

Sedbergh & District

LOOKAROUND

May 2025


Donation £1

Issue 442

This edition features the beginning of the Sedbergh and District Transport User Group with two articles on pages 7 and 18. Our MP Lizzi also writes about the User

Group in detail on page 31. There's plenty more to read: our usual mix of local news, nature, history, and if you want to tax your brain a little more, the Book Town Quiz on page 21. *Ed.*

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Supplied by Janet Packham

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Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 7th May– Sedbergh Ladies N.F.U.

Wed 14th May - Christian Aid

Wed 21st May - Dementia Awareness

Wed 28th May - St Andrew's

Groups who would like to run a Coffee Morning
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or email lebriggs@hotmail.co.uk

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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,

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POST OFFICE AT SPAR

William Cook

"Community celebrates launch of Post Office counter at SPAR Sedbergh"

Members of the community in Sedbergh and its surrounding areas have welcomed the relocation of the town's Post Office inside the SPAR store on Station Road.

The Post Office has relocated from its longstanding position on Main Street after the retirement of the postmaster and its relocation into SPAR Sedbergh has ensured this vital asset is retained for the benefit of local people.

A ribbon and cake cutting ceremony marked the official launch

of the counter at its new location at 11am on Tuesday 1st April.

Services offered at the Post Office counter include letter and parcel handling, personal banking, business banking, bill payments, and DVLA car tax renewal.

Coming soon will be Amazon return and collect delivery services, Euro and US dollar currency exchange, and travel cards.

For an interim period to allow for full staff training, the Post Office counter at SPAR Sedbergh is open from 9am until 5pm Monday to Friday, from 9am until 12.30pm on a Saturday, and is closed on a Sunday.

Those hours will expand soon from 9am to 5.30pm Monday to Friday and

Sedbergh and District



Transport User Group

Bus Survey Sedbergh



LET US KNOW YOUR THOUGHTS

SCAN THE QR CODE

Paper Copies of Survey available at Sedbergh Information Centre

from 9am to 1pm on Saturday and Sunday.

SPAR Sedbergh is owned and serviced by James Hall & Co. Ltd, SPAR's primary retailer, wholesaler, and distributor for the North of England, based in Preston.

Joyce Cox was one of the first customers to use the counter. She said: "We use the SPAR virtually every day for essentials like bread, milk and fruit. The Post Office is an excellent addition in the SPAR for dropping off parcels as the parking is great."

Anne and Malcolm Petyt said: "Last of the big spenders, we bought some second-class stamps! It is wonderful to have the Post Office retained. It is a very good service for people in Sedbergh and I really hope it takes off. We do appreciate having the SPAR here."

Walter Bull said: "I use the SPAR in Sedbergh quite often and it is good that the Post Office services can be accessed here now. I would have been really upset if the Post Office had gone for good. It would have been a major loss, and it would have meant a trip of 10 miles or more to Kendal."



Fiona Drummond, Company Stores Director at James Hall & Co. Ltd, said: "We are thrilled to have relocated the Post Office in Sedbergh into our SPAR store. I was very pleased to meet several local people utilising the new counter on its opening morning and we had an extremely busy first day."

"Although the Post Office's launch at its new location fell on April Fool's Day, we were not fooling around in our decision to retain it. We acted quickly when we learned of the postmaster's retirement as we understand what an invaluable asset the Post Office is for people in and around Sedbergh."

"We look forward to welcoming many more customers through our doors in the coming days and weeks and are excited to launch a fuller Post Office offer and longer hours as soon as possible."

James Hall & Co. Ltd is a fifth-generation family business which serves a network of independent SPAR retailers and company-owned SPAR stores across Northern England six days a week.

For more information about James Hall & Co. Ltd, please visit www.jameshall.co.uk

THE TRANSPORT USER GROUP MEETING

Debbie Wilson

On the 27th March 2025 over 30 interested members of the public attended the inaugural meeting of the Sedbergh and District Transport Group, following the recent changes to the bus service.

Councillor Hazel Hodgson and local MP Lizzi Collinge were both in attendance as were representatives of Sedbergh Parish Council and Western Dales Bus. The meeting was Chaired by Parish Councillor Helen Bromley who has spent many hours on this matter for the Parish Council.

Concerns were raised regarding the funding allocated by Westmorland & Furness Council from the BSIP (Bus Service Improvement Plan) to Sedbergh and District, which was zero. In contrast, some neighbouring areas were awarded six figure sums.

Another concern was/is the reduction in capacity. All services are now 16 seat vehicles and there have been times when this was exceeded. Going into the peak visitor season this is a worry. Every time passengers are turned away confidence in making journeys is affected.

It was agreed at the meeting that passenger numbers needed to be monitored, any volunteers who would like to help with this would be welcome. Generally, passengers should report any capacity issues & changes in behaviour e.g. using a different stop or not using the service



at all. All this can be done via Debbie at Sedbergh Information Centre.

Also available at the Information Centre, or via the QR Code published on page 5, is a bus survey. Over 120 surveys have already been completed, including a good proportion from under 20s.

Completed surveys have highlighted that people think bus travel is too expensive, so it's worth noting that fares are currently capped at £3, and that A2B NowCard, which is a bus pass for young people, offers reduced fares on all local bus services in our area. More details at [https://](https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/bus-services/bus-passes/a2b-nowcard)

www.westmorlandandfurness.gov.uk/parking-streets-and-transport/bus-services/bus-passes/a2b-nowcard

A committee has been formed from interested parties who attended the meeting, and they will now take the matter forward. Any updates will feature in future Lookarounds and on social media.

If you'd like to know more, please contact sd.transportusers@gmail.com, or speak with Debbie at Sedbergh Information Centre.

LOOKAROUND REPORT BY THE CHAIRMAN

Myles Ripley

Lookaround has continued to publish our monthly magazine every month, apart from January, including a colour edition for Christmas. However, as our treasurer will confirm in her report, our funds are slowly but surely shrinking such that we will become non-viable in the foreseeable future. To address this issue, we have explored becoming a charity but the Charity Commission declined our application. We have applied for a grant from the Community fund but were declined on the basis that we are not a charitable enterprise. We are currently exploring a new and slightly cheaper printer.

The root cause appears to be a decline in advertising in the magazine and despite the best efforts of our newly appointed advertising committee member, we are failing to reverse that. This may be due to the shift towards online advertising and online social media.

Not a happy summary, I'm afraid, but next year's AGM may be a wake.

However, I am very grateful to all the volunteers who continue to support the production of our magazine; Compiler, Ed Welti; Adverts coordinator, Val Welti; Treasurer, Frances Haigh; All the proof readers – Karen, Mark, Jane, Paul, Trish; Secretary Philip; and advertising solicitor Ellen.

Sadly our Treasurer has handed in her resignation today and we will need to find a replacement to fill her mighty shoes!

Let's hope for a happier 2025.

THE BEREAVEMENT JOURNEY

Janice Rusling

The death of someone close is recognised as the most stressful event anyone can experience. Whether you are bereaved (recently or some time ago) or want to learn more about it to support someone else who is struggling, the Sedbergh Grief Share Team is offering a six week course at Cornerstone Community Church.

The course is open to anyone who wants to gain more insight into bereavement. Whether you have been bereaved, want to support a friend or family member who is grieving, or just want to learn more about the subject, please join us at 2.30pm on Wednesday afternoons, beginning on 7th May. We also welcome those who have worked through their own loss some time ago who have a wealth of helpful insights to support and encourage those for whom it is more recent and raw.

Each session will involve a video on some aspect of loss, followed by group discussion, but please be assured that no-one will be obliged to participate in the conversation if it is too difficult. Tea, coffee and tissues provided; tears welcome!

See the advertisement on page 8.

DAFFODIL DAY

Lindley Thornber

The Daffodil Day by kind permission of Mr Henry Bowring at Whelprigg House.

A glorious day with masses of special daffodils and Magnolia blossom. Beautiful views.

£1492 was made in aid of Cancer Research. Thank you for the support.

WORLD DAY OF PRAYER

DM Evans

This year the World Day of Prayer service was prepared by Christian women from the Cook Islands. Here in the Western Dales Christian community we took part in this wonderful wave of world prayer at Cornerstone Community Church Sedbergh on March 7th. Over 36 hours the prayers encircled the globe based on the words of Psalm 139 and woven through stories, songs and prayers, members from our local churches and chapels led the congregation. This joyful service was followed by excellent refreshments and good fellowship.

SEDBERGH YOUNG FARMERS

Ruby Allen

Sedbergh Young Farmers have been really busy again this last few months! Some really interesting talks, from a talk and tour by Massey Feeds to some Beef Stockjudging! Some of our members have also been competing with other clubs in competitions such as Just a Minute where they have to talk about a subject for as long as possible with hesitation or repetition! We have our Afternoon Tea coming up on Saturday 19th April so currently preparing for that! Hope that many of you were able to attend! Thank you



WESTWOOD BOOKS

May Update

Heather and Paul

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

From April, we moved into our Summer opening hours. This means from the 1st April we are open from 10:30am – 5:00pm everyday.

Post Office Update

As you all know, after many years of service, Peter and Gaynor are retiring, and the Post Office on Main Street has now closed. While the postal services are moving to the Spar, we will be slowly expanding our card, gift and stationery range to pick up from where the Post Office left off. Please bear with us whilst we juggle the handover. We want to say a big thank you to Peter and Gaynor for their service and wish them a happy and peaceful retirement.

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 4th May.

