

Sedbergh & District

LOOKAROUND

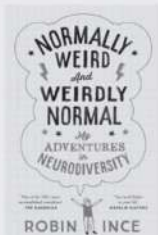
April 2025

Donation £1

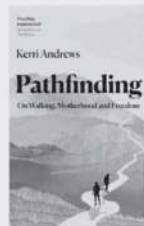
Issue 441

Please try and complete the Sedbergh Bus Survey, a QR code to access it can be found on page 13, or inquire at the Information Centre. The survey will help the Bus User

Group ascertain what we need from a Bus Service in Sedbergh and the ability to negotiate with Westmorland and Furness to provide what we really need. *Ed.*



 WESTWOOD
BOOKS



All welcome to our next events:

Pathfinding: On Walking, Motherhood and Freedom with Kerri Andrews
Thursday 1st May 2025, 7:30pm

Normally Weird and Weirdly Normal: My Adventures in Neurodiversity with Robin Ince
Tuesday 3rd June 2025, 7:30pm

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



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



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>

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Dent Town

Brenda Thexton

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Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 2nd April - St Andrew's
Wed 9th April- St Andrew's
Wed 16th April - St Andrew's
Wed 23th April - Mission Societies
Wed 30th April - Sheepfest

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

- ◇ We will print an advert supplied by you, or design one for you.
- ◇ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer.
- ◇ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◇ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◇ If you buy a year's worth of advertising (11 adverts) we will only charge you for 10.
- ◇ New advertisers buying 3 months or more worth of adverts will get an extra one free.
- ◇ Further details may be found in the Lookaround Information Section.

Advertising Rates

Single Column 2.56" x 2"	=£12.00
Single Column 2.56" x 3"	=£15.00
Single Column 2.56" x 4"	=£18.00
Single Column 2.56" x 5"	=£21.00
Single Column 2.56" x 7.5"	=£30.00
Double Column 5.2" x 2"	=£18.00
Double Column 5.2" x 3"	=£24.00
Double Column 5.2" x 4"	=£30.00
Colour ads inside front cover	
Double Column 5.2" x 4"	=£50.00
Double Column 5.2" x 7.5"	=£100.00
Other	
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

CARNEGIES BOOK TOWN TAKEOVER

Carole Nelson

On 18th March 2025 Sedbergh Booktown and Sedbergh School hosted a live celebration of the announcement of the shortlist for the Carnegie Medals 2025. This is the second year the wonderful writers and illustrators of the winning children's books have trekked up to Sedbergh to entertain and inspire all of the Sedbergh, Dent and Garsdale children. In addition to the children of our parishes many schools from around the region are coming along on the day.

What are The Carnegie Medals?

The Carnegie Medal for Writing is awarded annually to a book for children and young people that

creates an outstanding reading experience through writing. Medal holders include Arthur Ransome, C.S. Lewis, Neil Gaiman, Terry Pratchett, Phillip Pullman, Sally Gardner and Elizabeth Acevedo.

The Carnegie Medal was established in 1936 in memory of the great Scottish-born philanthropist, Andrew Carnegie (1835-1919). Carnegie was a self-made industrialist who made his fortune in steel in the USA. His experience of using a library as a child led him to resolve that "if ever wealth came to me that it should be used to establish free libraries." Carnegie set up more than 2800 libraries across the English-speaking world and, by the time of his death, over half the library authorities in Great Britain had

Sedbergh Information Centre & Howgills Bookshop



We offer

A range of gifts for adults and children including
Sedbergh Soap & Kate's Jewellery
Books, walking guides and maps
Cards and locally made goods

We also offer photocopying services and stamps

Open daily 10am -4pm



STOP PRESS!! We will be trialling the sale of Newspapers during the month of April. Come into the shop and see what is available.

Carnegie libraries. First awarded to Arthur Ransome for Pigeon Post, the winner receives a golden medal and the £5,000 Colin Mears Award. Colin Mears, a Worthing based accountant and children's book collector, left a bequest providing every winner with a cash award.

The Carnegie Medal for Illustration

The Carnegie Medal for Illustration is the only prize in the UK to solely reward outstanding illustration in a children's book; it is awarded annually to a children's book illustrator whose artwork creates an outstanding reading experience.

This year in addition to the Medal Celebrations we are awarding the Prizes for Sedbergh Booktown's first annual writing competition. There were 3 classes, junior and senior students and adults. The theme of the competition was An Extraordinary Journey. Westwood Books from Sedbergh has kindly offered to fund the prizes (thank you so much!) and The Lookaround parish magazine will be printing the winning stories for you all to read one per month.

The next writing competition will be announced at the end of August.

LOOKAROUND FINANCES

Myles Ripley

As we mentioned in the editorial in the February issue our finances are steadily shrinking and unless something changes we will have to cease publication, potentially by the end of this year. Although present advertisers report good response to their adverts, the number of advertisers are falling which means that our main source of income is declining.

We don't want to have to close down Lookaround and suspect that many of you don't want us to either. We have explored gaining charitable status which would have allowed us to access grants and "Gift Aid" but the Charity commissioners decided that we couldn't be classified as a charity. We are actively engaged in trying to reduce printing costs which may result in a lower quality of paper and reproduction.

Essentially we need more advertisers and/or we need to raise the donation price of the magazine. £1 has been the cover price for many years and is a convenient sum of money for people to "pop in the box". We have discussed raising the price to £2 or £1.50 though we worry that that may put people off "donating".

If you are a business we ask you to consider regular advertising in the magazine. If you are a reader we ask for your feedback on the possibility of raising the cover price.

We have our AGM on Tuesday 22nd April at 6.30pm in the Rawthey Room above the TIC. Please do come along with your bright ideas to solve our problem.

Stephenson & Wilson
15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted



Paul Stephenson
015396 21557
07810 595543

Tom Wilson
015396 20954
07790 946578

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

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 SIGHT ADVICE GROUP

Keith Birbeck

Members of the South Lakes
Sedbergh Sight Advice group met on
Tues 04 Mar in the People's Hall for
the monthly meeting. Following a
review of recent guidance and
notifications regarding sight
degradation or loss, we were treated
to a very interesting and humorous
talk from Dilys Evans, one of our
members. Dilys recounted her time
teaching English language and Art in
Kenya over a 2-year period 1979 -
1980 as a member of Voluntary
Services Overseas (VSO). Drawing
from her own recollections and letters
that she wrote to her mother, she
remembers her excitement when she
anticipated the adventures that
awaited; she was not disappointed.

Jenny Lyon, Cycling Instructor



- Tuition for safe, calm, confident cycling
- One to one or small groups
- All ages and cycling abilities welcome!

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Warmly welcomed by students and
staff on her arrival at the Educational
Training College in Assumbi, near
Lake Victoria, she immersed herself
in college life and the wider
community and culture. Memorable
recollections include inheriting a
house dog, the willingness of
students to learn, and accepting that
local insects and snakes may visit
your house or garden uninvited.
Delivered with enthusiasm and
emotion, this talk was a wonderful
insight into the life and experiences
of a young women working in Africa
some 60 years ago. Members warmly
thanked Dilys. At our next meeting on
Tues 01 April we hope to welcome
Linda Beverstock from South Lakes
Sight Advice who'll talk about the
history of sight correction. The group
welcomes new members from the
Sedbergh community, if interested
call Keith Birbeck 07557 871961 or
Susan Harper 015396 206613.

SEDBERGH ONLINE DISCUSSION SOCIETY

Alan Charlton

“SODS”, or the ‘Sedbergh Online Discussion Society’, is a recently formed group of like-minded men, who get together for a pint, or other social activities, from time to time to discuss, and potentially do ... anything. We have created the group using WhatsApp to organise meetings and events and to act as something like a social club for men. So far, we have had several meals, met for a quick pint, watched football, movies and had a Christmas ‘do’. We are a small group, but it has been a great success.

We are completely open to new ideas and want to create a social circle in which men can call upon other like-minded souls to socialise. We are considering focusing on watching films, sporting events or even a book club but, above all, events that are enjoyable for everyone. We would like to expand and if you are interested, please contact Alan (ac@coatekinternational.com or 07771 596755) or Paul (shepardpaul61@gmail.com or 07802 766810). There are no rules, and our next meeting would probably be in a local pub for a chat to swap ideas, answer any questions and to see if it is for you. We look forward to your first contact.



SAVING LOOKAROUND

Ellen Morrison

Seventeen years ago, Lookaround was instrumental in our decision to move to Sedbergh when we were handed a back copy in the Tourist information centre. We got a picture of a vibrant welcoming community that we've never regretted joining.

Lookaround is a valuable resource for locals and visitors alike. We can refer to it for information on bus timetables, shop opening times, events, activities, organisations and their contact details etc, etc. It's a mine of useful information as well as a platform for us to tell our stories, express our thoughts and share our memories and experiences. All this is available to us every month for a donation of £1, local social media at its best!

But the question is do we want it to continue?

The inevitable rise in printing and other production costs alongside reducing revenues from advertising and donations is taking its toll financially so that Lookaround will not exist next year unless two things happen.

1) More local businesses promote their services to the local people who want to support them by taking regular advertising in Lookaround.

2) Regular readers make sure to pay at least the requested £1 for their copy and maybe give a bit extra.

Remember you can have your copy posted to you for an annual subscription of £30.

The team of Lookaround volunteers really want it to continue and hope you do too.

CHRISTIAN AID

*Revd Anne Pitt
Christian Aid Committee*

First of all, many thanks for all the support for our Coffee Morning on Ash Wednesday, 5th March. After the room hire was paid, a grand total of £181.20 was sent off to Christian Aid to support its work in the neediest parts of the world. This includes the area in Eastern Democratic Republic of Congo where I worked with the Congolese Anglican Church in the Diocese of Bukavu, which was then the size of France, in the last years of the regime of the dictator Mobutu, when the country was called Zaire. Initially we lived in Bukavu city but mainly in Kiwanja, Rutshuru, which is 50 miles north of Goma on the main road going north, but as our work was as Directors of the Diocesan Bible schools we travelled on occasions to visit the ones we could reach. This included Bangwe on the shores of Lake Tanganyika, which is south of Uvira, a place currently in the news as I write, as many Congolese people are fleeing south and trying to cross the border into Burundi to escape from the invasive rebel forces sweeping down the country leaving devastation in their

wake. Many of those refugees are attempting to cross a 300 metre wide river which is up to 10 metres deep and so a good number fail to reach safety and are swept away. I am sure we won't hear much about their situation as they have few to maintain their voice but it is for people like them that Christian Aid and other Aid organisations endeavour to alleviate suffering and build a future.

Christian Aid Week takes place next month from 11th to 17th May. There will be various activities including delivery of Gift envelopes to as many houses we can get them to, which can be returned to various collecting points, mainly our churches, but further details will be in the May Lookaround. Also, there will be a Coffee Morning on Wednesday 14th May in St Andrew's Church Sedbergh. Do take a look at the Christian Aid website which gives lots of information about its current work, campaigns and appeals. If you haven't been involved locally but would like to help with events or activities or do a bit of fundraising then come along to the coffee morning or get in touch through the local churches, as extra help is always appreciated.



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



**Sedbergh
Grief Share**
07498 870267

*For anyone
struggling
with bereavement*

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

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

SEDBERGH ENVIRONMENTAL MARKET

Michelle Hartley

In late October we had our eighth eco market which was another great success with lots of wonderful environmental stalls; some were familiar faces but also lots of new ones. The one and only information stall at the market was the fantastic Kendal Beekeepers Association, who were there to promote beekeeping in the local area along with information on protecting pollinators against invasive species. One invasive species in particular is the Asian Hornet which has entered southern Britain and is heading north. To help, people can download the app 'Asian Hornet Watch' to report sightings of the insects and help stop their movement. Another bee-based business was Bee More Eco, who brought a range of reusable fabric products with an emphasis on beeswax wraps which were sold in a variety of sizes and a fantastic and fun range of patterns. They also had other upcycled fabric items, including innovative playing card holders made from old CDs.

Continuing the fabric theme was Ali Sharman, a handweaver who brought her wool products beautifully woven using fleece from local farms. As a member of Fibreshed, Ali's ethos is to promote the production of clothing using natural resources from defined regions and regenerative farming practices. There was also Binkyboo Crafting, which is a registered vegan business that recycles, repurposes and reuses materials. Their main craft is macrame hangings made

from broken-down textiles embellished with other repurposed decorations and all in a fabulous array of colours.

Wonderful scents filled the air due to a few of our stall holders. Heather Anne Home Fragrances brought a range of vegetable wax candles with wood wicks (for a cleaner burn) and lovely smelling diffuser oils. The scents were varied from nature based, such as Cedar Woodlands, Atlantic Air and Midnight Musk, to the unusual, including La Vie Est Belle and Katherine Parr. The products brought by Autumn Blossoms were made from plants grown on an organic permaculture farm. A distillation process produces the oil for some products and hydrosol for hand and body wash. Hydrosol is a water-based byproduct often considered waste. Numerous plants go into the products, some familiar like sage, lavender and ylang ylang and other less common ones, including mugwort, silver fir, black spruce and the much maligned nettle. Free hand washes were offered on the day by Qi Essence. Their hand wash is 100% natural and the majority of the ingredients are also certified organic. Their eco ethos extends to all aspects of their packaging with glass and bamboo bottles and environmentally-friendly labels, inks and adhesives.

Artworks were on display from a few stall holders. The creations of Art Mart are fantastic seaside townscapes and buildings. Created on driftwood bases collected from nearby beaches, the houses are made from wood offcuts and details

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EST. 1996

Supply and installation of locally manufactured Garage doors, Industrial roller shutters, Security gates and Steel personnel doors. We also carry out repairs and same day call outs.

