAD |
| 26 | 1930 | Handel's Messiah | DMH |

MAY 2025

| | | | |
|----|------|---------------------------------------|------------|
| 02 | | 500 Anniversary Gala Weekend | SS |
| 02 | 1400 | Dentdale Head to Foot | DMH |
| 11 | | Christian Aid Week (Feb) | TBA |
| 13 | | WI - Lune Valley Group (23) | Casterton |
| 13 | 1400 | WIK - Resolutions and More | PH |
| 15 | 1300 | Medical Centre Closed | MC |
| 15 | 1930 | Sedbergh Parish Council | PH |
| 17 | | Christian Aid Week (Feb) | TBA |
| 20 | | Singing Slovenia Trip (Feb) | Zrece |
| 27 | | Zrece Twinning 20th Anniversary (Feb) | TBA |
| 29 | 1800 | Killington Sports | Beckside F |
| 30 | | Singing Slovenia Trip (Feb) | 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 |
| 22 | 1830 | Royal Northern Sinfonia | SS |
| 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 (Feb) | SS |
| 22 | 1000 | Western Dales Mission Club | PH |
| 24 | | Metro Bank One Day Cup (Feb) | SS |
| 26 | | Western Dales Mission Club | PH |

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 (Feb) | 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 |

DECEMBER 2025

| | | | |
|----|--|-----------------------------|-----|
| 06 | | Dentdale Head to Foot Lunch | DMH |
| 09 | | WIK - Christmas Lunch | TBA |

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 |
| Cricketer 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 - 015369 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
March 2025*

| | Time | 2nd | 9th | 16th | 23rd | 30th |
|---|------------------|---|---|---|---|--------------------------------|
| St. Andrew's, Sedbergh LA10 5BZ | 8.30am | HC-BCP | HC-BCP | HC-BCP | HC-BCP | HC-BCP |
| | 10.30am | Morning Service | HC | Joint Service with HC | Teatime Church Morning Celebration | Joint Mothering Sunday Service |
| Cornerstone Community Church, Sedbergh LA10 5AF | 10.30am | Connect@ Cornerstone | Morning Service 4pm Messy Church | | Morning Service | |
| St. Mark's, Cautley LA10 5LZ | | | | 9.30am MP HCx | | 2.30pm Taize Service |
| St. John's, Garsdale LA10 | 10am | HC | | SW | | Mothering Sunday Service |
| Garsdale Low Smithy Methodist Chapel LA10 5PF | 2.00pm | | Afternoon Service | | Afternoon Service | |
| All Saints, Killington LA6 2HA | 2.30pm | Afternoon Service | | | | |
| Holy Trinity Howgill LA10 5JD | 9.30am | | HC | | | |
| St. John's Firbank LA10 5EF | 2.30pm | | HC | | | |
| St. Andrew's, Dent LA10 5QL | 10.30am | | HC | | HC | Mothering Sunday Service |
| St. John's, Cowgill LA10 5RJ | 2.30pm | Afternoon Service | | HC | | Mothering Sunday Service |
| Dentdale Methodist Chapel LA10 5QJ | 10.30am | Chapel Anniversary | | Morning Service | | |
| Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN | 10.30am | Meeting for Worship | Meeting for Worship OR Area Meeting Zoom Worship. | Meeting for Worship | Meeting for Worship | Meeting for Worship |
| Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ | 12 noon | Service | Service | Service | Service | Service |
| | 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 meeting for Worship – contact below. | Zoom meeting for Worship – contact below. | Zoom meeting for Worship – contact below. | Zoom meeting for Worship – contact below. | |
| Roman Catholics | 21.00 | | | | Compline Night Prayer | |
| HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer SW- Service of the Word | | | BCP- Book of Common Prayer EP- Evening Prayer | | | |
| Contacts- Brigflatts Meeting House please contact Janet Chetwood 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063 | | | | | | |

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

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

First Responders

**IN EMERGENCIES CONTACT THE
EMERGENCY SERVICES**

The numbers below are for information on
volunteering only

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

POLICE

101 or 999

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

Community Officers

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

DENTAL SURGERY

Main Street 015396 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street

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