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

Unfortunately, our meeting on Wednesday 9th April was cancelled

at the last minute so we will now be discussing Caledonian Road by Andrew O'Hagan and The Wall by Marlen Haushofer at our meeting on Wednesday 14th May.

Copies of 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.

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.

A powerful, personal exploration of anxiety, ADHD and neurodiversity, Normally Weird and Weirdly Normal reminds us all – no matter how weird we feel – that it's okay to be a little different. We all are.

For over thirty years, award-winning broadcaster and comedian Robin Ince has entertained thousands in person and on air. But underneath the surface, a whirlwind was at play – a struggle with sadness, concentration, self-doubt and near-constant anxiety. But then he discovered he had all the hallmarks of ADHD and his stumbling blocks became stepping stones.

In Normally Weird and Weirdly Normal, Robin uses his own experiences to explore the neurodivergent experience and to ask what the point of "being normal" really is. Packed with personal insights, intimate anecdotes and interviews with psychologists, neuroscientists and many neurodivergent people he has met along the way, this is a quirky and witty dive into the world of human behaviour.

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.

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SINGING SLOVENIA 20TH ANNIVERSARY

David Burbidge

As you probably know May 27 marks exactly 20 years since Sedbergh signed the twinning charter with our twin town Zreče, in Slovenia.

So naturally Lakeland Voices community choir are celebrating in both towns this historic moment, and the many connections we have made over the past two decades.

On May 3 at Farfield you are invited to meet the singers who have learnt a great many Slovenian songs, and who travel regularly to Slovenia to sing them along singers who live there.

The songs are well known - such as Zdravljica, Lipa, Majolka, Večernica - with others which we sing in both English and Slovenia such as Let the Circle Be Wide Round the Fireside - (Naj Ob Ognu Ražsiri se krog) - so there are plenty of songs for you to join in with in either or both languages.

On May 20 we have a concert outside the Eurostar departure gates in St Pancras Station (by the public piano) - and then we're off via



Brussels to sing in Cologne Cathedral, and a couple of days in Heidelberg, with a tour of the Castle and singing walks through the woods on the Philosophers Way.

We'll also be singing alongside choirs we have made connections with, on our tourist farm near Bled, on the island, and inside some hill top churches.

Then off to Zreče to sing with our many friends there including Pevke iz Brinjeve Gore, Zbor Jurij Vodovnik, Folklorna Skupina Jurij Vodovnik, as well as others in Skomarje and beyond - and enjoying wine tasting, visiting bee farms, and enjoying walks among the wild flowers.

We are staying in tourist farms, and also in the homes of singers from our sister choir in Ljubljana, and will be joined by the British Ambassador, who on two previous occasions sang



with us in the choir in Zreče, Bohinj and Ljubljana.

On our final day we are helping to celebrate UK Slovenia Friendship Day, singing alongside our Ljubljana friends and meeting the Slovenian president.

On our return to the UK, we have a concert at 11am in Sedbergh on June 25, (Slovenia Statehood Day) - and of course in July we'll also join the British Slovene Society picnic in Henley (twinned with Bled.)

We look forward to singing with you soon - or if you prefer to just listen, you will be most welcome at one of our concerts.

As it says on the Zreče Sedbergh apple tree: "Long may our friendship bear fruit."

SEDERGH TOWN BAND UPDATE

Gemma Suttle

We would like to say a huge thank you to everyone who put their dancing shoes on and joined us for our concert in the People's Hall on 22 March. Many thanks also to the Meat Hook for supplying the delicious pies for the pie and pea supper, Steve Longlands and Ian Hutt for sound and lighting and Sedbergh Football Club for running the bar. Bandmaster Iwan Lewis writes: "What a great night our dance concert turned out to be. It's one the band really look forward to and for good reason, it's a lot of fun! The support from the Sedbergh community has been superb, and to see everyone enjoying themselves eating, drinking and

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strutting their stuff on the dance floor made for a brilliant evening. So, from me it's a big thank you to everybody who turned up and we hope to see you next time."

If you are interested in becoming a member of Sedbergh Town Band, we meet on Tuesday evenings in St. Andrew's Church, and you can always be sure of a warm welcome. Even if you have never played an instrument before you will find a home in Training Band until you are ready to join Main Band. We perform a series of concerts in Sedbergh and further afield with a diverse musical repertoire of pop songs and film themes as well as the usual standards, hymns and marches.

Band members are provided with an instrument, music, tuition and

uniform. There is a small annual subscription with fundraising taking place throughout the year to cover major costs. If you would like to find out more, please contact Stephen Hall at

sedberghtownbandsecretary@outlook.com or come along to a rehearsal.

We would love to see you!

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

Dates for your diary:

Sunday 11th May - Levens Hall
time TBC

Saturday 17th May - Thornton-in-Lonsdale Concert, 7.30pm

We look forward to seeing you soon!

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80TH ANNIVERSARY OF VICTORY IN EUROPE DAY V.E. Day 80

David Parratt

It is intended to hold a brief outdoor service at the town war memorial in St Andrews churchyard to commemorate the 80th Anniversary of VE Day on Thursday 8th May at 1100.

The service will start with prayers, followed by a two-minute silence and the laying of wreaths. A Lament will be played during the laying of wreaths.



V.E. DAY AFTERNOON TEA

Anna Chaplaincy

Anna Chaplaincy and Friends invite you to a Tea Party in the People's Hall, Sedbergh. Everyone is welcome. As before Thursday 8th May but at 2pm.

The Sedbergh Songsters will be singing Sea Shanties and some Spirituals. We hope you'll join in with some World War Two songs.

POLICE REPORT

Mandy Coleman PCSO 5244

24/3 – Criminal damage has been caused to a vehicle on Loftus Hill.

29/3 – Suspicious males were seen in the area of Cowgill, intelligence was submitted after registration given.

2/4 – A parcel was stolen off a front doorstep in the area.

5/4 – A suspicious vehicle was reported on Howgill Lane, officers attended the area but were unable to locate the vehicle.

14/4 – A burglary was reported in the area.

Please be vigilant and make sure doors and windows are locked when not in the building. If you are out in the back garden, then please do lock your front door.

In the surrounding areas, we have had an increase in burglaries. External sheds have been broken in by way of snapping the locks and gaining entry to the shed where high-value bikes are kept. Can we please advise if you have any high-value items, they are either kept in your house or CCTV is installed - a Ring Doorbell gives you enough coverage, and if saved to your phone is a great way of obtaining evidence for us to move forward with our investigation.

Please be vigilant, together we can crack crime.

We are offering free bike marking with "BikeRegister"

BikeRegister is the UK's National Cycle Database, with over 1 million bikes registered. It aims to reduce cycle theft across the country and enables owners to be reunited with their bikes if they are stolen and

recovered. It is the only police-approved bike database and every police force in the UK uses BikeRegister to search for bikes they recover to see if they have been reported stolen. This information is available to them 24/7 through the website and app.

If anyone would like their bike marking FREE of charge then please get in touch with myself on Amanda.coleman@cumbria.police.uk or adam.roberts@cumbria.police.uk

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



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

2025

Thurs 15th May
Weds 11th June
Thurs 10th July



SEDBERGH SPRING SHOW

Anna Wetherell

The 2025 Spring Show was held on 29th March, and the People's Hall was buzzing with chatter and music. Families and members of the local community seeing who had won what as well as simply admiring the range and quality of the work on display – everything from cakes, jams and pastries through to flowers and plants, photography and textiles, as well as the inspiring submissions from Sedbergh Primary, Settlebeck and Dent Primary Schools. We had the highest number of entries for several years, resulting in a cornucopia of items to see and admire. Finkle Folk and the Town Training Band kept us entertained, the team in the kitchen kept us well supplied with tea and cake, and Abbi Lawson, a contestant in the Great British Bake Off in 2023, who lives locally, opened the Show and presented the cups. She had a great day with us and was very impressed by the local sense of community, as well as all our expertise. Cups were won by:

Margaret Townsend – Handicrafts Cup



Wendy Preston – Flowers and Plants Cup

Anne Symons – Garments Cup

Barbara Maunder – Homemade Produce Cup

Dilys Evans – Art Cup

Chris Wood – Photography Cup

Izaak Mitchell – Junior Cup

Wolfie Denton – Children's Cup

Juliette – W. Milburn & Sons

Handwriting Cup

The Brown Family – Reverend Long Cup for Special Effort

Gemma Park – Roger Underwood Cup for Most New Entries

Marion Wood – Lookaround Cup for Best Exhibit (chosen by show opener) - Adults



Ernie – Lookaround Cup for Best Exhibit (chosen by show opener) – Children

Dilys Evans – Shield for Overall Winner of the Show And Killington won the WI Cup. My thanks go to the team organising the Spring Show behind the scenes. A lot of hard work goes into it, especially around the weekend itself, but also beforehand, organising entry forms, judges, publicity and so much more. For several of them this was their first Spring Show involvement, so it was a steep learning curve but they also tell me they enjoyed it! Our thanks also



go to the judges, a challenging task but one they also seem to relish, several of them supporting us more than once in recent years. They often opt to provide some feedback as well as choosing who is awarded the certificates. Especial thanks go to Lynda, Lesley and the rest of the Sedbergh WI team for organising the catering. Such a wonderful selection of cakes to choose from! We're already thinking about next year, so watch this space, and, if you'd like to join the team, even if just for the weekend itself, please do get in touch.