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info@keldriggshutters.co.uk

We have been serving the South Lakes and surrounding areas since 1996.



from leather scraps, both coming from local carpenter and upholsterer businesses. The paint used is from leftover donations. The art and jewellery by Shoreline Designs are made from sea glass and pottery from the beaches of Morecambe Bay. The amazing art designs are made from intricately arranged pieces to form images of animals and scenes. The jewellery is one-of-a-kind, as no piece of sea glass is like any other. VE Jewellery and Crafts use a variety of materials to create interesting and unusual jewellery and objects. Parts of broken jewellery are reused to make new necklaces or earrings, including beads of glass, wood and clay as well as coconut shell. Other

items are created from a 'plastic' material, a biodegradable polylactic acid, using a 3D printing machine to make moveable toys. Another type of artist was Blossomist of the Lakes, who creates beautiful floral arrangements for both home decoration and personal adornment. The artist uses British grown flowers, locally foraged plants and items from her family's gardens, and she is also working towards growing some of her own. All her arrangements use eco products; in particular agra wool, a biodegradable and sustainable floral foam made from basalt and a sucrose binder.

Food and drink were also being sold for both human and canine

Barbon and District
North West Cancer Research Committee

DAFFODIL DAY

Whelprigg House Barbon LA6 2LF

By kind permission of Mr Henry Boating

Come and pick the amazing varieties

See the fantastic views

Saturday 12th April

1.30 to 4.30 pm

Tombola, Water or Wine? Home made cakes,

New and Vintage stalls, Big raffle.

Entry £5 with tea and biscuits. Children Free



consumption. The company Poppys Natural Dog Treats is named after the adorable dog 'Poppy' who is also the chief taste tester. With the idea of 'from nose to tail' as the basis of the business, the company sells a variety of unusual, dried meat off-cuts, including ears, skin and tails. There were also vegan treat options available, made from apple, pumpkin, sweet potato or seaweed. While Pennington Spirits was established many years ago, the company has recently installed 72 solar panels to run all of the equipment and stills. Ingredients come from local companies or are foraged and all drinks are vegan, now including an organic vodka. The company's gins come in a variety of flavours including Kendal Mint Cake, Bakewell, Snowfell, and Bedrock Pink. Once again, The Zero Pantry came along from Kirkby Lonsdale to remind us of the wonderful eco products sold in

their plastic-free shop. They brought a large selection of eco household products and a wide array of pre-packaged meals using ingredients from their store.

If you were unable to come to this market, keep an eye out for future events, or if you would like to get involved in the next market or the Sedbergh Environmental Network contact us at sedberghecomarket@greencobweb.co.uk. If you would like more information or the contact details for the stalls, please get in touch. There are so many ways to help the environment, please visit our Facebook page for information, tips, and to learn about other eco events nearby!

POLICE REPORT

Mandy Coleman PCSO

Cold callers were reported in the area. 1 person was arrested for attempting to sell without a pedlar's licence.

Drink driving has been reported to us in the area of Cowgill, this area is being monitored.

Sheep worrying was reported in Sedbergh, this resulted in the death of the sheep. Dogs chasing or attacking sheep can cause a great deal of stress, miscarriages, horrific injuries or even death. Dogs caught worrying sheep can be shot, those in control or ownership of the dog can be prosecuted, and the courts have the power to impose a destruction order on your dog.

**Keep Your Dog on a Lead
Around Sheep!!**

INFORMATION CENTRE NEWS

Ed Welti

With the closure of the Post Office the Information Centre will be supplying newspapers and magazines and for people living further away from Spar. This is for a trial month only so please buy your papers from them if you live at that end of town. Go into the shop and ask what is available and what the options are.

With the withdrawal of the 563 Bus Service a Bus Users Group is being established. If you think a good bus service is a necessity please fill in the survey which can be accessed using the QR Code below.

Sedbergh Bus Survey



HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

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

Exhibition Fund:

For under 25-year-olds for help with educational or training needs. To apply for help from, or should you

wish to make a donation to, the Charities then please contact:

Tony Reed Screen
(a865@btinternet.com or 015396 21081)

or John Sykes
(jmsykes100@gmail.com or 07786 384 917).

Any application will be treated in confidence.

Sedbergh United Charities and Widow's Hospital - Registered Charity No. 231058

BOOK TOWN BOOK 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. 'Thou wast not born for death, immortal Bird!' Who is addressing which bird?

2. Jim Grant is the real name of which best-selling author?

3. What is the nickname of Jean Louise Finch in a famous novel published in 1960?

4. Bernard Berenson, Anthony Blunt and Roger Fry all wrote in which subject area?

5. Guy Mannering, The Bride of Lammermoor, Quentin Durward, Redgauntlet and The Fair Maid of Perth are novels by whom?

6. Who wrote the 1991 book An Evil Cradling, an account of his experiences as a hostage in Lebanon?

7. Dorothy L Sayers said that the detective who featured in eleven of

her novels was a mixture of Fred Astaire and Bertie Wooster. What was his name?

8. Which Shakespearean character, whose name is that of a type of weapon, appears in Henry IV part 2, The Merry Wives of Windsor, and Henry V? In the first two he is one of Falstaff's cronies, and in the last he marries Mistress Quickly.

9. In 1917 Wilfred Owen was sent to Craiglockhart Hospital in Edinburgh after being severely traumatised in France. While there he was given much valuable advice about his poetry by another patient. Who was that?

10. 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?

11. He was a British explorer whose best-known books are Arabian Sands (1959) and The March Arabs (1964). Other works include The Last Nomad, My Kenya Days and Among the Mountains: Travels Through Asia. Who was he?

12. Mr Samuel Gruber, the owner of an antique shop in London's Portobello Road, takes his elevenses most days with a friend he calls 'Mr Brown'. Who is that friend?



We are currently looking for additional staff to join our team:

Catering Assistants

Information regarding this role, and our other vacancies, can be found on our website:

www.sedberghschool.org/vacancies

To apply, email hadmin@sedberghschool.org or pop along to HR at The Bursary, Malim Lodge, Loftus Hill, Sedbergh

LIZZI'S COLUMN

Lizzi Collinge MP

Last month, I contacted the Post Office in response to concerns from residents about the potential loss of outreach services when the post office relocates to the SPAR shop in the village. I expressed my worries for the villages of Dent, Endmoor and Barbon, which currently rely on these outreach services for essential access to postal services in rural areas. Loss of these services would have caused significant inconvenience and uncertainty for the people living in the local communities.

Following my letter, I'm happy to report that the Post Office has confirmed that Endmoor and Dent will now be served by Appleby Outreach Services. Unfortunately, the outreach service for Barbon has not yet been reassigned to another post office. This service will be closing on Monday, 24 March 2025. I will continue to support Barbon residents and engage with the Post Office team to explore possible solutions. I want to thank local councillors Ian Mitchell and Hazel Hodgson for their support on this issue, and for co-signing the letter to the Post Office.

I continue to work on other local and individual issues through my casework channels.

Recently I have been emailed due to concerns around the motorbikes on the Sedbergh to Hawes route, which are both a nuisance and a significant safety hazard. I have contacted local police and hope to have a productive meeting soon to

look at ways forward to ensure the safety of road users.

Bus services in Sedbergh continue to be high on my agenda, specifically the 563 bus. I am pleased to see that a Bus Users' group has been set up and the inaugural meeting will take place soon. This group will be a great advocate for bus services in the town.

Other issues I am working on in Sedbergh include rural internet connectivity, public realm concerns and housing.

For the past few months, I have focused this column on very local issues, so I thought it would be good to give you an update from Westminster this month. Recently, two major bills have passed stages in Parliament, these being the Crime and Policing Bill and the Employment Rights Bill.

The Crime and Policing Bill is unfortunately much-needed to tackle crime and anti-social behaviour. The Bill introduces Respect Orders to crack down on repeat offenders of antisocial behaviour and also gives the police new powers of entry when an owner has remotely tracked a stolen phone, so police can move


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at 1pm on the following afternoons:-
2025*

Thurs 3rd April
Thurs 15th May
Weds 11th June



fast and take it back. The Bill also ends the Conservatives' ludicrous £200 threshold on shoplifting, which has left so much shop theft ignored. This will make a real change to our streets.

The Employment Rights Bill is also a landmark piece of legislation that ends exploitative zero hours contracts and fire and rehire practices, establishes day one rights for paternity, parental and bereavement leave for millions of workers, and strengthens statutory sick pay. The bill is also beneficial for employers, as it helps to keep people in work, reduces recruitment costs for employers by increasing staff retention and levels the playing field on enforcement.

As I hope you can see, I continue to work hard on the issues that matter most to our communities, from securing vital services like outreach post offices to tackling local concerns such as road safety and bus services, while also championing important legislative changes in Westminster.

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.



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SEDBERGH PARISH COUNCIL

Janey Hassam, Parish Clerk

The Council held its meeting at 7.30pm on Thursday 13 March 2025. The next meeting scheduled is the normal monthly meeting of the Parish Council, commencing from 7.30pm on Thursday 10 April 2025 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

*****Advance notice: Annual Meeting of the Parish - 7.00pm on Thursday 15 May 2025*****

Sedbergh in Bloom

Sedbergh Parish Council received a presentation from Sedbergh in Bloom, where it was advised that current membership would be winding up at the end of this season.

This follows an outstanding period of 30 years of volunteering in the community, with the current secretary being a part of the group since day one, and other Members that had done over 10+ years. Members expressed their sincerest thanks to all those that had contributed to the group over the years, highlighting what a credit they (and the plants/flowers) have been for the town during all that time. Members of the Council would like to take this opportunity to invite anyone interested in volunteering to maintain the flower beds, to please get in touch, as the community begin to formulate how to continue to maintain the work undertaken by Sedbergh in Bloom over many, many, years.

Westmorland and Furness Community Governance Reviews

Members noted the various consultations around the Local Government Boundary Commission Review and the Electoral Review and encourage all residents to have their say on the consultations – with links available from the Westmorland and Furness Council website.

Other matters

Members discussed their ongoing projects including the play area/ parking at Howgill Lane, New Bridge lay-by proposal and improvements to the doors at the public toilets on Main Street. Various other matters were also discussed: Planning, Finance, Amenities, and general correspondence. This included notice

of the Bus Action Group meeting planned later in March, the poor state of Sedbergh Main Street (most of the concern being around surfaces, general appearance and

the former Udale premises) and, finally, hopes by a theatre group to host an event at Queen's Garden in October.

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: www.sedberghparishcouncil.org.uk



AMERICA

Martin Dodds

I have been to America several times in the last 60-odd years, visiting, touring and travelling. I spent some time living about 300 miles off the mainland coast too. Altogether, this probably adds up to spending roughly three and a half years 'across the pond'. But of that total, I have spent less than 48 hours in the USA.

The name America is not native to the lands over there. It comes from the name of an early European traveller and writer called Amerigo Vespucci. I think it was first used to refer to the land explored along the coast of NE South America, stretching from what is now Brazil to Venezuela. Amerigo is still used as a personal name in Spanish speaking countries.

'The Americas' are now recognised as consisting of the two continents of North and South America and the Caribbean. The citizens of Chile, Cuba and Canada are just as much 'Americans' as those of the USA. Unfortunately, we and much of the rest of the world, have got into the bad habit of equating 'America' with the USA.

This is potentially irritating and rather demeaning to Canadians, Latin Americans and the people of the Caribbean, who vigorously maintain their individual identities as being quite separate and different from the USA [which is I believe, not as large as Canada, and not much larger than Brazil].

The sloppy use of 'America' by politicians, the media and ourselves, as though it refers only to USA,

merely aggravates this confusion and misunderstanding.

Some USA politicians, from Monroe onwards, have appeared to think that the whole of both continents should be seen as part of the 'natural' sphere of influence of the USA, and that other American countries should kow-tow accordingly. Some today give the impression that the rest of the world should also kow-tow to the USA.

Well, who really 'discovered' America? Centuries before Columbus, Vikings seem to have settled in Greenland and reached the NE coast of the mainland. Perhaps before that, the legends of St Brendan may suggest an Irish visit. But none of these really count at all. It seems most likely that the first people to 'find', and settle the two continents were from NE Asia, not just hundreds, but thousands of years earlier. There may also have been a movement from Polynesia, long before the 'European' irruption.

Significant elements in the history of America since it was 'discovered' by Columbus in 1492 [who did not have any idea of what he had in fact stumbled across], have been a disgrace not only to the reputation of the historical colonial powers, but also to many of the successor governments in the Americas.

I regret to say, the attitudes of many of the 'pioneers' who 'opened up' the countries were also a disgrace as they displaced, disrupted and largely replaced the 'heathen savages' [first nations] with western 'civilisation'. If other methods failed, ethnic cleansing, deliberate deculturalisation, 'war' and straight

forward massacre were considered appropriate.

The mass kidnapping or cynical 'purchase' followed by forced transfer of millions of Africans for slave labour was of a piece with this mentality.

Not that 'America' is a unique case of the perpetration of disgraceful history. Similar behaviours and attitudes accompanied European colonialism across the world. It has to be said as well, that disgraceful contributions to history are not limited to places with a European colonial heritage.

What seems to be a common if complex thread in this kind of cruelty and exploitation is a mixture of ignorance, greed, fear and arrogance on the part of a group or nation which also has the power to coerce and intimidate others.

Today, it seems the Government of the USA has overtly joined the ranks of the arrogant, selfish, inconsiderate political and commercial international bullies for whom principle has no value unless it supports their particular interests.

The territorial ambitions so far propounded on behalf of the USA by the current administration seem to extend to Canada, Panama, Greenland and Gaza, and at least at second hand to the Chagos islands as well. The rights and wishes of the sovereign territories or people most directly affected by these suggestions appear to be considered of no account.

[Incidentally, as a fellow Commonwealth nation, should Britain not have already expressed its unwavering support for the territorial

integrity and autonomous sovereignty of Canada? As a fellow member of the UN with Denmark, should we not also have already spoken out in support of the rights of the people of Greenland themselves to decide matters of sovereignty affecting their homeland?]

We have seen Mr Putin invade Ukraine with lying, disdainful disregard for these principles. If the USA apparently now accepts that national interest and national pride 'Trumps' all other considerations, then it is hardly surprising if the USA connives to help another bully-boy power squash a weaker if proud and plucky independent neighbour. The first of several, perhaps? To state the apparently obvious, if Putin's

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aggression wins benefits for Russia at the expense of Ukraine with the connivance of the USA, the door will surely be opened for open season for powerful tyrants elsewhere?

It is becoming clearer each day that the US government apparently despises the sense of identity and rights of self-determination of any people or territory which happens to have some potential strategic or material interest for the USA and its current government's view of the world.