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Dales Mission Community**

RUSKINS VIEW RESTORATION

Richard Anderson, YDMT

A Yorkshire Dales charity has awarded a significant grant to help fund the restoration and re-opening of a key landmark and tourist attraction in Kirkby Lonsdale.

The grant of £30,000 from Yorkshire Dales Millennium Trust (YDMT), will enable Kirkby Lonsdale Town Council and fundraising charity The Friends of Ruskin's View, to restore Ruskin's View and The Brow footpath, which were both closed in September 2021, due to safety issues.

As one of Kirkby Lonsdale's most cherished attractions, Ruskin's View

was painted by JMW Turner in 1822, and welcomes thousands of visitors each year, who take in the famous landmark, described in 1875 by John Ruskin as "One of the finest views in England, and therefore the world".

This view has though, been under threat in recent years, as The Brow footpath, from where Ruskin's View is accessible, and which links the town with Kearsfoot to the north and provides a route to St Mary's churchyard and the adjacent Rugby Club, has been subsiding towards the river Lune. Concerns over the stability of the steep embankment upon which the footpath is built, led to the then local authority, Cumbria County Council, to close the footpath in 2021 on safety grounds.

Kirkby Lonsdale Town Council are responsible for both Ruskin's View and The Brow footpath, and over the last year, the Town Council has been able to reopen the first length of the footpath, which includes Ruskin's View. The restoration project will now move on to its second phase, and the grant from YDMT will help support the reopening of the whole length of the footpath.

Michael Devlin, Chief Executive of YDMT, said: "We're delighted that we have been able to support the first



stage of this important project. Ruskin's View is nationally recognised; it is a stunning view, but also a vital community asset. Facilitating projects like this reaffirm our aims to support the people, landscape and wildlife of the Yorkshire Dales and surrounding areas."

Paul Cassell, the Chairman of the Town Council said: "I am delighted with the grant received from YDMT which is vital in funding the monitoring and a range of physical works that are needed to reopen the whole of the footpath, which is an important local facility."

Mike Burchnell Chair of The Friends of Ruskin's View said: "As a charity set up to raise funds for the

restoration and reopening of the footpath, we welcome this grant from YDMT. When added to the money raised through fundraising events, donations etc, it provides a huge boost to the funds available for the next stage of works.'

BUS SERVICES FROM SEDBERGH.

Ed Welti

Partly, the reason we moved to Sedbergh was because it was easy to get to London. 25 minutes drive to Oxenholme, then 2 hours 40 minutes down to the 'Great Wen' on the train. And, if you really wanted to go by car, 10 minutes, and you are on the M6. For several years I commuted on a weekly basis all over the country.



Dentdale Methodist Church Coffee Mornings

3rd Sat Monthly. 10am to 11.30am.

May 17th. June 21st. July 19th.

Aug 16th. Sept 20th. Oct 18th.

Nov. 15th & Dec 20th.

Warm welcome to all.

Good communications then? Well, yes, except if you want to use public transport, which, in these post Beeching days means a bus, as far as Sedbergh is concerned.

The Western Dales Bus operates most of our limited local services reliably and efficiently, given their resources, 2 16 seater minibuses driven by available volunteers, with little extra room for trolleys/prams. But they don't offer a service which would allow me to get a bus and work in Kendal, for example. Or to get the Oxenholme trains early or later in the day. Or a regular daily service that would let me get up to any of the Settle Carlisle stations. And, as far as Kendal is concerned, Western Dales run Tuesday, Wednesday, Thursday

and Saturday. Monday and Friday are a Westmorland and Furness service often using minibuses with a reduced timetable. Given all this, I thought it would be interesting to research how well Sedbergh is served in comparison to other comparable settlements in our area.

First off – Settle. Population wise it is similar, 2,564 people in Settle in 2011, 2,765 in Sedbergh. Settle, though, is on (well, bypassed by) a major road, the A65. Monday to Friday about 10 buses a day travel down towards Skipton, with 6 going the other way towards Kirkby Lonsdale (where there are links onward to Kendal and Lancaster). Approximately 7 services a day (M-F) run between Horton and Clitheroe,



**Sedbergh Parish Council would like
to invite you to the
Annual Parish (Electors) Meeting 2025**

**To be held at the Committee Room, The People's Hall,
Howgill Lane, Sedbergh on
Thursday 15 May 2025 at 7.00pm**

**This is YOUR meeting and an opportunity to come along
and discuss what projects are currently being progressed by your
Parish Council and those that have recently been completed. It is also
a chance to have your say on what you might like to see happening in
our community in the future.**

This meeting will be followed by the formal Annual Meeting of the Parish Council and the normal monthly May meeting of the Parish Council.

stopping at Settle on the way. At weekends a passenger can head over to Malham and the Dales Bus runs a Sunday service up the Ribble Valley to Hawes and on to Middlesborough!

Fine, I get it. Settle is on that main road, is a significant tourist attraction in itself, and has a station on the railway. It's not a fair comparison is it?

Somewhere a bit closer to home then? How about Hawes – population in 2011 - 887? During the week the Little White Bus runs 6 services a day between Garsdale Head Station and Gayle between 8.50 and 18.25. You could even go somewhere by bus and train and get back the same day! If Sedbergh and Oxenholme had a similar link, I would have been able to use it for a weekly commute to London.

In addition to the Garsdale service there is a service running all the way down Wensleydale to Leyburn, starting at 6:50am in school term (or 8.15am during holidays) and returning 17.20. Possible to have a job in one of the other villages in the Dale? Or somewhere on the Settle Carlisle line?

What about the old county town of Westmorland – Appleby? Population over 3000 and again with a railway station, so a rail connection up to Carlisle. It also has bus services up to Penrith and down to Kirkby Stephen running weekdays, 6 a day in each direction. It is still designated with the 563 number, a truncated version of the service Sedbergh recently lost. They start early in the morning – 6.04am and run on until 8.07 in the evening. Again, if I were living there and working, it would broaden my options for employment without needing to resort to a car.

I also browsed my way through the timetables of the other obvious candidates for comparison, Kirkby Stephen and Kirkby Lonsdale. They both have significantly better services than we do (i.e. connections to railway stations, and to major centres of population). Both have smaller populations than Sedbergh but both are on busier roads than we are. But you could live in either, work elsewhere, and get to work by public transport. Ok, I know I'm labelling the work elsewhere point, but if you can do that you can also shop, and get around as a tourist. Assuming they are not limited to 16 seater



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minibuses without enough capacity to serve all potential passengers. Though, to be fair some of the services mentioned above run using 16 seater minibuses (the Little White Bus and the Dales Bus, for example) with the same limitations as the Sedbergh Service.

The replacement for the 563 service, which ran for the past year from Kendal to Penrith via Sedbergh, is a collection of routes run by Western Dales Bus, along with Monday and Friday buses run by Westmorland and Furness Council, all grouped together under the designation S1. The newly formed Sedbergh and District Transport User Group is now monitoring the S1 and within a month or so of its initiation have witnessed several incidents of full buses where passengers have not been able to get on. It has also noted that some people from Sedbergh make the round journey to Dent without alighting, to ensure that when the bus goes onward to Kendal they have a seat. Other passengers have reported that they can no longer use the service due to accessibility problems. Please let the User Group know about your experiences if anything has affected your ability to use the bus, or even what it would take to get you to use the bus regularly. The User Group need to collect evidence so we can present it to the council and bus operators in discussions as to how we can improve the service. You can contact Sedbergh and District Transport User Group via email (sd.transportusers@gmail.com), or by going to the Information Centre.

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. What is the title of the novel by Harper Lee published in 2015?
2. Who created the Mr. Men?
3. 'Loveliest of trees, the cherry now / Is hung with bloom along the bough, / And stands about the woodland ride / Wearing white for Eastertide.' Who wrote those lines?
4. A Doll's House, Ghosts, An Enemy of the People, The Wild Duck, Hedda Gabler and The Master Builder are plays by whom?
5. The Battle of the Books, A Tale of a Tub and A Modest Proposal are satirical works by which author, who lived from 1667 to 1745?

**People's Gym & Fitness
Centre**

Annual General Meeting

**Wednesday 21 May, 2025
7:15pm**

Committee room

People's Hall

All members welcome.

Committee vacancies

need filling!



6. What is the title of Nelson Mandela's autobiography published in 1994?

7. Modern Painters, published in separate volumes in 1843, 1846, 1856 and 1860, is by whom?

8. Which novel opens with the words 'Last night I dreamt I went to Manderley again' and who wrote it?

9. Who wrote the poem that contains the lines 'On the road to Mandalay, / Where the flyin'-fishes play, / An' the dawn comes up like thunder outer China 'crost the Bay!'?

10. Shakespeare, Sonnet 30: 'When to the sessions of sweet silent thought I summon up ----'. The next four words were used by C K Scott Moncrieff as the title of his translation of Proust's *A la Recherche du Temps Perdu*. Proust disapproved as this title did not reflect the 'search' aspect of his work. What was the title?

11. Who wrote about his wanderings in Spain in the mid-1930s in *As I Walked Out One Midsummer Morning*? He is best known for a book about his childhood.

12. Which UK politician, a party leader within the last 25 years, has written biographies of William Pitt the Younger and William Wilberforce?

A FISHERMAN'S CHRISTMAS

Oliver Stubbs

This story was a "Highly Commended" in the recent Booktown Story Competition.

The sleepy town of Barmouth on the Welsh coast glimmered with festive lights as Christmas Eve descended. Gareth, a seasoned angler with salt-weathered hands and a heart as big as the Atlantic, tied his beloved boat, Snowdonia's sweetheart, to the harbour. For over 30 years, Gareth had relied on his boat not just for his livelihood but as an escape.

This year, however, was different. Gareth had faced a decreasing catch, harsh winter storms, and the recent loss of his wife, Elen. The festive cheer in the town felt distant, a big contrast to the empty silence of his cottage. The only sound that filled his home now was the soft ticking of an old clock and the faint whisper of the sea breeze creeping through the cracks in the windows.

As night deepened, Gareth decided to spend Christmas aboard his boat. He packed a flask of hot tea, a loaf of bread and a pack of Welshcakes, and his weathered coat before heading to the harbour. Under the twinkling stars, the boat rocked gently, and the hushing of the waves. Gareth lit a lantern and leaned back, letting the memories of better days wash over him.

Hours passed, and Gareth dozed off. He was rudely awakened by the sound of something knocking against the side of the boat. Peering over the edge, he saw a small wooden dinghy with a figure inside. It was a young

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boy, who looked around ten, shivering and soaked. Gareth quickly helped the lad aboard.

"What on earth are you doing out here, boy?" Gareth asked, wrapping him in a thick blanket.

"I got lost," the boy stammered through chattering teeth. "My name's Dylan. I was trying to find my uncle's boat, but I drifted too far."

Gareth's heart ached for the boy. He made some tea, shared his Welshcakes, and reassured Dylan they'd return to shore safely once the tide turned. As they talked, Gareth realized how much he missed the warmth of human connection.

The two spent the night sharing stories. Dylan spoke of his dreams of becoming a fisherman like his uncle,

and Gareth recounted tales of the sea, of mighty storms, dazzling sunsets, and the time he caught a fish as big as Dylan himself. The boy's laughter filled the boat, clearing away Gareth's loneliness.

By dawn, the harbour lights guided them back to shore. Dylan's grateful family embraced him, and his uncle offered Gareth a warm handshake and an invitation to Christmas dinner. For the first time in years, Gareth felt a spark of joy and belonging.

That evening, as the town celebrated, Gareth raised a toast to second chances, the kindness of strangers, and the enduring magic of Christmas.



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

CHRISTIAN AID WEEK IN SEDBERGH AND DISTRICT

Rev Anne Pitt

It doesn't seem long since our Coffee Morning in March and our national Christian Aid Week is starting soon, running from Monday the 11th to Sunday 18th May inclusive. Locally, we intend to once again have a coffee morning in St Andrew's Church Room on Weds 14th from 9.30am. There will be a cake stall and raffle there and envelopes for donations will be circulated. Many will be delivered through letterboxes but if you don't receive one and would like to donate then envelopes will be available in our local churches. As in the past year or two, it will be a challenge to

go from house to house collecting them and it is often not appropriate, so please just drop the envelopes off in St Andrew's Church or at the TIC, 72 Main St, Sedbergh or, if you know them, with your local distributor. They can also be handed in at the Wednesday Coffee Morning.

Each year Christian Aid brings a particular area of work to focus on during the Christian Aid week and this year it is in Guatemala. The following section produced by Christian Aid gives particular detail of their work there:

"Uncertainty looms over Indigenous farming communities in the Alta Verapaz region of Guatemala, Central America.

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In this forested area of mountains and rivers, the livelihoods, traditions and very survival of farmers and their families are threatened by deadly droughts, savage storms and monster monoculture plantations.

That includes Amelia, a resourceful and determined 24-year-old farmer who lives with her husband and their two children, 8-year-old Lázaro and 4-year-old Yakelin, on ancient and beautiful land that's been in Amelia's family for generations.

The family belong to the Indigenous Q'eqchi' community, who are close, and live by a blend of Mayan and Catholic traditions.

Amelia's farm, first and foremost, feeds her young children. She tries to grow a range of crops and root vegetables that will provide her children with a balanced diet, such as bananas, peppers and cassava. This way, Amelia can protect them from malnutrition.

But the climate crisis is ravaging farms like Amelia's, causing both the dry and rainy seasons that would once arrive with predictability to intensify and shift erratically. As the river runs dry and water becomes

scarce, the vital crops that Amelia depends on wither and die before her eyes. Amelia's ability to protect Lázaro and Yakelin is slipping away. Because dying crops means food stops.

'My first priority is to feed my family,' says Amelia. 'I worry about what my children will eat.'

These conditions are challenging enough, but Amelia and her community also have to cope with the impact of industrial plantations on their landscape.

Amelia's community, like so many others, have done little to cause the climate crisis but they are paying the highest price.

Despite these challenges, Amelia's faith keeps her strong. And her hope for a better future drives her to keep working to improve life for her family and community.

'I go to Catholic church,' she explains. 'For me, faith is very

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important, and a way for me to reach harmony in my life.'

As the community's farms are devastated, the search for solutions becomes critical. 'With high heat, there is little we can do but adapt,' says Amelia.

When Amelia discovered the work of Christian Aid's partner, Congcoop, she quickly put herself forward as a community representative who would attend the specialist agricultural training on offer.

With funding from Christian Aid, Congcoop support communities to return to Indigenous farming practices and adopt agroecological approaches that conserve their land, culture and livelihood. Agroecology, put simply, is farming in a sustainable

way that works with, not against, nature.

By joining Congcoop, Amelia's gaining the skills and knowledge to cultivate native seeds that are better suited to the changing climate. She's planning planting schedules that will deliver multiple harvests throughout the year, making her own organic fertiliser, and constructing rainwater collection systems. By changing the way she farms, Amelia's pushing back against the climate crisis.

Amelia is recognised as a leader in her community. Whatever she learns, she shares – confidently training other women to adapt their farming practices too.

Whatever the future may hold, Amelia remains resilient. As

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Programme Officer, Gerardo C. Tobar, says: 'Amelia's story is one of resistance, and it's just beginning.'

The unstoppable power of hope compels Christian Aid and its amazing supporters to stand up for communities in crisis and support people living in poverty."

The organisation, now in its 80th year, and its supporters are joining together once again during Christian Aid Week (11-17 May) to fundraise in all kinds of ways – from coffee mornings and craft stalls to hiking and biking for the 70k in May challenge.

With 7 days to make a difference, every gift, act and prayer counts.

Will you demonstrate the unstoppable power of hope and help fund vital tools and training, so farmers like Amelia can push back against the climate crisis and beat hunger?

£6 could pay for the seed trays that kickstart a plant nursery at someone's home.

£10 could pay for the pruning scissors that mean a farmer can care for their cacao trees.

£20 could buy two pounds of climate resilient seeds that diversify a family's crop.

Find out more about the campaign at "caweek.org"

The work in Guatemala is, of course, just one of many ongoing projects of the organisation around the world but it is also giving aid to the many emergency disaster appeals such as Sudan, the earthquake and flooding disasters, and Ukraine. When governments like the USA (and our own to a lesser extent) have cut aid from their budgets the relief of suffering round the globe depends so much more on individual charitable giving.

We look forward to your backing in our local efforts.

DENT METHODIST CHURCH

Sarah Woof

'Methodist Church in Western Dales in Dentdale': that is a bit of a mouthful but is the correct name for what most locals call 'Dent Chapel'.

We at the 'Chapel' have had a busy year so far, we share Sunday services with St Andrew's Church in Dent, and in the Chapel on 19th January the Rev Lesley Hann



Sedbergh
Grief Share

BEREAVEMENT JOURNEY

*Are you grieving?
Are you struggling with loss?*

*The Sedbergh Grief Share team
is offering a six week course
about coping with grief at
Cornerstone Community
Church, New Street from
Wednesday 28th May
at 2.30pm*

*For more information or to
book a place please contact
Janice Rusling 015396 20229
janice@jesandsam.com*

presided over our annual Covenant service which was followed by a buffet lunch in the schoolroom.

Our Superintendent Minister, the Rev Melanie Greenall from Kendal took our service on 2nd February with our Minister, the Rev Andy Burgess and they commissioned Ben Maunder as the Children, Youth & Family Worker in the Western Dales Mission Community. Another buffet lunch followed.

Then on March 2nd it was the anniversary of the coming together of Dent and Deepdale Chapels, later joined by Dent Foot Congregation. Our previous Minister now retired, the Rev David Crouchley, took the service, and yes, we shared another

lunch afterwards. Also, we have enjoyed 2 AAW which are All Age Worship services and are very informal. We start at 9.30am with Tea & Toast or Coffee & Crumpets and then have a brew afterwards.

Then, at long last we got the approval from Methodist Property and others to start the work to refurbish the Schoolroom: new heating and lighting, a new well equipped kitchen and more besides.

As I said, a busy year and more to come with the refurbishment and continued services on 1st and 3rd Sundays. Also we welcome Lakes Gospel Choir to the Memorial Hall on 17th May, and will take part in various village events, eg. Pudding Night and Dent Gala.

Yet most of all the Chapel is a house of God, open daily for prayer or just to visit one of the oldest Chapels still in use. Do come and join us or come to our monthly coffee mornings, a warm welcome awaits.

CORNERSTONE COMMUNITY CHURCH PASTORAL TEAM

Susan Raw

On March 26th we were joined by Penny Giles, Local Services Manager for South Cumbria and North Lancashire Alzheimer's Society. She was accompanied by her colleague Liz who had recently been appointed as the local adviser.

Penny began by giving some information regarding diagnostics. In reality 8,000 people in Cumbria will have dementia of one sort or another but only 4,800 will have a diagnosis. By 2030 it is predicted this will rise to 11,500 and owing to Government

reducing the funding this will have a huge ripple effect.