What a glorious example of the principles to which the 'Land of the Free' has now apparently sunk.

Furthermore, it looks to me as though the current USA government, as well as these tendencies, has effectively declared war on the global environment; and also turned its back on the victims of unjustly created unfairness and disadvantage across the world.

Remember that famous poem,;-

"Give me your tired, your poor,

Your huddled masses yearning to breathe free,

The wretched refuse of your teeming shore.

Send these, the homeless, tempest-tost to me']

Perhaps there should be a copy of those words included in the training of everyone in the USA immigration service, and set in stone in the wall opposite the president's desk at the White House.

And do we, the British nation still hold to the notion of a 'Special relationship'? Is this apparently rather one-sided relationship, so important to our material national prosperity, that it should also take precedence

over our sense of honour, justice, loyalty and human dignity?

It is likely that in this piece, some of my personal biases and prejudices may have become apparent. So before I finish, let me say two things. First, I know there have been and still are millions of excellent citizens in the USA, some of whom I respect highly. Second, many of the comments I have made here probably apply in one way and another also to other places and people, including to UK, and to me. The events in the USA just seem so stark that they jolt our complacency.

Finally, if Trump, Putin and other similarly autocratically minded and unjustly behaving leaders represent the best reality for the USA and the rest of the world, then I prefer to be unrealistic. Let us hope, speak, write, act and pray for something better, and for world leaders whose values, attitudes and actions are worth respecting.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School returned on 17th February after half term to start the summer timetable, that is to say games after school instead of the other way round.

Just before half term the School held its annual Pathways fair providing an opportunity for pupils in years 11 and 12 to explore their futures and engaging with over 30 exhibitors.

Year 13 Agricultural pupils finished renovating the greenhouse at the Prep as part of their coursework.

Marcus Iddon, World Champion Trap Shooter, gave the latest Inspire lecture telling many amusing stories and his various adventures as a world champion.

During half term sixth form pupils visited New York getting a chance to see the apartments and neighbourhoods in which so many of the great American writers of the 20th century lived and wrote, and visiting the MET, the Whitney Museum of American Art, the Museum of Modern Art, and the Guggenheim.

Another of the History of Sedbergh School in 50 Objects deals with the first Sedberghian Magazine and its subsequent history. And the previous "object" discussed was the history of School House which was the first of the purpose built Houses and for many years had the Headmaster as Housemaster. And the latest is about Sedgwick House, the second purpose built house named after Adam Sedgwick, and of which Bernard Wilson was Housemaster for almost thirty years. Three of the four VCs were in Sedgwick.

The Prep School choir sang the anthem in the upper School chapel on 23rd February and Years 3 and 4 made an expedition to Manchester which include a Halle concert.

To celebrate the 500 year anniversary the giant poppies created originally for the 2019 Remembrance Day have been painted gold, apart from two which remain red in remembrance of Hart House's Charlie York and Hugh Symonds, and the Powell House's poppy in remembrance of Kyle Joyeau a master who died earlier this year.

Work is at last beginning on the Technical building on the old car park in front the main School building. to their er

Target Shooting

The School's team of three took part in the finals of the British Shooting Schools' National Air Rifle Final and succssfully defended their title won last year. The Prep school shooters very much enjoyed their visit to Bisley

Swimming

The School had 23 swimmers representing Sedbergh in this swim meet in 2 age groups: U18's and U15's at Bradford Grammar School. There were some outstanding performances in both relays and individual events. The boys were first

in both age groups in the freestyle and medley relays with Adam and Alex doing a phenomenal legs. The girls came 2nd in their medley relays. The mixed gender medley team were also victorious. They came 2nd overall.

Hockey

The Boys' U18A won against QEGS Wakefield 4-3 in a National Plate game. The Girls' U18A lost 5-1 to Repton School. The Boys won 4-1 against King Edward's. The boys lost to Carlisle 2-3 playing one player down

Running

Yr 11 pupil Hugo won a bronze at the English Athletics Age Group Indoor Championships, cutting just

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over a second off his own personal best.

The Qualifiers for the Wilson Run began on Wednesday 19th February. As well as qualifying on the runs each pupil has to be passed medically fit to run and be over sixteen.

The Inter-House Ten Mile relay was won by School House

The Prep brought home two individual medalists and two team prizes from the National Prep School Cross Country Championships at Malvern College

Equestrian

Sam, William and Harry from the Prep represented the School at the Schools National Grass Roots qualifier at Carlisle during half term and won the 40cm and 50cm team competitions, qualifying for Hickstead in August. The senior team also qualified for Hickstead in the 80cm and 90cm.

Cricket

The cricketers played Burneside and Sedgwick in the Indoor League and won both games

Swimming

A mixed team including the Prep swam against Durham Cathedral School and won overall

318-250 points. The Prep did well at the IAPS Regional Qualifiers at Repton but the overall result depends on similar events elsewhere in the country. The U18 team went down to London for their first ever invitation to the Bath and Otter competition with 90 other schools

Music

The Prep Choir sang the anthem in the Matins service in the upper

School chapel on Sunday 23rd February

The School chapel choir sang in the National Choir Competition and were awarded runner up in the Pop category

Netball

Lower Sixth pupil Annie has been named for the U17 England squad

The School played Queen Ethelburga's and won 39-35 but lost to St Peter's York 41-29

Rugby

Archie, Will and Fergus have been selected for the England U18 squad

The U15s lost the final of Durham Sevens due to a last minute try. The U14s were runners up in the St Peters York tournament. The U18s lost in the quarter final at Ampleforth while the U15s won the cup. The U16s won the cup at the Warwick Sevens as did the U14s. The U18 won again at Worcester.

Future Events

Summer Term begins 23rd April
Gala weekend and exeat 2-5th May

Celebratory Chapel Service 4 pm
3rd May

Sports Day 9 am 3rd May
Cricket: Old Sedberghians v the School 11 am 4th May

Evening with Lord Botham OBE
9th May 7.30 pm

Half Term 23rd May to 1st June
Summer Solstice Stride 21st June
Torchlight Procession up Winder
10pm 21st June

Speech Day and end of term 28th June

Leavers' Ball 28th June
Lancashire v Northamptonshire
One Day Cup 11am 5th August

JOURNEY FOR PEACE

Georgina Chapman

This story won the student category in the recent Booktown story competition.

The sounds of battle echoed around me. The war had engraved a deep scar in my soul. The people I had befriended and then watched die, the leaders losing hope and courage, and the sadness in the enemy's eyes as my bullet found its place carved deep in their chest. The trenches had become our home. Somehow I felt ashamed to admit that because I would have never thought that of this place when I first arrived. How could somewhere that holds irreparable evil replace my loving home?

My brother James had fallen a week ago. It was an enemy's sharp lead bullet that stole his life. His brave charge across the battlefields

to rescue a body. His death was a wound that would never heal.

The orders came in fast. We ordered to move from our spot in Belgium to a new base in France. This journey would be hard on all of us. Whatever our differences with each other today was different. We had a sense of community and brotherhood; we were all in this together. With our heads held high and heavy packs to boot, we set off.

The journey was hard with unforgiving weather. The rain was unyielding, changing the ground into a muddy bath that clung to our boots, the harsh wind hit our already torn faces at high speeds. Muddy and exhausted, we pushed on guided by a dim light from the ruins of Europe. It was not just the physical journey that weighed on us, but the emotional journey of the loss of beloved friends and moreover the cruelty that the war had brought to every end of the globe.



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Each village we passed revealed the scars of conflict. Buildings stood like skeletons, showing the leftovers of once-thriving communities. Fields lay in ruin, with shell craters and barbed wire. Despite the destruction, there were moments of unexpected beauty. A single poppy that lay amongst the devastation or the children playing among the ruins, brought brief glimpses of hope.

Along the way we shared stories sang songs and told memories that bonded us closer. In those moments James's spirit seemed to march amongst side us. These thoughts fuelled my determination to survive this war.

Our treacherous route took us through dense forests, far from the constant thunder of the guns. It felt like we had stepped into another world that had been untouched by the horrors of war. But reality always brought me back as the rumble of explosions could be heard intermittently. I couldn't help but think as we arrived at our new position in France, how much the war had taken from me.

The next day we dug in and prepared for the next phase of battle. The work was laborious, but it left little time for grief. James' sacrifice though tragedy, gave me the strength. I vowed to carry on. Strung together by loss and duty I carried on for the idea of peace that my brother had longed for. This extraordinary journey has brought me here to serve my nation with honour and the memory of a brother who had given his all to this cruel war.



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APRIL FOOLS DAY ANIMALS

Myles Ripley via PETA

9 Animals Who Are Better at April Fools' Day Than You

Anyone who has spent any time on YouTube knows that animals love a good prank, too. Here are 9 practical jokers whose pranks are really the bee's knees:

1/ When thieves in St. Helena Parish, Louisiana, hid a bag of stolen money in a creek, the resident beavers helped themselves to their

share. Officers found hundreds of dollars in cash woven into a dam of tree branches. Police collected the money and arrested the crooks. The beavers' response? "Dam!"

2/ A herd of elephants gave rangers at the Thula Thula wildlife reserve in Empangeni, South Africa, a run for their money. The rangers were studying six antelopes they had captured and put into a gated field when a herd of elephants who were passing by unhinged the latch, opened the gate, and watched as the freed antelopes bolted and the rangers stared in disbelief.

3/ In a video posted on YouTube, one theatrical golden retriever thinks he has the perfect reason why he can't leave the dog park: He's dead. No matter what the dog's guardian tries, the pup gives a convincing performance that he is deceased, so he obviously can't leave. The dog's acting chops are Oscar-worthy until his guardian breaks out a trick of his own: "The Stick."

4/ Shiny black African birds called fork-tailed drongos have figured out how to steal meerkats' food by lying to them. Meerkats rely on birds' alarm calls to alert them to predators approaching. So when a meerkat has a particularly yummy-looking piece of food, drongos might sound the alarm to send the meerkats scurrying and then steal the meal. How do they keep from getting caught? Drongos only cry wolf on occasion, and they mimic other birds' alarm calls so that they don't get blamed.

5/ Scientists have discovered the spider equivalent of Michelangelo in the Peruvian Amazon. A recently

discovered species of spider can sculpt a shockingly life-like decoy of herself out of debris. Maybe that's her way of making her parents think she's home when she wants to sneak out of the web?

6/ Workers at the Chengdu Research Base of Giant Panda Breeding in China are scratching their heads over one panda's "phantom pregnancy." The center went on baby watch after Ai Hin started showing the typical behavior of pregnant mothers. She was moved into an air-conditioned room and given extra food and treats, including fruit. But within two months, the pregnancy signs had disappeared, leading workers to think she faked the pregnancy to get the amenities.

7/ Residents of Charleston, West Virginia, have been victims of a string of robberies, and the perps keep flying the coop. Crows have been stealing people's windshield wiper blades, apparently because the soft rubber is fun to play with.

8/ It's not just kidnappers in action movies who want to disguise their voices—like by holding a handkerchief over the phone. Orangutans in Borneo who are trying to mislead predators will hold leaves over their mouths to disguise their voices, too.

9/ Are you a male fish who has a lot of male friends who are guppies? It's not because you're so charismatic. Male guppies hang out with fish they think are unattractive so that they can get all the female fish.

Happy April Fools' Day from animals who are clearly nobody's fools.

WESTWOOD BOOKS April Update

Heather & Paul

Our first update for the Lookaround, to keep local people informed about what's happening at Westwood Books. We hope it's helpful.

Story Time – First Sunday of the month, 10:30am at the bookshop

This short morning session is a chance for younger children and their families to enter a bookish space and simply enjoy listening to some stories. Whilst it is mostly aimed at younger children, all primary school aged children are welcome. The session is completely free to attend, and we do ask that parents/guardians stay with us for the duration of the

event. Our next session is on Sunday 6th April.

Book Club – Second Wednesday of the month, 7pm at the bookshop

Wednesday the 12th March saw our third book club meeting. We discussed the *Anxious Generation* by Jonathan Haidt. Overall, the book club rated this book a 6/10 and our members had a wide range of views and opinions that led to some great discussion.

Our next meeting is on Wednesday 9th April and we will be discussing *Caledonian Road* by Andrew O'Hagan.

In May we will be meeting on Wednesday 14th and discussing *The Wall* by Marlen Haushofer. Copies of



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both books are available to buy in the shop and on our website.

We'd love to see new members if you're keen to join. Just get in touch and we can add you to the list. You don't have to come every month. If we're reading a book that you like the sound of, please do just drop in for that month. Our book club is free to attend and there's a free hot drink when you arrive. Book club members also get 10% discount off that month's book if you buy it from us.

**Kerri Andrews – Pathfinding
Thursday 1st May, 7:30pm**

Kerri Andrews is coming to Westwood Books to talk about her latest book, Pathfinding: On Walking, Motherhood & Freedom. "From the author of Wanderers, comes an

urgent exploration of what it means to rediscover ourselves through the land we walk and the people we walk alongside. In the wake of the complete metamorphosis of becoming a mother, Kerri Andrews determines to undertake a series of journeys on foot to understand what has happened to her. Alongside a backpack full of supplies, Kerri carries with her the shadow of post-natal depression and the idea that maybe the hills are no longer for those, like her, who bear the mental and physical scars of childbearing and childrearing. Yet, what she soon discovers are tales of mother-walkers that have long been neglected or hidden away."



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Robin Ince – Normally Weird and Weirdly Normal

Tuesday 3rd June, 7:30pm

Robin will be at the bookshop to talk about his latest book *Normally Weird and Weirdly Normal: My Adventures in Neurodiversity*. The book is published on 1st May.

For both events, doors open at 7:00pm and the event starts at 7:30pm. Tickets are £5 and available at the bookshop and on our website.

Free hot drinks will be available on arrival. There will be an opportunity to buy books and get them signed afterwards. £5 entry fee is redeemable against the price of the book.

We hope to see some of you at our future events, and in the bookshop soon.

THE MESSIAH COMES TO DENT

Anthea Boulton

'Hallelujah!', 'All We like Sheep'.