There are over 100 diseases of the brain. Some of the signs to look out for are; the ability to sort yourself, i.e. meals; daily functioning; poor short-term memory (although this is something we can also experience without dementia!).

We were then presented with a very useful hand-out showing bookshelves with the stages of life and progression of dementia. Basically the 2 areas of our brain which Penny focused on that store memories are the HIPPOCAMPUS and AMYGDALA. The hippocampus stores events and facts, logic and reason; the amygdala, feelings and emotional memories. As we journey through life the shelves can gradually empty during dementia, from a normal brain to early-stage dementia, on through middle stage and finally late-stage.

By the time late-stage dementia has developed the shelves have all

collapsed in the hippocampus region but in the amygdala childhood and teenage years are intact with middle age and adulthood emptying.

We were encouraged to try and understand the difficulties people have by focusing on the feelings they may encounter on the emotional level rather than the logic and reason.

One illustration which several of us found helpful was that if a person appears to "wander" they are in fact looking for an emotional point in their lives. Maybe a childhood home or another place which was special for one reason or another.

National and Local Support details:

National web site and Support Line number www.alzheimers.org.uk 0333 1503456

Local Support for South Cumbria and North Lancashire;

email:

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SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

The Council held its meeting at 7.30pm on Thursday 10 April 2025, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next scheduled meetings are the Sedbergh Parish Annual Meeting, the Annual Meeting of the Parish Council, and the normal monthly meeting. These are all scheduled to commence from 7.00pm on Thursday 15 May 2025 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Sedbergh Parish Council owned footway lighting

Sedbergh Parish Council discussed correspondence from Westmorland and Furness Council (WFC) in respect of transferring all parish council owned street lighting to WFC. Whilst Members acknowledged that a significant project had recently been completed to improve the stock, the future savings on maintenance and energy would be substantial. Members agreed, therefore, to a transfer. Final confirmation would be agreed directly with WFC, including asking WFC to undertake to retain all lighting as currently held in the future.

Other matters

Various other matters were also discussed, including Respect Group meeting (Appleby), Planning,

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Finance, Amenities, and general correspondence. This included the latest information on the new Bus/Transport User Group, a planned community project at Queen's Garden (Sedbergh YFC) and BT Phone Kiosk consultation on proposed removal.

Please also see separate formal notice of the Annual Parish Meeting – 15 May 2025.

If you have any queries, or wish to contact Sedbergh Parish Council, please email at clerk@sedberghparishcouncil.org.uk. As always, Members of the public are welcome to attend meetings of the Parish Council.

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

LIZZI'S COLUMN

Lizzi Collinge MP

As I continue to represent the residents of Sedbergh and support you with local issues, there is one issue which continues to be raised with me. That is the loss of a local bus service in town.

The 563 service ended in March, and I know this has impacted connectivity for residents in Sedbergh. The closure of this service leaves your community with only a 16-seater bus to transport you to Kendal, often leaving residents unable to get on an already full bus. Plus, if a wheelchair or pram is on board that reduces the capacity to 14.

Following contact from residents, I have spoken regularly with Westmorland and Furness Council to push them for a better bus service in the area and to spend a proportionate amount of the £4.2m given to the council by the Government for bus service improvements in Sedbergh and District.

I have also met with Sedbergh Economic Partnership who have told me about the issues caused by the lack of transport and how this is impacting the economic situation in the town. For example, local businesses tell me they struggle to hire staff due to the inaccessibility of the town for those who do not have a car.

Back in March I attended the first meeting of the Sedbergh Bus Users group. I had suggested to the Parish Clerk and interested residents that this would be a good start to address

bus issues in the long term, based on my experience in Lancaster District. I know residents have felt frustration at the lack of communication with the council and a bus user's group allows residents to build long term relationships with the council and bus operators and to advocate for reliable services.

The meeting was very well attended at least 20 residents coming to raise their concerns around bus services in the area. I was pleased to attend (although embarrassingly I'd got the time wrong and was a bit late!) and I look forward to hearing more about how this group will progress moving forward.

At the meeting, I spoke about my experience as a member of

Lancaster District Bus Users Group, which covers the southern part of the constituency. This group has had some great results and meets regularly to advocate for services in the Lancaster District region. During the meeting in Sedbergh I suggested that a chairperson be elected so that a working relationship can then be established with the council and other relevant parties.

I have seen firsthand how successful bus user groups can be in representing passengers' needs and working with operators and authorities to address concerns and secure better transport.

In national bus news, new legislation currently passing through Parliament should also improve the

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situation in Sedbergh. The Bus Services Bill focuses on removing barriers which currently limit bus franchising powers and empowering local authorities to deliver better buses faster. These new franchising powers will allow councils to deliver networks that work for local and rural communities. During my conversations with Westmorland and Furness Council, I have urged them to take up franchising powers so that the community in Sedbergh can have a regular, decent bus service.

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.

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School is pleased to be doing well in three awards. The School is a finalist for the Education Investor Awards as Private School Operator of the Year. It has also been named a Finalist in the prestigious StudyTravel Ltd Secondary School Awards as European School of the Year 2025. In addition it has successfully achieved Cyber Essentials Plus certification, highlighting the School's



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continued commitment to safeguarding its digital environment.

Year 6 at the Prep enjoyed a residential trip to London in the second to last week of last term. Some of years 7 and 8 went to the Rosslyn Sevens in London at the end of term

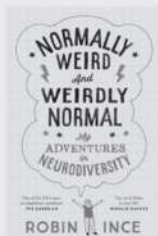
Mr Gorst and Mr Golighy are running in the London marathon raising money for Pick Ups for Pease and Christian Aid

The next of the 50 objects was the first known photo of the rugby team taken in 1882. The first external match was against Kendal town in 1879. And the next The building now named Lupton House was built originally by a local firm as three terraced family homes. The houses

were built speculatively at a time when Sedbergh was thriving as a market town. Sadly, for the builder, there was little interest in purchasing the properties and they sat empty for several years. The School leased them in 1884 and later purchased them, renaming them Jackson's buildings initially. And the following one is a photo of the Masters' House which became eventually Powell House.

Between February and March the Art and Design pupils exhibited their work in Farfield Mill

The night before the Wilson run the Wilson Run Dinner was held in Powell Hall when 180 diners were crammed into the hall. Among the guests were three holders of the



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record, and at the end 14 winners and numerous Old Sedberghians who had been “placed” went up on the stage and sang The Long Run, the song that is normally sung by all those who completed the run at the evening concert after the run.

The run itself took place on a sunny day which was dry underfoot. G Dodgson led most of the way and was about 45 seconds ahead of the next runner as he came over the shoulder down to Danny. However, he collapsed on the way up Danny and the race was won by W Baker-Cresswell in 1 hour 24 minutes and 7 seconds. The Girls’ race was won by J Hearld in 1 hour 39 minutes and 19 seconds. There was the usual Concert in the evening, followed by the 196 pupils who completed the course going up onto the stage and singing The Long Run.

Lupton House won the Academic Challenge (like University Challenge between the Houses), and then challenged a staff team – but lost.

The dates for future exeat weekends and half terms have been adjusted to bring them in line with other schools

Rugby

The School won the TSC Sevens at Worcester, beating Millfield 38-nil. They also won both the U16 and U14 at Warwick. The U15 won at Ampleforth

Two new appointments have been made: Sam Moore has been appointed Head of Rugby and John Fletcher as Technical Consultant. Sam Moore is an Old Sedberghian and his appointment takes place from a world-class shortlist, and John

Fletcher is a globally respected coach

Teams attended the Rosslyn Park Sevens, where Sedbergh U18 were in the final, leading 17-nil against Wellington College at half time, but in the end losing 17-19. They won the Plate

They were no more successful at the Sedbergh National Super Tens on the weekend after the end of term On the second day they lost two of their three games. The winners overall were Brighton, beating Kirkham 21-



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10, and adding this to their win at Rosslyn Park. Dulwich won the Plate against King's Macclesfield 19-0.

Cricket

OS Harry Brook has been appointed White Ball captain for England.

Future Events

Summer Term began 23rd April
Hirst Centre closed for preparation for weekend 30th April

Gala Weekend and exeat 2nd – 5th May

Cricket: 1stXI v National T20 QF 7th May tbc

Cricket: 1st XI v Cumbria 9th May 5 pm

Cricket: 1st XI v St Peters York 10th May 11.30 am

Evening with Lord Botham OBE 9th May 7.30 pm

Cricket: 1st XI v Kirkham Grammar School 14th May 2 pm tba

Cricket: 1st XI v MCC 15th May 11.30 am

FRA Junior Championships 18th May

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

Gala weekend 2-5th May
1st XI v Cumbria Cumbria CCC U18 2nd May 4.30 pm

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1st XI Girls v CCC 4.30 pm
Jazz & Swing Gala Dinner 2nd
May 5.45 pm
Sports Day 9 am 3rd May
School Archive Exhibition 3rd & 4th
May 9 am
Lunchtime musical gig 12 noon
Drama: Stages Through the Ages 1
pm
Golf Tournament 1pm
Celebratory Chapel Service 3rd
May 4 pm
OS Gala Dinner 5.30 pm
Tudor Garden Parties Yrs 10-13
7.45 pm
Commemoration of Benefactors
Service 4th May 10 am
Cricket: Old Sedberghians v the
School 11 am 4th May
Barbecue House Lunches 4th May
12 noon
Stages Through the Ages 4th May
2pm
OS Hockey 4th May 2 pm

COMMUNITY TREE GROUP

Evelyn Pardoe

Several years ago, The Children's
Wood group was formed to plant
trees around the Sedbergh area. A
group of volunteers formed with Peter
Apps, Barbara Hartley and Carolyn
Flood taking on the organising and
running. Last year they felt the need
to step away from those roles but
wished to stay on as volunteers. The
group reformed as the Sedbergh
Community Tree Group with Geoff
and Evelyn Pardoe continuing the
work of administration and
organising, with much appreciated
help and support from Peter, Carolyn
and Barbara.