The Dentdale Choir will sing these and the other well-loved choruses from Handel's *Messiah* in St Andrew's Church, Dent, on Saturday April 26th at 7.30pm. The choir will be joined by a starry band of soloists and orchestral players under the baton of their local conductor, Nicholas Hurndall Smith. How come a small village choir dares to take on this massive work? Answer: ambition, courage (most of the time!), and a highly talented leader. Why? To celebrate the choir's 50th anniversary. It was back in 1975 that Judith Bush gathered a small group of women from the local Women's Institute to start a choir. After a few years, men asked to join, the repertoire expanded to take on major works, and the choir went from strength to strength; Judith received an invitation to a Royal Garden Party in recognition of her more than thirty years of dedicated service.

Since then, The Dentdale Choir has had the luck to be led by a succession of highly talented conductors, the latest being Nicholas Hurndall Smith. Nicholas lives in Kendal and is a highly regarded professional tenor. Somehow, amidst all the singing and lecturing he does around the country, he finds time to work with this bunch of amateurs and has continued, and added to, the input of those previous conductors, helping to create a truly impressive choir. As a bonus, he's recruited a group of stellar soloist friends. Laurie Ashworth, soprano, has appeared at the Proms and Wigmore Hall, and

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has won major singing awards; she was head judge for BBC Young Chorister of the Year and broadcasts regularly on the BBC. William Purefoy, counter-tenor, has made numerous recordings, including of the Bach cantatas; he says he has 'sung all over the place,' including Aldburgh, Shakespeare's Globe and, 'sometimes and rather enjoyably with Nicholas Hurndall Smith'. Peter Van Hulle, tenor, is no stranger to Dentdale audiences. He was born in Oxenholme and has since developed a thirty-year international career, both in the major opera houses of Europe and on concert platforms around the world. Terence Ayebare, bass, is a true polymath; after studying singing, piano and drama he feels equally at home as a soloist with orchestras and in opera roles, and has sung the great oratorio repertoire right across the UK. Amazingly, alongside his music making, he teaches mathematics at a grammar school in Trafford.

What a line-up – and that's just the singers! They will be accompanied by professional musicians including violinist Julian Cann, who has played with national concert and chamber orchestras, and recorded Scottish dance music in Europe and beyond; noted cellist Robert Buller; organist John Seymour, Director of Creative Arts at Sedbergh School; and Katharine May, described by a Times critic as 'a feisty and urbane harpsichordist', who relocated to Cumbria in 2017 and enjoys a varied career as a performer, teacher and baroque chamber coach.

Together, these singers and musicians amount to a wealth of

talent, but this assembly could not have been funded by choir members by themselves. They are, therefore, extremely grateful for generous grants received from the Sedbergh Community Fund, the Craven Trust, The Hadfield Trust and the Granada Foundation. They are set for a mighty fine performance. All they need now is a lovely audience to enjoy it.

WENSLEYDALE ARTS SOCIETY APRIL LECTURE

Jenny Howard-Vyse

The Wensleydale Arts Society's April Lecture is on Tuesday 15th April 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. For further details:

www.theartsociety.org

The Topsy Turvy World of Misericords

This lecture takes the audience on a tour of some of the extraordinary images that exist in some 400 churches in England. The art form was in vogue mainly from C13th – C15th and rarely includes religious images despite the misericords being positioned so close to the high altar. The secular, sometimes bizarre and often profane nature of their subjects meant that many survived the Reformation and later religious enthusiasts. Much social comment can be gleaned from these carvings even though there are no records describing why particular images were chosen and very often it is not possible to date them accurately.

Arts Society Lecturer: Imogen Corrigan

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After nearly 20 years in the British army, Imogen went to the University of Kent to study Anglo-Saxon & Medieval History and Art, graduating with 1st class honours, followed by an MPhil from the University of Birmingham. She works as a freelance lecturer across Britain and Europe as well as lecturing on small cruise ships and running study tours and courses on land. She has written 'Stone on Stone: The Men Who Built the Cathedrals', published 2019. Imogen is a Freeman of the City of London, being a Member of the Company of Communicators.

DENTDALE W.I.

Thelma Belfield

Saturday 8th March, a beautiful bright and sunny day, perfect weather for The Dent Run. Many of our members had baked cakes, scones and tray bakes to provide teas for all runners after the race. It was a great success. This year a new attraction was a Fun Run for youngsters. Two shorter courses with 27 young competitors competing. All money raised goes to support Dent School.

The following Wednesday we met again for our usual monthly get together to socialise, share future plans and ideas and as always to welcome an interesting speaker. This month we welcomed Mike Steele, a Dentedale resident and known to many of us. His talk was entitled 'In Search of the Northern Lights'.

Mike and his wife had been trying to see the Northern Lights for 30 years. They had tried locally, driving up the Coal Road for the best chance of seeing them on many occasions, only to be thwarted the very unpredictable weather conditions we experience here. He and his wife, Anne had also travelled further afield in Northern England and the Scottish Borders but without success. They were given a special flight to see the Northern lights as a Christmas gift, but their seats on the plane weren't window seats and the other passengers were so enthusiastic to see the sights, neither Mike nor Anne even got a chance to see out of the plane windows. On a further visit to the Orkney Islands, they were thwarted again, as the village where they had booked accommodation,

was the only village on the Island to have street lights, so the essential basic requirement of 'dark skies' was missing. Overall, their efforts had been continually unsuccessful. So in 2016 they took the decision to book a tour of the Scandinavian fjords and finally they managed to see the elusive Aurora Borealis. Their tour included a number of interesting and at times challenging activities. They joined the ship Spittsburgen at Bergen, sailing north towards the Arctic circle calling at a number of picturesque and interesting places including Tromso, Hammerfest and Trondheim and participating in Snowmobiling over the Barents Sea where the ice was about 1 metre thick. They tried dog sledging with 8 husky dogs pulling the sledge over deep snow, which proved to be a very bumpy 3.5 kilometre ride. Close to the most northern point of the cruise, they visited a small fishing village and learned about the indigenous Sami people and their culture. Crossing the Arctic circle was an experience, both on the outward and return journeys. custom demands that passengers drink a tablespoon of cod liver oil on the return journey (followed by a glass of champagne) and a competition for 'guess the time ' on the outward journey. The winner of the latter is rewarded with a handful of ice cubes pushed down the back of their jackets. Not the mst pleasant experience at the Arctic Circle I would imagine. But as Mike told us, finally patience was rewarded, and they experienced the full splendour of the Aurora. Mike had some very

excellent photographs of the experiences he and Anne had shared during their trip, but as he said, although the pictures are memorable, nothing compares with seeing the amazing display of the Northern Lights in reality. They made their trip in 2018 and have continued to try and see the Aurora locally. Last year, 2024, as no doubt many will recall, we did have one night when throughout our area we were lucky enough to experience the aurora and many local people , including Mike's wife Anne, managed to get some really great shots, whilst Mike was soundly asleep in his bed, once more missing the Northern Lights. This is the irony of life. Their experience demonstrates how endeavour and perseverance results in success and some wonderful memories to share with friends.

As always, our meetings are an opportunity to share information and discuss future plans for our group and this meeting was no exception. Beginning with a request for ideas for our 2026 monthly programme of speakers. It's never too early to start planning for this and hopefully within the next couple of months we will be able to begin putting together an outline plan. A fund raising mini market is planned for July and although this is an annual event, this year we are also serving tea, coffee and biscuits in addition to having stalls selling crafts, plants and home baked produce. We also discussed ideas for our annual charity fund raising event and which charity will be this year's recipient. We have decided to make our August meeting

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a social 'Bring a Friend' evening with a view to hopefully recruiting some new members. It is the Federation Annual Council Meeting at the end of March and Gill and Thelma will attend. The Lune Valley Annual meeting is hosted by Casterton WI this year on the 13th May and no doubt a number of us will attend this event.

As always, we ended our evening with cups of tea plus Marjorie's delicious biscuits whilst the raffle was drawn, with Anne S. and Gill being lucky winners. Mike was the judge for the competition, this month an item beginning with the letter R. Chris was the winner with her 'Round tuit,' a delightful humorous plaque which had to be fully read to be appreciated. Second was Rita with a Ruby ring and in third place was Alice with an historical WI Recipe book. As always it was an enjoyable and interesting evening. Next month we welcome Sue Gilmartin, who will talk about 'Rag Crafts'. It's sure to be interesting and no doubt we'll all learn something. Do come and join us, you can be sure of a warm welcome.

HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

We met at Howgill Village Hall on Thursday 13 March where Sarah welcomed members, visitors and our speaker for the evening, Jane Colman.

Eleven years ago, Jane and her husband had been looking for an allotment but ended up purchasing a five-and-a-half-acre field at Barrows Green. This began their alpaca journey. They initially bought five female alpacas which they began to breed from, increasing their flock to 25 now. Originally from Peru, these animals can remain outside all year. Cria (baby alpaca) are born after an eleven-and-a-half-month pregnancy. There are 22 official colours of alpacas and they can live for about 20 years. Jane halter trains the animals from about 6 months old. Once trained, she can do farm walks with them, take them into schools and care homes, and some are used as very special wedding guests. They are sheared annually, with Jane spinning some of the wool from the younger animals, with the other wool being sent to a mill for processing. The wool is really soft, is a natural fire retardant and very good at retaining heat.

Mary Silva thanked Jane for a very informative and enthusiastic talk. The raffle was won by Pauline, and the competition for a rabbit/chick/lamb toy was won by Bridget with Sarah second.

Thanks to everyone who attended our domino drive on 28 February. A successful and enjoyable evening was had by all.

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Our next meeting is at Firbank on 3rd April, where Sue Millard will be speaking about fell ponies and the fell pony society. New members and visitors always welcome.

KILLINGTON W.I. The Afternoon WI for the Entire District

Wendy Fraser-Urquhart

Time flies when you're having fun! So, we must be having fun as time is certainly flying. By the time you read this it will be April, maybe even Fool's Day. I write this on March 11th keeping intact my resolution for 2025, namely, to do it on the actual day of our meeting. It was another good turn out and we send greetings to our members who were not able to be with us today. The previous night there had been some "electricity outages" ! in the locality of the People's Hall so the clock on the wall did not ensure that we started our

meeting promptly. As is usual nowadays our meeting commenced with our speaker. It is always a special pleasure to welcome a local person and today Val Welti was that person whose subject was entitled, "Crossing the Blue Line.....Women in Policing". I had assumed that this meant that she had been in the police service, but I was quite wrong. Val's expertise had developed from her involvement with research into the Canary Girls and learning all about the jobs which young women did during the First World War. Before 1914 there had been no females in the police service but, with the departure of many men to war, women were allowed and encouraged to enter many trades and professions. At the end of the war many women were forced back into housewifery, but a few strong women managed to maintain the developing women's police services. The

happenings and developments within the police force reflected the genetic, sexist and racial attitudes in society up to the present day. Val's presentation was very informative and well presented. It opened my mind to many things I had not previously considered and left us all with lots to think about. Thank you, Val.

Tea followed, cake, jam tarts and mince pies! - a reminder of now distant Christmas. Luscious. Then on to WI business. It was our pleasure send our congratulations to Ruth Rigg who has worked hard for our Local Federation for many years and has been given the position of Honorary Life President. We encouraged members to submit photos for the 2026 WI calendar. For our own institute we reminded members to prepare their entries for the Spring Show. We looked forward to lunch at Cross Keys for a final meal with Chris Clowes before she leaves there at the end of the month. It has been such a warm and friendly venue for so many years. Thank you, Chris, and remembering Alan too. We wish you well and look forward to seeing lots of you in the time ahead.-- picnics by the Rawthey perhaps? Just a bit lower downstream than before.

Our raffle was won by our president Susan Sharrocks though I think that the prize is more likely to fund a bus fare to Kendal than a flight to Sydney! For me, it was another starring role as I won the competition for "an interesting or medal or coin", with a Festival of Britain Crown which I bought with my pocket money in

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1951. Our next meeting will be at the People's Hall at 2-00pm on Tuesday 8th April when we shall vote on the Resolutions to be discussed at The Annual Meeting of the National WI., followed by members reading a favourite piece of literature. Our competition is entitled, "A photograph of when you were young"! Actually, we all still are! Come along and you will see.

SEDBERGH W.I.

Moira Folks

March: a time for reminiscing! Our Annual Meeting on March 12th gave us the chance to look back at the past twelve months since April 2024 and remember what we had enjoyed and learnt together. First, though, we welcomed Rachael Edmondson, Leader of the WI Sales Team, who had brought along a great selection of WI merchandise for us to browse through during the refreshments break. Valerie Welti's report on behalf of the committee reminded us of the speakers we had heard, beginning with our Open Evening in April where Abbi Lawson (Great British Bake-off contestant in 2023) explained her

Hedgerow Baking skills and how she foraged for some of her ingredients. In May, we voted to choose between several Resolutions to be carried to National WI level, one of which, in support of NHS Dentistry and put forward by Staveley WI, was voted the most important and subsequently won the National WI competition; the Staveley member who had proposed it was later able to present it at 10 Downing Street. Our Summer Outing in June was to Kipling Hall and Gardens near Richmond in North Yorkshire, a Jacobean historic house built in the 1620s by George Calvert, the founder of the State of Maryland in the USA. We had an excellent afternoon tea and a very knowledgeable guide to show us round the house before we ventured out into the rain to wander round the vast gardens. We had a practical session in July, making glass fusion pendants with Marilyn Hale, who showed us how to make the basic pendants before taking our efforts home with her to complete the magic process by heating them in her kiln (I think). At the next meeting they were returned to us, complete with a chain. Some of them were very attractive – and some members have even chosen to wear theirs! Two speakers took us travelling: Penny Clover showed us her photos of New Zealand, with some reference to Maori myths and legends; Peter Logan introduced us to various interesting places he sailed to around the Black Sea. Closer to home, Jenny Wilson spoke to us about 'William Wordsworth: the Man behind the Poetry'; an eye-opener for some!

The most surprising and entertaining speaker was Phillip Burley with his 'Interactive Puzzles', some of which were very puzzling indeed! 2024 ended with an excellent and sociable Christmas Dinner at The Pheasant at Casterton; the food and presentation were superb!