Since November we have been
busy most weeks planting a variety of
trees in several locations. We meet
on a Wednesday 11am-1pm, weather
permitting. There is a substantial
group of volunteers who come along
and help when they can. It is

completely on a 'come if you can' basis as people have all sorts of other commitments. There is absolutely no obligation to help each week, it is very flexible.

The trees come from The Woodland Trust and Conservation Volunteers as whips twice a year, and they are free to schools and local community groups. They are all UK grown and come in native tree packs consisting of a selection of rowan, downy birch, crab apple, blackthorn and several other species. The eligibility criterion is that everyone should benefit so the trees are planted on publicly accessible land, not on private domestic property.

You may have noticed in the press that there is a national push to

increase the British woodland coverage. There is a legally binding government pledge to increase the English canopy to 16.5% of total land area by 2050. All around the country groups are planting large and small patches of woodland. They become important areas for storing carbon, mitigating against flooding and soil erosion, and providing wildlife corridors which should help our much-depleted bird, insect and butterfly populations. Nationally almost half a million trees have been planted this winter in partnership with the National Trust and UK government funded projects, creating woodlands, hedgerows and orchards which will create more space for wildlife and diversity.

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Most of you will have seen scores of plastic tubes around the area. This is a contentious issue. The Woodland Trust are working to find a biodegradable alternative but so far nothing has been successful. Our group does aftercare and tube recycling. We go back to previously planted sites to weed around the trees which encourages their development, and where necessary we remove guards and sticks which go to be recycled.

The Sedbergh Community Tree Group is now in a situation where we require land to plant the trees next season, which runs from October to March. The land has to be stock proof to prevent damage from sheep and cows. We aim to cover areas from Dent, Killington, Garsdale, Sedbergh and Cautley but would consider other options if they weren't too difficult to access. It could be reinstating hedges or planting in areas of unproductive land, we have alder and willow that like damp areas. This winter we have also helped land owners plant their own hedgerow whips, infilling established hedges where trees have failed and planting new hedges.

If anyone knows of any land and/or owners who might think this is suitable for them then please contact us on geoff.pardoe@gmail.com. We would also like to hear from anyone interested in volunteering next season. Just drop us a line with your email address and we will add you to the mailing list. Our motto is 'we plant trees' and we're looking forward to doing so in October!



SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

The wonderful dry and sunny weather in March and early April certainly put us all in the mood for spring. As we write this in mid-April, swifts have indeed been sighted in a few places in the UK. However that is very early and now that it's cold again it is worrying that these insectivores will find enough food to sustain them.

Let us know when you see your first swift - generally from the first week of May onwards. The first swifts to arrive are the breeding birds, which go straight back to the exact same site that they occupied for previous years. The younger non-breeders arrive a little later, towards the end of May - these are the birds that you may be trying to attract to your nest boxes. So if you have installed attraction callers, that is the time to set them going (on timers).

We urge everyone to look out for swifts at Rauthey Meadows - the new houses opposite Close's garage - to hopefully see if any fly around or even use the nest holes incorporated high up in the walls in many of the homes. The great thing 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!

Distinguishing birds is often down to the 'jizz'. Jizz is a birding term used to describe a bird's 'vibe', the overall impression and character using shape, proportions, movement etc. and considering the habitat and location. It is their behaviour and how they fly. The term first appeared in print in a Manchester Guardian Country Diary column in 1921: for example, if you see someone walking far ahead of you but cannot recognise their features or clothes, you can often tell who it is by the way they walk, stand or general manner. This is their jizz. To identify a bird it can take a while to get the hang of and like most things, with time and patience it gets easier.

A reminder Swifts, swallows and house martins: What's the difference?

- Swallows and martins have white patches, which you may glimpse as they twist and turn in the air, especially the white rump of house martin. So if you catch sight of any white, then it's not a swift.

- Because of their tiny legs, swifts cannot perch – a bird on a wire is never a swift.

Nesting habits:

- Swallows nest inside buildings, in outhouses and barns, on ledges and beams.

- House martins make cup-shaped mud nests on the outside of buildings high up under the eaves.

- So both these birds can be seen on the nest.

- Swifts however are never seen on the nest, as they are hidden from

view within the eaves, or in crevices in walls.



A) Swallow



B) House Martin



C) Swift

As always, it's never too late to put up boxes so do get in touch for any help or advice.

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FAMILY MUSINGS

Sarah Woof

2025, certainly a momentous year. A quarter of a century, twenty-five years since the publication of the amazing record of who lived where and what they did in the book, "Dentdale 2000". Looking through the pages and seeing those familiar faces, seeing houses that have, in some cases, been altered since then, a really delightful trip down memory lane. Other valleys did other commemorative things, all to be treasured.

The other amazing thing is that in Dentdale there is to be another such book to commemorate 2025, twenty-five years on. Forms are available

and have been distributed and I hope, like us, you completed them and sent them in - if you live in Dentdale obviously!

A boarding school friend reminded me recently it is 50 years this summer since we left school, except, for me, that landmark was last year as I only stayed for the lower sixth, not doing A levels. Nevertheless, I am more than happy to join in the Golden Celebration Lunch in Carlisle in June. Quite a number of us meet up annually and giggle away at some of our memories. We are part of the 'Stannite girls' as the school was called St Anne's in our day. We sometimes had a social eve with a boy's school, usually St Bee's or

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Sedbergh. These days Windermere School and Sedbergh are mixed, perhaps St Bee's too - possibly better but dear old Muff our one-time Head Mistress would not agree!

As time passes and our lives seem at times to stretch more behind than in front it's good to 'remember' but even better to step out and seek new experiences with our friends and family, creating more things to remember and giggle about in the future.

Meanwhile, the May blossom is appearing every which way, is that what's meant by 'ne'er cast a clout 'till May is out'? Keep your vests on folks awhile longer.

DENTDALE HEAD TO FOOT "Caring for Carers"

Mike Steele

Our meeting on 4th March had a very interesting talk from Nicola Crawford of Sedbergh, a volunteer for "Carer Support South Lakes" (CSSL).

They cover an enormous geographical area from Harrogate to Kirkby Lonsdale and Dent to Longsleddale and estimate that within this area of 100,000 population there are 12,500 carers of which 3,000 are young carers; all undertaking their roles with little help from the state and in many cases with no help from the state. CSSL is an independent charity which is funded mainly by donations and some funding from the local authority, plus a great deal of volunteer input, which ranges from,

- First assessments required to give the level of service needed,
- Emergency care for the carer when sudden difficulties arise,
- 1 to 1 support,
- Counselling,
- A sitting service of up to 3 hours to enable a break from caring to be undertaken,
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Our next meeting is on Friday, May 2nd when John Bentley, an author and photographer, will be presenting, "Hill Farming in the North of England", so do come along and join us for the small cost of £2.50 to hear what will be a very interesting talk!

We are also still taking bookings for our Day Trip by bus to Keswick, cost £15.00, which should be a very enjoyable day on Friday June 6th, leaving Dent Car Park at 09:30.

Mike Steele, (on behalf of Andrew Povey) for Dentdale, Head to Foot, tel: 07881 655166, e-mail: poveya@btinternet.com



HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

We met at Firbank Village Hall on Thursday 3rd April where Sarah welcomed nine members, including our newest member Cath Aylett, two visitors and our speaker for the evening, Sue Millard.

Sue has been a keen member of the Fell Pony Society since about 1972. Fell ponies originate from this district, believed to have been here since the ice-age. They were previously referred to as the Galloway horse, with the first reference to fell pony being made in the Westmorland Gazette in October 1853, when reporting from Dent Horse Fair. The ponies are a hardy, native breed with many uses including shepherding, transporting goods, pit ponies, racing, forestry, war, endurance riding and being ridden by royalty. The late Queen had the ponies involved in a procession for her 90th birthday, at her platinum jubilee, and at her funeral, to name but a few. More recently they have been used for conservation work, including fixing the fells. There are only about 6500 ponies worldwide and are classed as a rare/heritage breed. There are more than 20 breeders in Cumbria and North Lancashire.

Tanya thanked Sue for a very informative and enthusiastic talk. The raffle was won by Steph, and the competition for a favourite brooch was won by Dilys with Tanya second.

The business meeting followed our usual Jacobs join.

Sarah and Audrey gave us a detailed report from the annual

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council meeting they had attended at the rugby club - WI finances are healthy; people are reminded to book events before the closing dates to prevent cancellations. Mitch, a contestant from the Sewing Bee, had entertained them with anecdotes and behind the scenes activities from the show.

The group meeting is on Tuesday 13th May at Casterton where the speaker will be Hattie Crabtree on leatherwork and saddlery.

Our next meeting, 1st May at Howgill, is Emma Wright discussing the life of south Cumbria's rivers. Visitors and new members always welcome.

KILLINGTON W.I.

Wendy Fraser-Urquhart

What a lovely afternoon! Wall to wall sunshine with a cooling breeze and a really fun gathering of friends. As is usual, we started our meeting with the main topic for the day. This time it was to discuss the "Resolution", namely the theme which has been selected as the main subject for the WI throughout the nation to concentrate on for the forthcoming year. Shall we at Killington WI support this resolution or not? We must decide today! The title we have been given reads as follows: "BYSTANDERS CAN BE LIFESAVERS. There are over 30,000 out-of-hospital cardiac arrests a year

in the UK, and fewer than one in ten people survive. Women have a lower chance of surviving than men. Early cardiopulmonary resuscitation [CPR] and defibrillation can more than double the chances of survival. We call upon WI members to work together to increase public confidence and training in the delivery of CPR and to work with local organisations to help improve access to defibrillators in their communities to give every person the best chance of surviving a cardiac arrest." I have to say that I, for one, felt rather smug and superior when I read this. Our Killington WI raised money to purchase a defibrillator back in 2015, and we have paid for its upkeep ever since. It is mounted on the wall by the side entrance of The People's Hall. We have had our splendid First Responders to one of our meetings to show us how to perform CPR. In Sedbergh and Dent there are several other defibrillators and our community seems well aware of their importance. We decided unanimously to support this resolution and to help other communities to develop their own schemes. We all learnt some extra facts during our discussions. One surprising fact is that over a third of men worry that delivering CPR to a woman could cause them to be accused of "inappropriate touching". Some of us worried that as fairly ancient folk we lack both the flexibility and the strength necessary to carry out CPR.

Then it was on to the second part of our meeting which was described in our programme as "members reading a piece of literature that they

like, such as a saying, or poem, or a quote from a book, and explaining its importance to them". We had wondered whether we would have sufficient contributors to occupy and entertain us but, my goodness, we needn't have worried. We soon decided that if we didn't pause soon then we would not have time for tea, so we combined a most delicious repast with superb readings. Coffee cake, chocolate cake, and superior biscuits. Let me reassure you that readers were not allowed to speak with their mouths full! Some of their choices were humorous; others were cherished personal contributions; others reminded of times and attitudes past. Yet more introduced us to authors and styles previously unknown. All revealed something about the person who had chosen their item. We all really enjoyed it.

Our competition for "a photograph of when you were young" was won by the youthful Barbara Maunder. The raffle was won once again by our President, Susan Sharrocks, again with a borrowed pound! [I am thinking of lending her the cost of a lottery ticket!] This month's birthday wishes were extended to Maggie and

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Lavinia. Our next meeting at 2-00pm on Tuesday 13th May in the People's Hall will be an exciting one. Our friend Marjorie Bidgway is leading us in a workshop entitled "Making Mosaics". Look out for our results at next year's Spring Show.

And that reminds me to thank and congratulate the Spring Show Committee for a splendid show. I was delighted to learn that entries were up this year. Our Killington members put up a winning number of entries to claim the WI Cup for the first time in a number of years. Special compliments to cup winners Dilys Evans - Art Cup, Barbara Maunder – Home Produce Cup, Marion Wood – Handicrafts Cup, and "Well Done" to everyone who entered.

Sedbergh and District Lookaround

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SEDBERGH W.I.

Moirra Folks

We've been blessed in the past few weeks with many sunny days – albeit often with bitter easterly winds – bringing smiles to people's faces when they meet each other in the street, wondering whether spring has come at last. Today, Palm Sunday, the full bloom on the glorious pink flowering cherries in Main Street and St Andrew's churchyard and the bright-eyed primulas lining the church path bring the hope of better weather and more flowers ahead. It was on one of these lovely days that the walking group set out. Anne Pitt reports: 'On a bright weather day in March, the walking group met at Loyn Bridge near Hornby and then went on a circular walk following lanes and footpaths, starting with a lane leading up to Gressingham. Footpaths were then used, up and along the fells and fields going north, then west and south to join the River Lune. After enjoying a picnic lunch on the riverbank, the riverside path was followed north to return to the start point at Loyn Bridge.'

The lunch club met at Barton Grange Garden Centre at Brock near Preston on March 27th, enjoying lunch and browsing round the extensive plant and sales area, no doubt enjoying some retail therapy too!

The Sedbergh Spring Show brought lots of people to the People's Hall on March 29th to view exhibits from the youngest to the most elderly in our community, including special displays from the primary and secondary schools. The musical

entertainment by the Town Band and others was much appreciated. Sincere thanks to the Spring Show Committee for all their hard work throughout the year in organising the Show.

On April 9th, we welcomed Andrea Blude, Engagement Coordinator for the Home Instead care company, to speak to us on Fraud Protection and Scam Awareness, increasingly important these days when so many of us are online. Andrea pointed out that it's important not to feel embarrassed if you think you've been scammed but to get help straightaway. AGE UK provide booklets such as AVOIDING SCAMS or you can get very useful information on their website too: visit www.ageuk.org.uk/scams to get started. You can also ring free on 0800 169 65 65 (8am-7pm, 365 days a year).

Book club met at Valerie Welti's home on April 10th to discuss 'See What I Have Done' by Australian writer Sarah Schmidt, which was longlisted for the Women's Prize for Fiction in 2018. This is a re-imagining of a true murder mystery at Fall River in Massachusetts in August 1892 in

which a married couple, Andrew and Abby Borden, and three of their children were savagely hacked to death while the youngest child, a baby, disappeared without trace. No culprit was ever found. Scores for Sarah Schmidt's account ranged from 1 to 9/10, with an average of 6/10. Some felt that too much emphasis was placed on the gory and disgusting descriptions; others appreciated the writing style but really didn't enjoy the book. Many thanks to Valerie for hosting the meeting on behalf of Heather Cooke, who also served the refreshments.

For our next meeting in the People's Hall committee room, on Wednesday 14th May at 7.30pm, we look forward to seeing an old friend, Carole Marsden, who was minister of the URC Church in Main Street a few years ago until she moved south. Her subject is 'Second Childhood': from what we know of Carole, this will be an entertaining evening! Visitors and new members are always welcome. For further details, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Lesley McCririe, on 07930 177423.

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DENTDALE W.I.

Thelma Belfield

Our April meeting is always a sign that spring really has arrived. It is daylight still when we arrive and the agenda is full of summertime activities. We began our meeting, as always, singing Jerusalem, accompanied at the piano by Marjorie. The first item for discussion was our annual summer outing. Suggestions ranged from the Bowes Museum at Barnard Castle to the Wensleydale Creamery. Transport is provisionally booked and a final decision will be announced once all have had the opportunity to choose. A dining club outing has been booked for the end of April, our first one this year. The venue is the cafe at St. John's Hospice at Slyne. We have raised funds for the Hospice over recent years and have been invited to the cafe on several occasions. The menu is reportedly

very good, so it should be an enjoyable visit. The final social activity is the Lune Valley Group meeting, hosted this year by Casterton WI. There will be a talk about Leatherwork and Saddlery and a buffet supper.

Other less frivolous but important matters needing to be discussed included our chosen charity for this year's fund-raising efforts. The jury is still out on this one with, currently, four charities on the list. Our main fund-raising activity will be a Kitty Brown Fashion Evening in October.

This is one for your diaries, it's always a great evening.

Gill and Thelma reported back from the Federation Annual Council meeting and Rita reminded everyone that annual subscriptions are now due, and also that tickets for Country Fest are available at the reduced price of £8 to members, which is a good saving on the full cost. Rita then

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read out a letter from the Dentdale Run committee, thanking everyone for providing home baked cakes and scones and helping with preparation of the teas for all the runners on the day. The final item on the agenda was our August meeting when we are holding a Social 'Bring a Friend' evening, with entertainment and a buffet supper.

Business sorted; it was time to meet Sue Gilmartin our speaker. Her subject was Rag Crafts. Sue is a good friend of Gill, one of our members, and they had first met whilst working together at Oxfam, many years ago. Sue is a very talented artist and crafter and specialises in making Rag rugs. Over the years she has been involved in

many different types of arts projects. She has spent time with Spacecreate, a charity working with vulnerable adults, to support them through working in social groups and creative activities. She is currently involved with the National Trust and works at Townend as a volunteer rug maker. Sue began her presentation by explaining that Rag rug-making dates back many years as a domestic craft, and several of us recalled seeing their mothers and grandmothers making rugs. She showed us examples of her early work, with one treasured piece being of her cat Moriarty. She demonstrated the technique for making rag rugs, using both very simple tools or proddies and more

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sophisticated hooked ones used for creating rugs made from wool. Many different materials can be used and Sue frequently visits charity shops to source materials for her work. She showed us many different pieces of work, not only rugs or mats for the floor, but wall hangings and wreaths all made out of old cast-off materials. One of her most treasured projects was being asked to make a new Coat of Arms for the Lord Mayor of Kendal. Then the challenging part of the evening arrived. Sue had asked that tables and seating be arranged so that we members could have a go at rag rugging. She provided us with pieces of hessian, proddies (a simple half a wooden clothes peg) and lots of different pieces of material and

encouraged us all to have a go. As you can imagine there was a lot of chatter, giggles and surprisingly, periods of silence, whilst fifteen ladies studiously began to create their own pieces of work. It is a relatively simple process, but being as I am somewhat ham fisted, I found it hard going to begin with, but I did manage to create quite an attractive flower on my piece of hessian. Sue very expertly added a stem and a leaf, and it currently resides on my coffee table at home. Everyone managed to create something to take away and we all agreed it had been a really interesting and enjoyable evening. We all needed a restorative cuppa and one of Marjorie's homemade biscuits whilst the raffle

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was drawn and the competition judged. Marjorie and Rita were lucky raffle winners and the competition for an interesting item beginning with 'S' was won by Alice with her Sword. Chris O was second with a beautiful, stitched sampler and joint third were Thelma (stamp album) and Pam (spirit level). Our competition each month does reveal some extremely interesting items. Next month we look forward to welcoming Hilary Deighton who will talk about 'A day in The Life of an Agricultural Officer, Environment Agency'. Very different from Rag rug making but I'm sure it will be very interesting. Do come and join us, visitors are always very welcome.