Our monthly meetings in 2025 started on January 8th with an informative and very helpful presentation entitled 'Demystifying Dementia' by Miriam Baird, who encouraged us to join the 'Dementia Friends' organisation. February's meeting was a Tropic Facial Demonstration by Gillian Chase, which was greatly enjoyed by all. In addition to the monthly meetings, of course, we have a lunch club, a book club, a walking group, a craft and chat group, and various outings. The walking group went to Bamburgh in Northumbria on August 30th, staying for a week in a lovely cottage near the castle, close to bus links which enabled those who can't walk far to get around while the more energetic went walking.

Treasurer Christine Chamberlain gave her first report to our Annual Meeting very efficiently, paying tribute to Sandra Kemp whom she had shadowed for the previous year and who had continued to help her over this year, including standing in for her when she was away. Christine told us that the books are balanced, but we will need to put on fundraising events again this year; the Hedgerow Baking and the Kitty Brown Fashion Show Open Meetings in 2024 had been extremely successful in this regard.

After six years as an extremely efficient WI Secretary, Valerie Welti has resigned and is now replaced by Lesley McCririe, assisted by Lynda Briggs. Ellen Morrison has resigned as Programme Secretary after several years (as well as serving as our President for some time) but remains on the committee to organise our lunch club. Caroline Clarke has taken over as Programme Secretary. We are very grateful for all Valerie and Ellen have done in the past and they were both presented with bouquets to show our appreciation. Congratulations to Louise Atkinson, who has ably and cheerfully led us through her first year as our President and organised some special trips away.

Book Club met at Beth Saunders' home on March 13th to discuss Andrew O'Hagan's 'The Illuminations', partly set in Blackpool. It is a book of two distinct parts. In one part, the hero, Luke, is a captain in the British Army in Afghanistan following 9/11, where life is very difficult and often brutal. This part is interleaved with the gentle life of elderly Anne Quirk, Luke's grandma, whose dementia is getting steadily worse, with memories and partial memories causing confusion. Luke, back from duty in Afghanistan following horrendous experiences, takes Anne to Blackpool, the place she had been happiest. It's a very moving story involving various family members and their rifts. The wartime episodes are very well written but hard to read – though realistic – and some members of the group gave up. The average score was 5.4/10.

Our next meeting in the People's Hall committee room will be on Wednesday 9th April at 7.30pm, when Rachel Saunders will be talking to us about 'Fraud Protection and Scam Awareness', an important topic to keep us safe online. Visitors and new members are always welcome. For further details, please contact our President, Louise Atkinson, on 07855 378883; or our Secretary, Lesley McCririe, on 07930 177423.

DENTDALE, HEAD TO FOOT Saving a Life-CPR

Andrew Povey

Head to Foot had a very interesting March meeting; Peter Knaption, who is the Team Leader for the First Responders in Dent, talked through the difference between a cardiac arrest and a heart attack. He then demonstrated how to carry out CPR (cardiopulmonary resuscitation).

Peter is very passionate about the subject and the possibility of saving lives by showing people how to perform CPR.

80% of cardiac arrests happen at home and the application of CPR doubles the survival rate. Access to a defibrillator is important and there are three public ones in Dent. The defibrillator has instructions on how to use it which are very clear.

CPR consists of performing chest compressions with a depth of 5-6cm, at a rate of 100-120 per min. These compressions send the oxygenated blood that is still in the body around the brain to keep it functioning.

The talk was very much enjoyed by everyone, with two audience members having a go at CPR.

If you would like to become a first responder see <https://www.nwascfr.com/>. Online resource by the resuscitation Council can be found at <https://www.resus.org.uk/public-resource/how-we-save-lives/lifesaver-learning>

Our next meeting is on Friday 4th April 2025, this will be a talk from Nicola Crawford on carer Support

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 or poveya@btinternet.com

THE SILENCE OF THE HOWGILLS

Val Reece

This story won the Adult Category in the recent Book Town Story Competition - Congratulations

Would you like to hear about an extraordinary journey? Before I begin, try to forget about geography and instead think about time, and how long it takes to you understand that it is not what you do – but what you don't do that makes life understandable.

I was 32 when I came to live in England – I often wonder why fate took so long to bless me with such a

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gift – it is so green, has mountains, lakes, birds and there are – squirrels!

Some remind me of mythical creatures from fairy tales. Not quite even that because where I came from, children's books are full of tropical wild-life as characters. However, some are not easy to see. You may consider yourself fortunate if you catch a glimpse of a squirrel, for example, fussing about, hiding a nut here and there storing them for winter.

Anyway, you might be surprised with what I am about to tell you and, perhaps, start to rethink your ordinary friendships, and allow extra time for your journey; then, you might begin to understand how close the extraordinary is to you.

I had just moved to University in England and my accommodation was surrounded by trees and shrubs, so I decided to buy a bird feeder – one of those plastic boxes that you attach to the window with suckers. I bought a premium mixture of seeds and nuts, and I remember the laconic words of the lady in the shop - "You might get more than you wish for." She smiled.

I found it exciting, thinking about how many birds would be seduced by the best selection of seeds and nuts I would offer them.

When I got back to my apartment I quickly attached the bird-feeder to the glass of the window in the kitchen and filled it with the mixture, believing the birds would love me and the food. After studying for a while I felt tired

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from and went to bed, happy with my thoughts.

I enjoyed a deep and wonderful sleep – partly due to the silence which was entirely strange to me given the noisy metropolis I had left behind. However, when I got to the kitchen I realised that if you invite 'Expectation' to your party be aware that her sister 'Frustration' might tag along too. I made my breakfast last for an hour-and-a-half, expecting to see some birds at the feeder, however not a single bird showed mercy for my heartbreak by joining me.

Although I was heart-broken, I decided to be patient – after all – making friends takes time. It is a journey that people begin by walking

through winding, disconnected paths until those paths merge. Some special friendships take extra time – and those paths may become one forever. I imagined how extraordinary it would be to enjoy tea in my kitchen in the company of robins, blackbirds, and great-tits coming for treats at my window.

The second morning 'Hope' warmed my heart as I discovered signs that I might have company – some seeds and nuts had been eaten whilst others were scattered around.

On the third morning the feeder was almost empty and later in the week I was having breakfast when two robins joined me, without any concern at my presence; finally, my

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breakfasts were taken to another level.

A few nights later I woke up thirsty in the middle of the night, and went to the kitchen for a glass of water. The kitchen was illuminated by the yellow lamps outside along the footpath and their light filtered through the blind.

Everybody has their own way of reacting to the unexpected. Some shout, others scream, and those who run away. In my case I never thought that I would be completely frozen like that, but when I noticed a shadow outside the kitchen window next to the bird feeder I did. I froze. I could not see what made the shadow because the blind was down, but my mind suddenly alerted me – it is a rat! I was furious that a rat might be stealing my bird's food, and I paced backwards and forward a few times, wondering what to do.

Who should I call - university security, health and safety, pest control? Perhaps all of them!

However, it would take too long, and I needed to act fast before my birds got scared and decided not to come back.

Very carefully I strode over to the window and pulled the cord, lifting the blind so I could see what was outside. My heart nearly stopped. The sight confronting me messed with my emotions in such a way that I could not move at all. That little grey creature with a white chest and a fluffy tail was lying on its back on the seeds. He opened his eyes, turned to look at me then closed his eyes with a look of satiated ecstasy, ignoring my presence completely.

Life is full of surprises, and you probably know what I decided to do. Later that day I returned to the pet shop and brought home enough food for birds and squirrels.

Spring came and my squirrel surprised me with a baby. She - now I know her gender - brought her baby to teach him where to get free food, but much as she tried to push him away, the little one insisted on still wanting to be breastfed. We all have to grow up, sadly, and I felt like a grandmother with silly good intentions.

That baby squirrel proved to be very clever, though. One day when I was typing in the lounge with my back to the window, a metallic tapping noise caught my attention. I turned around and there was the squirrel - not so much baby anymore - on the open windowsill repeatedly hitting the metal window frame thus making the noise. I looked at him and realised that I hadn't put any peanuts out yet. I rushed to the kitchen to put some food out. Meanwhile, my squirrel had run along the roof, covering the distance between the window of the lounge to the kitchen window faster than I, and was sitting there waiting for me, impatiently.

Unfortunately I had to leave that accommodation. I had finished my Master's degree, and now I've gotten a job in Cumbria, where the Howgills take your breath away and steal your heart forever. I fell in with those fells, in some part because I was informed that the area is the home to beautiful red squirrels.

I miss my grey friends from the south but, sadly, Mother Nature

doesn't allow these two to coexist. However, we must accept her will - thirty thousand red squirrels remaining only. It is thrilling. Understanding this I decided to read everything about red squirrels and try to help their cause. I joined the Red Squirrel Survival Trust.

I open my window every morning and see the Howgills, it's a blessing. Those fells have tones of green that I never knew existed, mixing with tones of brown and little white dots here and there. The white dots surprised me when I learned that they were sheep – I didn't know they could wander so high.

Pretentious and selfish was what I felt about myself for thinking that it was within my hands to save that

environment. Did I do any good for my little grey friends in the south, giving them food, trying to earn their friendship, perhaps even inviting them to inside to be my pets? A huge mistake, I realised. The only way to help those red squirrels should be the opposite. Let them live their lives without interfering in their world.

The red squirrels own the Howgills, Windermere, Ambleside, Sedburgh and north to Keswick and beyond – and no doubt probably other places whose names I do not yet know; but I do know that once you see them, it means that they are already in danger, as their house may have been disturbed or invaded.

It is not easy to understand the silence, because there is no silence. We are so used to our ordinary lives and the ordinary noises around us that we don't realise that the Howgills talk with their little friends – birds, rabbits, squirrels, sheep, moles, voles, you name them. So forget the miles and think about the time that it took for me to understand the apparent silence of the fells and their little creatures.

This extra time transformed my ordinary journey and made me learn how to protect the Howgills and their little friends. Hundreds of miles do not make a journey, but the extra time to think with your heart and change your concept of care and friendship; a kind of friendship that will make their journey and yours extraordinary.

However, I am a little sad, partly because I wanted to be their friends and join them in their quietness and peace in the silence of the Howgills.

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JOHN DAWSON OF GARSDALE

Colin Cowperthwaite

The following article appeared 100 years ago in an historical booklet about Sedbergh, Garsdale and Dent, which was published in 1925.

Garsdale has produced some men of mark. John Dawson, the younger of two brothers, was born at the unpretending farmhouse of Raygill in 1734. The small estate belonged to his parents, William and Mary Dawson, who attained the height of their ambition when they beheld their elder son established in the respectable profession of an exciseman. The patrimonial acres were too limited to provide means for two gentlemen and John had to content himself with the position of a dale-farmer's son and, amongst other things, to look after the sheep on the high moorland. On the top of the fell, between Garsdale and Dent, where the short green herbage betokens the presence of limestone and a lime kiln confirms the inference, there is a block of stone which the reader may perceive marked on the six-inch Ordnance Map as "Dawson's Rock". Here, the meditative youth used to take his seat and, in the intervals of tending the flock, would ponder mathematical problems by the hour together. He had, indeed, received some elementary instructions under the Rev. Charles Udal, schoolmaster and minister of Garsdale; but, as the Rev. Charles was of the flagellant order of dominies, and made more liberal use of the twigs of the tree of knowledge than was either pleasant or profitable to John, he quitted the school before he had made much progress. His thirst for knowledge,

however, had not been thrashed out of him and, as his elder brother stuck to the school, John devoured his lesson-books at home with avidity. His occupations on the farm; cattle-serving, peat-cutting, shepherding, did not leave him much leisure for study, but he made the best of it. Stocking-knitting was then the employment of both sexes, when the outdoor work was done, and John was allowed the privilege of spending his "knitting-brass" as he liked. He invariably laid out his money in the purchase of books and, as mathematics was his favourite subject, the fresh volumes were chiefly of this complexion. Winter, when most time was spent indoors, he found his best season for the intellectual harvest and in the long evenings, with the light only of the peat-fire on the hearth, he would pore over his books until far into the night. How profound were his reflections may be estimated by the fact, that, as the result of his own excogitations, before he had seen any book on the subject, he invented for himself a system of Conic Sections, which, on reference to it in after years, he found to be essentially correct. The disadvantages, however, under which he worked, which might have been obviated at the cost of a few pounds of candles, nearly proved fatal to the continuance of his investigations. Protracted stooping, in his efforts to read by the dim light, brought on bleeding at the nose, which harassed him for a year, and so reduced his strength that his life was at one time despaired of. When he had thus stored his mind with mathematical lore, and reached the age of twenty-

two, he became desirous of communicating to others what it had cost him so much application to obtain for himself. He set about acquiring pupils, and as his attainments had now made some noise in the neighbouring dales, he succeeded in doing this. His parents were now convinced that he had a soul above farm-work, and that some other occupation must be found for his talents. The business of an apothecary seemed the most feasible, and he was accordingly sent for three years as a general assistant to Dr. Bracken, a surgeon and apothecary of some repute, at Lancaster. The arrangement was a fortunate one for Dawson, who found in the doctor's house congenial

society and sympathy, and opportunities of continuing his mathematical studies, as well as of acquiring a good knowledge of some branches of natural philosophy. His three years completed, he returned to Garsdale; but no situation of a suitable character presenting itself, he settled at Sedbergh and commenced business for himself as an apothecary. He was without a medical diploma, and this defect he determined, if possible, to remedy. In a few years he had scraped together a hundred guineas, which he stitched into the lining of his waistcoat, and then, staff in hand, walked the whole of the way to Edinburgh, to enter himself as a medical student. The hardy Garsdalian made his hundred

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guineas last out until, armed with his diploma and his trusty staff, he retraced his steps, and was welcomed by his friends as a duly accredited and full-blown surgeon. Once he had accumulated a store of three hundred guineas, he again determined to spend it in perfecting his professional knowledge. On this occasion he directed his steps to London, walking and availing himself of the stage-wagon by turns. Reputation, like most other good things, had its drawbacks, and he found that he could not make the guineas hold out as they had done in Edinburgh. He later returned to his Sedbergh practice, only to find that his business, which he had left in the charge of a substitute, had been grievously neglected. His presence, however, soon put matters to rights, and his marriage, in 1767 to Ann Thirnbeck, of Ellers in Middleton, secured for him the comforts of a settled home. The union was a happy

one, and an only daughter remained after the death of her mother in 1812, to cheer the old man's declining days. His practice at Sedbergh was at once serviceable to his countrymen and profitable to himself. Cambridge undergraduates came down to him in the summer months of the long vacation, and his reputation as a mathematician was constantly on the increase, as fresh batches of distinguished pupils traced their success at the university to the instruction of their Sedbergh tutor. About 1788 he relinquished his medical practice altogether and devoted himself entirely to his first and dearest love - mathematical teaching. No fewer than eleven Senior Wranglers passed through the hands of this remarkable self-taught man. John Dawson died on 19 September 1820, at the age of 86, full of years and full of honour, and was interred at Sedbergh.

EAMONT BRIDGE

Karen Bruce Lockhart

To most people Eamont Bridge is either just an old bridge on the A6 so narrow it needs traffic lights, or is a memory of appalling traffic jams when before the M6 was built all traffic moving south and north had to squeeze over the bridge the bridge. "A tired, traffic-stained backwater, in need of a good jet wash".

However, this village is steeped in history and for literally thousands of years has been a centre of activity, mainly because of its position at the junction of main tracks, roads and highways over the years.

A few hundred yards to the east of the village is the Mayburgh Henge,

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75 feet wide surrounded by a massive three metre high bank. A hundred yards or so south of the bridge is King Aurthur's Round Table, a slightly younger henge consisting of a bank surrounding a ditch.

Excavations were carried out in 1941 but came to an abrupt halt when one of the team was suspected of being a German spy. And there are remnants of another henge to the south of that. The Roman roads to Carlisle and from the east and west joined the road from the south just to the north of the bridge and there are the remains of a Roman fort a little under a mile to the east.

Perhaps Eamont Bridge's most famous event was in 927 at a time when the king Athelston summoned the other kings of Great Britain to a meeting at Eamont, which at that time stood on the border of the kingdoms of Strathclyde and Cumbria, and persuaded them to recognise him as the king over them all. Thus founding the kingdom of England for the first time.

The Normans built the castle of Brougham on the site of the Roman fort, which Lady Anne Clifford

restored in the 16th century. The last "battle" on English soil between the forces of the Crown and Bonnie Prince Charlie's retreating army (little more than a skirmish) was fought at Clifton less than two miles south of Eamont.

If you look the road at the bridge is lined by elegant 18th century houses, many built when the old village of Brougham was demolished and the inhabitants moved to Eamont. One of the houses was once a pele tower. In 1819 a notorious gang of highwaymen operated in the area. At one time there were 5 public houses in the village serving the road and the drovers and others who used it. Henry, Lord Brougham (of the Reform Act fame) lived in Brougham House overlooking the battlefield. Churchill used the half ruined Brougham House for secret activities in the second World War and several times visited it.

Following the line of the Roman roads, and quite probably earlier tracks, the modern major roads of the A6 and M6 (north and south) and the A66 east and west meet above the bridge to the north. Little has changed in this respect in 4,500 years. All traffic going north and south including the armies of Scotland and England used the bridge for hundreds of years. There is a recording of a bridge at Eamont in 1303 but the existence of a bridge probably predated that by many many years. The present bridge is thought to be the oldest continuously used bridge in the country, having been built in 1425, and is Grade 1 listed.

50 YEARS AGO

Colin Cowperthwaite

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

Secondary School

Mr David Fletcher, deputy head of a comprehensive school at Hadleigh, Suffolk, has been appointed headmaster of Sedbergh Secondary School and will take up his duties in September. The vacancy occurred following the death of Mr Peter Roberts at the end of last September, and Mrs G. Williams has been acting head of the school in the interim.

Easter Services

The Passion Sequence from the Dorothy L. Sayers story "The Man Born to be King" was presented in

the Parish Church by members of the congregation last week. Production was by Mr I. Christopherson and opening prayers were led by the vicar, Canon D.A. Rogers. Canon Rogers also led three hours of prayer at the church on Good Friday, so arranged that the final hour took the form of United prayer with all local denominations. This year the Roman Catholic community in Sedbergh helped to decorate the church for Easter, and Easter Day services were held there by both Anglican and RC congregations. The vicar preached at the morning service, conducted by Canon A.T.I. Boggis and Rev. A.L. Martin, and conducted the evening service when the preacher was the Rev. E.P.E. Long.

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Easter Sunday in Dent may have dawned with a two inch covering of snow, but this did not spoil the United Sunday School Anniversary in the Methodist Chapel in the afternoon. Twenty of the older children took part in songs, a duet accompanied by recorder choruses, recitations, reading the lesson, and taking the collection which was for Sunday School funds. Mr Bush and his school choir sang some items. Miss Cynthia Nash and Miss Mairi Macleod of the Glasgow Faith Mission conducted the service in the afternoon and again in the evening, on both occasions the chapel was full.

Anniversary services were held over the Easter weekend at Hawes Junction Chapel, and on Good Friday the Lund Party of Bentham presented a programme of vocal items and testimony. The organist was Miss Gladys Allen, and supper was served at the close. Good Friday and Easter Day services were also held at Garsdale Parish Church, conducted by the Rev. E.P.E. Long.

Middleton in By-gone Days - for TV Special

With Robin cigarettes on the shelves and beer being drawn down from the wood, visitors to the Railway Inn at Middleton, near Kirkby Lonsdale, could have been excused for thinking that they had stepped back in time. The clock had indeed been turned back - but only for the benefit of a BBC 2 film crew shooting a scene from a play which will go out in November. The play, which is called "Daft as a Brush" and written by Adrian Mitchell, is using as its setting nearby Clapham. The Railway

Inn will be featured in two scenes - one set in 1946 (which was shot last week) and the other as it is today. Mr Arthur Brook, husband of the licensee, Mrs Pauline Brook, told the Gazette: "We have been at the Railway for 14 years and for the 1946 scene they took it back to what it was when we first moved in".

Primary School

Parties of children have recently been engaged on a project into the history and commerce of Sedburgh. This has entailed visits to the Parish Church, Farfield Mill, McClurg's printing works, Fox's Pulpit and other places. The children were accompanied by their teachers and local guides.

Railway to bring New Life to Dales

A scheme to open up disused stations on the famous Settle-Carlisle railway line will give people in the Yorkshire Dales a new link with the outside world and is hoped to solve some of the tourist traffic congestion. This is a National Park Transport experiment which will start on May 3, when trains will be calling at the old stations on the line in the heart of the National Park, almost five years to the day since the stations were closed. The aim of the scheme is to provide a service both for visitors as well as for members of the remote hill farming community. Trains will leave early on Saturday mornings from Leeds and Bradford, calling at the disused stations before returning mid-morning with local people to allow them several hours shopping time in the cities. In the evenings the trains will take Dales people back home and then take ramblers and fellwalkers back from the park. At

Garsdale station, a remote moorland station situated between Sedbergh and Hawes, a special connecting bus service will link both towns with the railway. It is hoped that if the service is successful, it will develop to provide the backbone for an integrated road and rail transport service in the Dales National Park.

The late Mr W.F. Bateman

The funeral took place last week at Sedbergh Parish Church of Mr William Frederick Bateman, of 13 The Folly. Born at Sedbergh, he entered farm service after leaving school. He gained experience at a number of farms in the region, and for a short period was groundsman at Settlebeck School, but was ultimately employed in the building industry with local firms. In 1936 he married the former Miss Andrewina Lucy (Mollie) Fuller at North Shields, and remained a widower after her death in 1937. During the war years he was directed to work in London for a period, repairing bombed houses. For many years he served as a sergeant in the 'specials' of the former West Riding Constabulary, and he was an honorary member of the British Legion. The service was conducted by the Rev. E.P.E. Long, and interment was at Sedbergh Cemetery. Mr Bateman is survived by two brothers.

Cdr. Young honoured by NFU

Commander R.S. Young, of Birks House, Sedbergh, has been made an honorary member of Cumbria National Farmers Union. He joined the Sedbergh branch in 1947, and became chairman in 1954. He was a member for many years of the South

Westmorland county branch executive, and the council delegate to London headquarters for ten years. He was an active farmer and had his own farms, Mountain View and Northwaite, Cautley, featuring Rough Fell sheep and Galloway cattle. Commander Young was president of the Rough Fell Sheep Breeder's Association until 1967, and served on the executive of the National Sheepbreeder's Association. He was presented with his certificate, in recognition of his past services, by Mr T.K. Gorst, chairman of the Sedbergh branch of the NFU.

Couple die in Mystery Inn Blaze

Police, fire chiefs and forensic experts are probing the cause of a mysterious fire which swept through



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a Yorkshire Dales inn, killing the landlord and his wife. The charred bodies of Mr Ronald Bucknell, 73, and his wife Muriel, 65, were found among the debris of the Moorcock Inn several hours after the fire broke out on the evening of Saturday 5th April. Only 24 hours earlier, the couple had thrown a party at the isolated pub on the Cumbria-Yorkshire border, near Garsdale, to mark their retirement. The towels went up for the last time that night because police objected to the renewal of the licence. Mr and Mrs Bell Pratt, who live in the adjoining cottage, raised the alarm at about 10.45pm. Firemen from Hawes were first on the scene, but by the time they arrived, the two-storey building, well-known as a local landmark, was well alight. Appliances from Sedburgh and Leyburn were called to help tackle the blaze. It was not until 1.00am when the fire had been brought under control that police found the body of Mrs Bucknell, lying partly covered by debris in the kitchen. They searched the debris for another two hours before finding the body of Mr Bucknell. Mr and Mrs Bucknell ran the Moorcock Inn for about ten years, having previously had an inn at Bishopdale. Neighbours said the couple seemed very upset about losing their license and did not know where they were going to live when they left the Moorcock. Although their near neighbours are teetotalers and did not drink in the Moorcock, they knew Mr and Mrs Bucknell very well. Said Mrs Pratt "As far as we are concerned, they could not have been better neighbours".

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

John Carey

At last, we can see the first signs of Spring even in the wilds of Dent Station, but crucially, we can start to catch up on some of the post-winter maintenance jobs. The property takes a fair old battering at 1150ft and whilst we lost a few slates over the winter period, it could have been a lot worse. Meanwhile, our guests are already making full use of the conversion of the Porters Room to a double bedroom, and we look forward to reasonable bookings for the rest of the year. As I have often said, without the guests, we would not have the vital income needed to keep this historic property in good order.

On the railway, we have enjoyed a period of relative calm in February with most trains running to time and only one cancellation, this being for lack of a conductor. In that instance, we saw yet another occasion when a train was run empty without passengers from Carlisle to Leeds, no doubt at some considerable cost. Despite this one digression, it was the best month in a long while, this following the disruption seen from the recent weather incidents. We are hopeful that there will be some learning from these events and incorporated in any future planning which places the 'customer first'.

On the thorny issue of carriages, the news is pretty much the same. We now understand that invitations to tender for the new stock have only just been issued and we might not

see replacements until 2030 or later. The new stock 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. We have urged for an interim solution given the timescale, but we are not confident that this will happen. However, we can report that the summer carriage formations should return in time for the Easter break albeit we do know that this is prone to irregularity.

The winter period has been put to good use undertaking a long-overdue study of integrated transport along the Leeds-Settle-Carlisle corridor. This is largely considering bus

connectivity to the train. It is a stark fact, but the most recent National Park figures reveal that some 85% of visitors to the Dales arrive by private motor whilst only 4% by bus and, even worse, 2% by rail. With the increased awareness of climate change, we really do need to see a modal shift to public transport, but connectivity to our stations can be challenging to say the least. In the paper, we argue that the Leeds-Settle-Carlisle line is already there and paid for. It should be used as part of any rural transport strategy for residents and visitors alike. The paper is available for free download via www.foscl.org.uk or I will gladly send on a copy by e-mail upon request.

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There are signs that the rail connection at Horton Quarry may be imminent. The footbridge has been in place for some months now, albeit the lifts await installation. The removal of the original link to the quarry was a short-sighted consequence of the Beeching era when it was decided that all stone traffic would go by road. After all, the Settle-Carlisle was going to close anyway. Thus, the town of Settle was subjected to the environmental damage of many HGV movements each day for many years to come. We are told that the quarry could see up to 3 train movements every day and it is a sobering thought that each freight train could potentially replace up to 76 lorries, dependent upon the size of the train (source: Network Rail), but probably slightly less for our line. Bizarrely, the trains will still need to be taken up to Blea Moor in order to reverse due to lack of points at Horton.

A few days ago, I took a trip on the 563 from Kirkby Stephen to Kendal whilst I still could. As most will be aware, the service is due to come to an end on 28th March. It was a

Friday and there were already a few on the bus as it left Kirkby Stephen indicating that there is some need for this part of the route. But the primary route is, without doubt, the Sedbergh to Kendal section which absolutely should be a full-sized bus. I decided to return to Kirkby Stephen using the Friday-only Western Dales S5, the route passing via Tebay and nipping in and out of Newbiggin and Ravenstonedale on the way. The S5 is an excellent service, and the community bus was half-full and appreciated by all that were travelling. There is room for both types of service, full sized and a community bus, complementing one another.

As will no doubt be mentioned elsewhere on these pages, there is an intention to set up a bus user group for the area. I think that this is an important step forward and probably not before time. Public transport is essential for residents to access employment, education and welfare needs but, equally, the visitor economy is important and supports many livelihoods in the area. The value that effective public transport can bring is not easily measured in straightforward financial terms and the much higher 'socio-economic' value is often quoted. Of course, the user group might also consider the wider connectivity including the nearby stations on the Leeds-Settle-Carlisle and the West Coast railway lines. I do wish every success in this venture.

But back to the here and now. The Saturday S1 Western Dales Bus continues to provide a vital link from

Dent Station (the highest bus-rail interchange in the country) to Dent village, Sedbergh and Kendal, the first bus meeting the 1047 northbound train to Carlisle in the morning and returning for the 1732 southbound train in the late afternoon. This gives a fantastic opportunity for a Spring 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.

Meanwhile, as from the end of March, the Western Dales Bus will provide a Sedbergh to Kendal service Tuesday to Thursday with a local authority community bus on Mondays and Fridays. A service to Kirkby Stephen will operate on Tuesday, Thursday and Friday. Please check www.westerndalesbus.co.uk for bus running and times.

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, 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 postcodes from Appleby, Carlisle, Settle, or Skipton Stations, or by application to the Settle Carlisle Railway Development Company via their website.

The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will also give details of any potential disruption. If I can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and, as always, I would be delighted to help.



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FAMILY MUSINGS

Sarah Woof

We hear in Parliament that the "i's" have it, well my 'eyes' have definitely not had 'it' this last month! First was a long overdue eye test, then cataracts diagnosed which needed removing ASAP, then a phone call the next day for an assessment appointment in 3 days and then the date of the surgery in 2 weeks! Aye, not much time to worry.

The surgery was quick and painless, just felt a sudden pressing at one point, which apparently was because 'it' was deep. Lots of instructions as to what to do and not to do, and home I came.

Chauffeured, as unable to drive. And I have behaved myself which for

some reason surprised some people. I want to have the best vision possible and all being well to have the other eye 'done' in due course.

It's been challenging, and since taking out the right lens from my specs my vision has gone a bit odd. As long as only my vision is odd; when the optician said, "you will be unbalanced for a while", I commented that no one would notice. She pointed out that she meant my vision and I said "Oh". Hopefully my vision will soon be fine, it is certainly clearer and sharper in my right eye on a good day.

Having worn glasses since I was 6 years old, it will be a big change to only need reading glasses. I remember realising the teacher was

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actually writing on the blackboard
and not just drawing squiggles!

Apart from this, there's still fun with
the grandchildren including
experiments with bicarbonate of soda
and vinegar. Then I opened a 2 year
old bottle of elderflower cordial and
had an explosion all of my own
making! Enjoy your adventures and
don't miss 'seeing' anything.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Awakening

The layered hedge cuts do not bleed.
The world seems dead,
But snowdrops and birdsong show
the lie,
It simply sleeps.
Now Nature stirs, each day longer
than the last.
With March, moist warmth, bring
toads, frogs, newts to spawn,
And April sees the dead hedge stir
and turn fresh emerald green.
Come May the hawthorn blooms in
all its glory,
And the swifts return.

With the sunny and warmer brief
spell of weather in March and
blooming of the daffodils, our spirits
are lifted when we realise that it is
only one month to go before our
swifts return, usually in the first week
of May! Other spring migrants,
including sand martins, have already
been recorded this year.

Our swifts in Africa will be
preparing for their return spring
migration. Several years ago a swift
that was tagged by the BTO in
Cambridge began its journey from
Africa on 19th April, flying from the
coast of Equatorial Guinea over to
Liberia. We now know that all
European swifts then linger for about
10 days over the skies of Liberia,
feasting on termites which erupt from
nests around that time. The
Cambridge swift continued its
migration on 4th May and arrived
back in its nest site on the 10th May
– a journey of 5,500 km in just 6
days. For a bird that weighs only
40gm, the same as a 4-bar Kit-Kat,
that is truly remarkable.

The migration of swifts never
ceases to amaze. The roundtrip from
Central Africa is more than 14,000
miles and swifts will make this
journey each year in an average
lifetime of 7-9 years. They are
continually airborne for their 9
months in Africa, only resting when
they return here to breed. Even here,
most of their time is spent foraging
for insects to bring up their young. It
is estimated they may fly about 2
million miles in a lifetime, equivalent
to 4 return trips to the moon.
Astonishing.

Do you live in Rawthey Meadows, the new houses opposite Close's garage, or know someone who lives there? Very good news is that swift nest bricks were incorporated into the walls of many of the houses when they were being built, and at the ideal ratio of 1:1 bricks to houses. They are not positioned in each property, but in clusters of 2-3 in some of them, where there is a clear fly-in and sufficient height for the chicks, who have never flown before, when they fledge and leave the nest on that crucial maiden flight. The picture shows 3 of the nest bricks on one of the houses.

The big plus for home owners about swifts is that, unlike swallows and house martins, they are not messy birds. In fact they are the perfect house guests – do not do any damage to the property, don't enter the building itself, and are only here for 3 months.

This season we will be appealing to residents and any other volunteers to survey these nest bricks to see if, and how many, might be occupied by swifts. In fact, the best way to promote swifts to a new location is the play attraction calls, using a very



simple electronic caller system. So if any residents would like to have this installed, please contact us as soon as possible and we will arrange it.

If you would like advice about putting up nest boxes, callers or integral nest bricks, don't hesitate to get in touch. We generally have a supply available.

To Contact Sedbergh Community Swifts: email ta.hoare@btinternet.com or ring 01539 824043

**FRIENDS OF THE DALES
SPRING CAMPAIGN UPDATE
Make Your Verges Living Verges
No Mow May**

*Victoria Benn Membership and
Events Officer Friends of the Dales*

The last 80-90 years have seen the acceleration of a biodiversity emergency in the UK as more intensive farming – driven by farming policy – has eroded our once prevalent hay meadows. Species-rich meadows are not only more resistant to climate change and store more carbon than non-biodiverse grasslands, but they also support hundreds of varieties of plants, myriad insect life and dozens of bird species.

The good news is that there is something we can all do to help and prevent further decline in biodiversity – we can look to protect and enhance those former strips and remnants of traditional grassland that have survived as roadside verges.

The principles of nature positive verge management are simple:

Cut verges or other village grassland no later than April and

clear cuttings away to prevent the build-up of thatch, which increases soil nitrogen levels and can encourage docks, nettles and thistles to take hold.

Do not cut the grass between May and August (inclusive) to allow plants to flower and set seed

If cutting can't be avoided, consider mowing paths or narrow edge strips but leave some areas uncut as a wildlife refuge. This can also help to address concerns about untidiness and safety.

Remove invasive weeds (nettles, thistles, docks) by chopping down/uprooting, not spraying.

Do a second cut in September – clearing all cuttings away.

In other words, Cut Less, Cut Later, Takeaway!

We have several resources available on our website to help you get started. Visit Friends of the Dales website to access: Village Guide; Monthly Planner; Link to a campaign



video by our Living Verges campaign champion, Dr Anne Readshaw and a 'No Mow' sign you can print off to let your neighbours know that you are managing verges for nature.

Do let us know if we inspire a change of approach – and please send any photos of any botanically rich verges and grassland you encourage!

For all questions, comments and feedback email: victoria.benn@friendsofthedales.org.uk


**Friends of the
DALES**
YORKSHIRE DALES SOCIETY

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SHOWROOM:

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

R.T.S. ELECTRICITY METERS

*Karen Evans, Chief Officer, south
lakes Citizen advice*

A question we are being asked -
'I have heard something about
RTS electricity meters being switched
off and I am worried. The meter in my
mother's house is very old and her
bills have two different rates, peak
and off-peak. What will happen to her
electricity supply?'

Radio Teleswitch (RTS) Meters are
energy meters that let electricity
suppliers switch between different
tariff rates, or directly control when
heating and hot water comes on,
using radio frequencies. Those
frequencies are due to be switched
off in 2025 and all RTS meters will
need to be replaced. Energy

suppliers will need to increase their
rate of changing meters significantly
to meet the deadline.

When the signal is turned off RTS
meters will no longer receive
messages. This could mean they
switch rates at random times after a
power cut, or cut off altogether,
leaving your mother with no heat or
hot water, or they may stay
permanently on, leading to very high
bills.

Encourage your mother to contact
her supplier urgently. They will
probably replace the old meter with a
smart meter. This can copy the old
tariffs, switching between different
rates at different times of day, just as
your mother's electricity does at the
moment.



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General Plumbing

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Tel: 015396 20930

Some RTS meters are in places where there's unreliable or no signal for smart meters to communicate. Suppliers have developed some technical fixes for this, like pre-programming the meter, which should allow most RTS customers to keep an equivalent tariff to their current one. Your mother's electricity supplier can advise on the different options available.

If you are having problems with the supplier, or they ask your mother to pay for the change, contact South Lakes Citizens Advice for help.

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

How to access:

· Call 015394 46464 (9.30am – 2pm, Monday – Friday)

Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)

· Adviceline: 0808 2787 984 (9am - pm, Monday – Friday) · email advice via the submission page on our website www.southlakescab.org.uk

GUILT AND DEMENTIA

Dementia UK

Hear from people who have experienced feelings of guilt throughout their dementia journey and read advice from our Chief Admiral Nurse on how to help manage these feelings.

Our dementia specialist Admiral Nurses have supported hundreds of families over many years. When supporting families and people affected by dementia there are recurring themes and emotions that often arise, and one of these is the feeling of guilt.

Guilt can affect people in different ways and there is no one size fits all approach to dealing with it. Sometimes it can feel easier to try to push feelings of guilt away, but this doesn't often help the situation.

Here are some varying perspectives of guilt and dementia, along with advice and guidance from our Chief Admiral Nurse.

Experiencing guilt when caring for someone living with dementia

Experiencing feelings of guilt is more common than you might think for people caring for a loved one. Our Admiral Nurses share their advice on how to cope with these feelings and provide support to help you manage.

"I feel guilty that I wasn't more patient with Peter"

Susan cared for her husband, Peter, who was diagnosed with Alzheimer's disease in 2014 and died in 2021.

"I feel guilty that I wasn't more patient, more kind and more understanding. Hindsight can be a cruel thing. You look back on things



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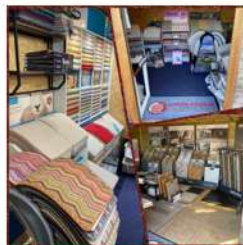
Contact: 07973704664 / 01539620585

 @SimonParkinCarpets

Supply & fitting of carpets, LVT & sheet vinyl;

Carpet & hard floor cleaning

SHOWROOMS OPEN BY APPOINTMENT



through a harsher lens than when you see them in real-time. In the moment, it felt like things were escalating out of my control. I reacted in the best way I could, but I can't help but replay moments in my mind."

"I feel guilty that I've let Mum down by moving her into residential care"

Penny is the primary carer for her mum, Rosemary, who was diagnosed with mixed dementia in 2016.

"Even though I have now found the right care home for her, the feelings of guilt don't go away. I feel it is my fault that she is not at home with her things, even though I can see that would be impossible now. I visit her every week, but I worry all the time about whether I'm seeing her enough."

"I feel guilty that I didn't spend more quality time with Gran before her diagnosis"

Ricky cared for his grandmother, Harbaksh, who had Alzheimer's disease and died in April, 2024.

"As Gran went through the different stages of dementia and gradually declined, there was guilt through every phase of having not done enough earlier. It is a feeling that stays with you, but it is not logical and you have to allow yourself empathy."

"I feel guilty that I lived so far away from home when Dad was diagnosed"

Lizzie's dad, Rob, was diagnosed with frontotemporal dementia at age 58. He died in May, 2024.

"No matter where I was or what I was doing, there was this underlying pull – the feeling that I should be there, that I wasn't doing enough. Guilt is an easy trap to fall into but looking back, I was doing my best in an impossible situation."

How to cope with feelings of guilt



THE BLACK BULL

Family run 17th Century Coaching Inn with Restaurant,
Rooms & Bar in the heart of Sedbergh, offering an
exciting choice of menus and offers throughout the week.

015396 20264
bookings@theblackbullsedbergh.co.uk
theblackbullsedbergh.co.uk

The Black Bull
44 Main St
Sedbergh
LA10 5BL

A La Carte - Wednesday to Saturday 12noon to 3pm & 6pm to 9pm

Open 7 Days
Bar Menu - 12noon to 5pm
Monday Pie Night
Tuesday Curry Night
Sunday Service - 12noon to 8pm

Caring for someone with dementia can be extremely hard, and you can only do it if you are in good health yourself.

You may not be able to prevent feelings of guilt entirely, but try to be kind to yourself to avoid becoming overwhelmed by these feelings.

Reassure yourself that you're only human and that it's normal to sometimes feel angry, distressed or resentful.

Remind yourself that it's simply not possible to care for someone on your own 24 hours a day – and that you're doing the best you can.

Try to think about what the person with dementia would do if the roles were reversed and they were caring

for you. What would you want them to do for you? And would you want them to feel guilty or upset if they were finding their caring role difficult?

If circumstances change, and you need to use paid carers or respite services or move the person you care for into a home, try not to see this as a personal failure, or as letting the person down.

You did not ask for this job and have not been trained for it – and seeking professional support can actually relieve you of some of your caring responsibilities so you can focus on enjoying your time with the person with dementia.



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Furnishing*

SUNDOWNING

Amy Purton, Admiral Nurse

My name is Amy, and I'm a dementia specialist Admiral Nurse at Dementia UK.

With nearly one million people in the UK now living with dementia, Admiral Nurses have never been needed more. My colleagues and I are doing everything we can to give families the tools and advice to help them cope with the many challenges dementia can bring.

One symptom of dementia many people experience is sundowning: a state of intense confusion, agitation and anxiety that many people with dementia experience in the late afternoon or evening, often around dusk. If you or someone you know

has been affected by dementia, you might have experienced this.

Here are some of my top tips to try to help reduce the risk of a person with dementia experiencing sundowning.

- Follow a consistent daytime routine with activities the person enjoys.
- Encourage them to reduce or avoid caffeine and alcohol.
- Avoid large meals in the evening.
- Try to limit naps – too much daytime sleep can affect sleep at night
- Introduce an evening routine with calming activities like listening to music or an audiobook or spending time with a pet

Advice like this can be life-changing for families facing dementia. Could you donate today so nurses like me can keep sharing our expert guidance with people who are feeling exhausted, overwhelmed and alone?

BOOK TOWN QUIZ ANSWERS

1. John Keats - Nightingale
2. Lee Child
3. Scout (To Kill A Mockingbird)
4. Art history and criticism
5. Sir Walter Scott
6. Brian Keenan
7. Lord Peter Wimsey
8. Pistol
9. Siegfried Sassoon
10. Kate Atkinson
11. Wilfred Thesiger
12. Paddington Bear

PERSONAL MESSAGES

ZAK HALL 23RD APRIL 2025

A huge happy 18th birthday to my Godson Zak. Have an amazing day. Lots of Love, Aunty Sarah X

=====

FOR SALE

Red Mobility Scooter. Leo Invacare. Very good condition with battery. In Sedbergh. £250 ono Call 015396 22510 or 07880 368723

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.

USEFUL CONTACT DETAILS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday
1400 - 1600

01539 795000 or 0845 6060265

Police in any area

101

Report Grey Squirrels

sedberghredsquirrels100@gmail.com

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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

PEOPLES' HALL HIRE RATES

Main Hall

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

Committee Room

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

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

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.

APRIL 2025

01	1400	History of Sight Correction (7)	PH
03	1300	Medical Centre closed	MC
03	1930	WIHF - Fell Ponies (33)	FCH
04	1400	Dentdale Head to Foot (37)	DMH
08	1400	WIK - Monthly Meeting (34)	PH
09	1930	WIS Scams & Frauds awareness (35)	PH
10	1930	Sedbergh Parish Council (17)	PH
12	1330	Daffodil Day (12)	Barbon
15	1400	Misericords - Lecture (30)	Tennants A
16	1000	NHS App drop in session (7)	MC
19		Y.F.C. Afternoon Tea	PH
23		Summer Term Begins (21)	SS
26	1930	Dentdale Choir Messiah (29,0)	StAD

MAY 2025

01	1930	Kerri Andrews Pathfinding (27,1)Westwood B	
02		500 Anniversary Gala Weekend (21)	SS
02	1400	Dentdale Head to Foot	DMH
04	1100	Cricket - Old Seds vs The School (21)	SS
09	1900	RBL Annual Dinner (33)	GC
11		Christian Aid Week Begins (9)	TBA
13		WI - Lune Valley Group	Casterton
13	1400	WIK - Resolutions and More	PH
14	1930	WIS Second Childhood	PH
15	1300	Medical Centre Closed	MC
15	1900	Annual Meeting of the Parish (17)	PH
15	1930	Sedbergh Parish Council	PH
17		Christian Aid Week Ends (9)	TBA
20		Singing Slovenia Trip (Feb)	Zrece
23		Half Term Begins (21)	SS
27		Zrece Twinning 20th Anniversary (Feb)	TBA
29	1800	Killington Sports	Beckside F

30 Singing Slovenia Trip (Feb) Zrece

JUNE 2025

01		Half Term Ends (21)	SS
03	1930	Robin Ince Normally Weird (27,1)Westwood B	
06		Dentdale Head Foot summer outing	DHTF
10	1400	WIK - Cycling Vancouver to San Fran	PH
11		WIS summer outing	TBA
11	1300	medical centre closed	MC
12	1930	Sedbergh Parish Council	PH
21	2200	Torchlight Procession Up Winder (21)	SS
22	1830	Royal Northern Sinfonia	SS
25	930	WIK - Coffee Morning	StAS
28		Term Ends (21)	SS

JULY 2025

02		WIK - Garden Party	TBA
05		Dentdale Head to Foot "tea"	DMH
08	1400	WIK - My Life in the Gutter	PH
09	1930	WIS Researching historical novel	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

05	1100	Cricket Lancs v Northants	SS
12	1400	WIK - History of Puzzles	PH
13	1930	WIS Charting the 70s	TBA
23		Sheepfest	Sedbergh

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.

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

1 hour = £1.50

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All day (9 hours) = £7.00

3 hours = £3.90

Payable all days 9am - 6pm

Maximum stay = 24 hours

Annual Resident Permit = £70

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

	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 Calderes to the highest point in the Howgills, . *(Walk 1)*

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs

Fairly flat walk partly by the riverside, with the added advantage of the Farfield Café half way around. *(Walk 2)*

AKAY WOODS 2.3 miles 1 - 1.5 hrs

Lovely riverside stretches, past the restored Pepperpot, then through woods above the river, with vestigial remains of Akay House. *(Walk 3)*

SEDBERGH SCHOOL 45 mins

A stroll to see the sights of Sedbergh School *(Walk 4).*

FELL WALL 2.2 miles 1 - 1.3 hrs

Elevated promenade above Sedbergh Town, not as energetic as going to Winder top, but still out onto the edge of the open country. *(Walk 6)*

BRIGGFLATTS 4.2 miles 2- 3 hrs.

Along the Rawthey to the peaceful and historic Quaker Meeting House, then back through the fields. *(Walk 7)*

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs

Across the wild (and possibly wet) Long Moor to Dent then back by Dentdale and the River Dee. *(Walk 8)*

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs

A stroll across open country to the bottom of Cautley Spout. Some would say this is the second highest waterfall in Britain. *(Walk 9)*

CAUTLEY SPOUT AND BACK 10 miles 3150 feet 4.5 - 6.5 hours

Gorgeous walk up the dale to the Spout, with a return over the tops for the adventurous. *(Walk 9)*

MILLTHROP AND ABBOT HOLME 5.1 miles

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

DALES WAY AND CRAGGSTONES. 7.5 miles

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

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	Mr Colin Brunold - 07762 217385
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
Crickets 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 -----	sedberghcomarket@greencobweb.co.uk
Sedbergh Ladies Friendship Group -----	Jo Birkbeck - 07769 908663
Sedbergh Songsters -----	TBA
Sedbergh United Charities -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
Senior Golfers -----	Mr Braddon - 0330 1138850
Shooting Club - Sedbergh -----	Richard Martin - 07884 559829
Sight Advice South Lakeland -----	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale) -----	Anastasia Micklethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 07877 301088
Swimming Club -----	Sedberghswimmingclub@gmail.com
Tennis Club -----	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 / 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 *.*



BED & BREAKFAST

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

BUS SERVICES

NOTE.

Westmorland and Furness Council have renamed the bus routes which cover Sedbergh to Kendal via Oxenholme as the S1 route. However they include extensions to Kirkby Stephen and Dent on different days.

MONDAY AND FRIDAY the service is from Sedbergh Maryfell to Kendal Bus Station and return. This service is run by Westmorland and Furness.

TUESDAY AND THURSDAY the service is from Kirkby Stephen CoOp to Kendal Morrisons and return. This service is run by Western Dales Bus as a commercial operation.

WEDNESDAY the service is from Dent Village to Kendal Morrisons and return. This service is run by Western Dales Bus as a commercial operation.

SATURDAY the service is from Dent Station to Kendal Morrisons and return. This service is run by Western Dales Bus as a commercial operation.

FRIDAY S5 Service to Kirkby Stephen and Kendal run by Western Dales Bus continues as before.

FULL TIMETABLES FOR EACH DAY FOLLOW BELOW AND ON SUBSEQUENT PAGES

S1 MONDAY

S1 FRIDAY

Kendal Blackhall Road to Sedbergh Maryfell via Oxenholme and return

From 31st March 2025

	Mon&Fri	Mon&Fri	Mon&Fri	Mon&Fri
Kendal Blackhall Road	9:40	11:11	13:26	*
Kendal K Village	9:45	11:16	13:31	*
Oxenholme Station	9:50	11:21	13:36	*
Killington M6 bridge	10:00	11:31	13:46	*
Sedbergh Spar	10:09	11:40	13:55	*
Sedbergh Opp. Library	10:10	11:41	13:56	*
Sedbergh Maryfell	10:12	11:43	13:58	*

Sedbergh Maryfell	10:18	11:53	14:05	10:18
Sedbergh Library	10:20	11:55	14:07	10:20
Sedbergh Opp. Morphets	10:21	11:56	14:08	10:21
Killington M6 bridge	10:30	12:05	14:17	10:30
Oxenholme Station	10:40	12:15	14:27	10:40
Kendal K Village	10:45	12:20	14:32	10:45
Kendal Bus Station	10:51	12:26	14:38	10:51

BUS SERVICES

S1 WEDNESDAY

Dent Village to Kendal Morrisons via Sedbergh and Oxenholme and return

From 31st March 2025

	Weds	Weds	Weds	Weds
Kendal Morrisons	*	11:06	13:21	15:50
Kendal Blackhall Road	*	11:11	13:26	15:55
Kendal K Village	*	11:16	13:31	16:00
Oxenholme Station	*	11:21	13:36	16:05
Killington M6 bridge	*	11:31	13:46	16:15
Sedbergh Spar	9:35	11:40	13:55	16:24
Sedbergh Opp. Library	9:36	11:41	13:56	16:25
Sedbergh Maryfell	9:38	11:43	13:58	16:27
Dent Village	9:53	*	14:13	*

Dent Village	10:03	*	14:47	*
Sedbergh Maryfell	10:18	11:53	15:02	*
Sedbergh Library	10:20	11:55	15:04	*
Sedbergh Opp. Morphets	10:21	11:56	15:05	*
Killington M6 bridge	10:30	12:05	15:14	*
Oxenholme Station	10:40	12:15	15:24	*
Kendal K Village	10:45	12:20	15:29	*
Kendal Bus Station	10:51	12:26	15:35	*
Kendal Morrisons	10:56	12:31	15:40	*

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

BUS SERVICES

S1 TUESDAY AND THURSDAY

Kirkby Stephen Co Op to Kendal Morrisons via Sedbergh and Oxenholme, and return
From 31st March 2025

	Tues&Thurs	Tues&Thurs	Tues&Thurs	Tues&Thurs
Kendal Morrisons	*	11:06	13:21	15:50
Kendal Blackhall Road	*	11:11	13:26	15:55
Kendal K Village	*	11:16	13:31	16:00
Oxenholme Station	*	11:21	13:36	16:05
Killington M6 bridge	*	11:31	13:46	16:15
Sedbergh Spar	9:11	11:40	13:55	16:24
Sedbergh Opp. Library	9:12	11:41	13:56	16:25
Sedbergh Maryfell	9:14	11:43	13:58	16:27
Cautley, Cross Keys	9:21	*	14:05	*
Fat Lamb	9:28	*	14:12	*
Kirkby Stephen Station Entrance	9:35	*	14:19	*
Kirkby Stephen Pennine Hotel	9:40	*	14:24	*
Kirkby Stephen Co-op	9:41	*	14:25	*

Kirkby Stephen Co-op	9:51	*	14:35	*
Kirkby Stephen Social Club	9:52	*	14:36	*
Kirkby Stephen Station Entrance	9:57	*	14:41	*
Fat Lamb	10:04	*	14:48	*
Cautley, Cross Keys	10:11	*	14:55	*
Dent Village	v	*	v	*
Sedbergh Maryfell	10:18	11:53	15:02	*
Sedbergh Library	10:20	11:55	15:04	*
Sedbergh Opp. Morphets	10:21	11:56	15:05	*
Killington M6 bridge	10:30	12:05	15:14	*
Oxenholme Station	10:40	12:15	15:24	*
Kendal K Village	10:45	12:20	15:29	*
Kendal Bus Station	10:51	12:26	15:35	*
Kendal Morrisons	10:56	12:31	15:40	*

BUS SERVICES

S1 SATURDAY

Dent Station to Kendal Morrisons via Sedbergh and Oxenholme and return

From 31st March 2025

	Sat	Sat	Sat	Sat	Sat
Kendal Morrisons	*	10:53	*	*	17:37
Kendal Blackhall Road	*	11:08	*	15:05	17:52
Kendal K Village	8:35	11:23	13:15	15:20	18:07
Oxenholme Station	8:37	11:25	13:17	15:22	18:09
Killington M6 bridge	8:38	11:26	13:18	15:23	*
Sedbergh Spar	8:47	11:35	13:27	15:32	*
Sedbergh Opp. Library	8:57	11:45	13:37	15:42	*
Sedbergh Maryfell	9:02	11:50	13:42	15:47	*
Dent Village	9:08	11:56	13:48	15:53	*
Dent Station	9:13	12:01	13:53	15:58	*

Dent Station	9:23	12:23	14:03	16:08	*
Dent Village	9:28	12:28	14:08	16:13	*
Sedbergh Maryfell	9:33	12:33	14:13	16:18	*
Sedbergh Library	9:38	12:38	14:18	16:23	*
Sedbergh Opp. Morphets	9:43	12:43	14:23	16:28	*
Killington M6 bridge	9:57	12:57	14:37	16:42	*
Oxenholme Station	9:58	12:58	14:38	16:43	*
Kendal K Village	10:00	13:00	14:40	16:45	*
Kendal Bus Station	10:15	*	14:55	17:00	*
Kendal Morrisons	10:30	*	*	17:15	*

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

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

From 31st March 2025

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

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
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ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday	2.30pm, Holy Communion
------------	------------------------

ALL SAINTS' CHURCH, KILLINGTON

1st Sunday	2.30pm, Afternoon Service
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Methodist Service Times

CORNERSTONE - Sunday 10.30am
DENTDALE - 1st and 3rd Sunday 10.30pm
GARSDALE - 2nd and 4th Sunday 2pm.

Combined plans for Western Dales Mission Community
April 2025

	Time	6 th	13 th	20 th	27 th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP		HC-BCP
	10.30am	HC	Palm Sunday Joint Service	Easter Day Holy Communion	HC 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	4pm- Messy Church	Easter Day Holy Communion	Morning Service
St. Mark's, Cautley LA10 5LZ				9.30am Easter Day Worship HCx	
St. John's, Garsdale LA10	10am	HC			
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm				Service
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT				2.30pm Chapel Anniversary	
All Saints, Killington LA6 2HA		2.30pm Afternoon Service		10.30am Easter Day Service	
Holy Trinity Howgill LA10 5JD	9.30am			9.30am Easter Day Holy Communion	
St. John's Firbank LA10 5EF	2.30pm				
St. Andrew's, Dent LA10 5QL	10.30am				HC
St. John's, Cowgill LA10 5RJ		2.30pm Afternoon Service		9am Easter Day Holy Communion	
Dentdale Methodist Chapel LA10 5QJ	10.30am	All-Age Service		Easter Day Holy Communion	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	All Age Breakfast Meeting for Worship Kendal MH 8:30am Contact below. Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	1st			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	Wednesday	2nd	9th	16th	30th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00				28 th - Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer)			HCx- Holy Communion by Extension		
Quakers contact Janet Chetwood 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

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, Millthorpe
Dent Village Car Park (opp Memorial Hall)
*Access Codes to the Defibs 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:

April 2025