NOTES FROM DENT STATION

John Carey

All is well at England's' highest mainline station as we make steady progress through some of the maintenance jobs that need doing. In particular, local stalwart Ken McClurg has made good use of the new petrol trimmer and we have cut back the dense vegetation which seems to grow if left unchecked, and the daffodils can be seen at their best. But there is another purpose. It allows the wildflowers to grow in their profusion later in the season and we look forward to a spectacle in a couple of months. The land to the front of the station is ungrazed apart from the occasional 4-legged visitor!

On the railways, services have performed reasonably well throughout March with very few delays or cancellations. However, I don't wish to jinx things! Any cancellation can cause tremendous inconvenience with such long service gaps in the timetable and particularly the long contested 4-hour gap in the afternoon.

However, we are quickly approaching the busy season when more and more passengers naturally wish to use the trains. It will come as no surprise that a major part of the usage of the railway is for leisure purposes these days, although we



would very much like to see more use for commuting and longer distance travel. The railway can do all of these things but, as we have often said, the timetable is not ideal. On that we can expect no significant change in the May timetable but can but hope for improvements in December.

But as many will know from reading these pages, we are often handicapped by carriage availability and, with the aged 158 diesel multiple units on which we rely in short supply, this doesn't get any easier. Whilst we are promised that as from the start of April carriage formations would be increased for the summer period, experience for the first few days of the month has been variable, but we shall cross our fingers. Replacement trains are unlikely to arrive until way after 2030, and some industry commentators suggest 2035, so some way off. These will be multi-modal, that is able to run electricity or diesel. The trains will have capacity to have the diesel engines replaced at some point as more environmentally friendly technologies come available.

Train services were suspended as between Skipton and Appleby for two



weekends in early April in order to allow the reconnection of Horton Quarry which, of course, we very much support. Once operational, the trains will remove a considerable number of lorries from the roads with environmental benefits, but, of course, it adds to the viability of the railway which has seen a decline in freight in recent years. Possibly, some of this traffic will return with the temporary closures of the West Coast Main Line, and the possible desire to eliminate slower moving trains from that route. Whilst slight longer in distance, the route via the Settle-Carlisle takes around the same time due to the fact that trains are not diverted into passing loops quite as often. The new footbridge constructed at Horton as a necessary consequence of the quarry connection has been in use for some months, but rather ironically still

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awaits the installation of lifts, its main purpose, but which we believe will occur later on in the year.

Meanwhile, it was sad to see the end of the Monday-Friday 563 bus service from Kirkby Stephen to Kendal via Sedbergh. Whilst not perfect I always regarded the council-supported Stagecoach service as a stepping stone to something better. Decent public transport is undoubtedly essential for a community to thrive along with housing and employment. It cannot be assumed that everybody has access to a car, although for many this is a necessity of living in the Dales. For those without they can be effectively disenfranchised from economic, education, welfare and leisure opportunities. I am thinking particularly about the young, elderly and disabled whilst for some, not to drive might be a personal choice.

It was great to see a good turn-out for the inauguration of the bus user group at Cornerstones, and it is quite clear that public transport is an issue that will affect many residents. Please participate in the passenger survey and also the data gathering for passenger numbers. Data is a powerful tool and can make for a compelling argument. Indeed, it is clear the needs of the community are varied from travel to work to having a

full day out which most of the services have not thus far permitted.

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 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, the Western Dales Bus will provide a Sedbergh to Kendal service Tuesday to Thursday, augmented 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.

Just over the hill the summer Sunday DalesBus timetable comes

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into full swing with a number of services passing through Hawes. I know not entirely convenient for Sedbergh, but for those of a more outdoor persuasion there are some excellent opportunities for linear walks, perhaps parking at one of the calling points. The 857 runs from Garsdale Station to Castle Bolton and might be quite useful, whilst the 830 runs from Ribbleshead via Hawes and a spectacular route over Buttertubs Pass to Richmond.

The single bus fare cap of £3 now runs until the end of 2025 and, in the majority of cases, this will reflect a significant saving. Also, for regular rail journeys it is well worth purchasing a Dales Railcard (currently £10), providing a 1/3 discount off the on-the-day ticket price for journeys between Leeds, Bradford, Carlisle, and Morecambe (via Bentham), and will quickly prove its worth. These are available to residents within the qualifying post codes from Appleby, Carlisle, Settle, or Skipton Stations, or by application to the Settle Carlisle Railway Development Company via their website.

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

SEDBERGH SCHOOL'S 450TH BIRTHDAY

Colin Cowperthwaite

As Sedbergh School is celebrating the 500th year of its foundation this year, I am sharing a selection of local news items reporting its 450th anniversary back in May 1975.

Sedbergh, the boys' public school which dominates the small market town on the edge of the Yorkshire Dales, celebrates its 450th anniversary this year. And next weekend the Archbishop of Canterbury, the Most Rev. Dr Donald Coggan, will join parents and the 440 pupils to commemorate this milestone in the school's distinguished history. It is a history of growth from a small foundation for the education of local boys to one of the most noted schools in the North of England.

The founder in 1525 was Sedbergh-born Roger Lupton, who became provost of Eton and a Canon of Windsor. As he approached the end of his life, he set up his Chantry School and installed a priest "for the maintaining and increase of virtue and learning in Christ's Church and for his soul's health". The priest,



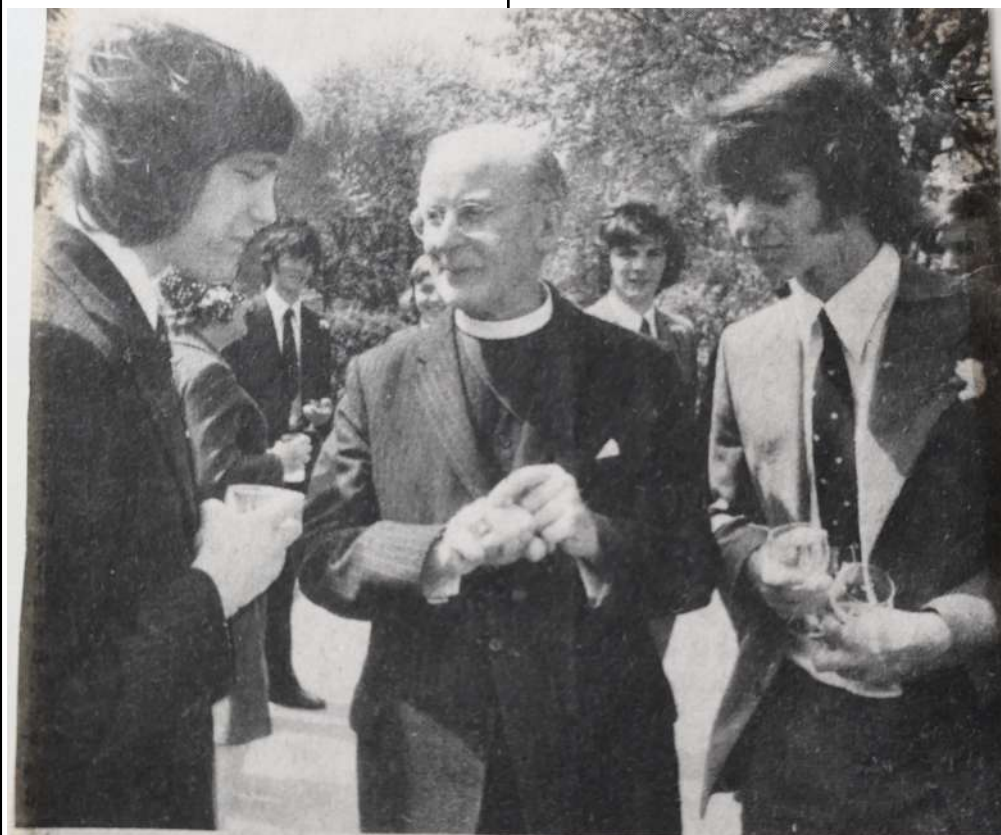
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Henry Clomeyr, was the first of 25 headmasters. The present head is Mr G.M.C. Thornely, who retires in July after 14 years as assistant master and 21 years as head. In a tribute to Mr Thornely, the chairman of governors, Mr J.O. Blair-Cunynghame, said he had been at the school for 35 years, during which time 3,000 boys had passed through his hands. Mr Thornely had wide interests, but teaching was very important. The late Mr J.H. Bruce-Lockhart thought Mr Thornely was one of the best teachers he had ever

known. His sense of humour and warm sympathy had been of great benefit to Sedbergh, as had been his sense of purpose, perception and understanding of young people. The governors have appointed Mr Peter Attenborough (37), at present at Uppingham School, and he would be welcomed as head in September.

Two Archbishops of Canterbury have been associated with Sedbergh School. The first, Thomas Cranmer, was burnt at the stake four years after signing the school's charter in 1552; the second, Dr Donald



● Seal of office: Dr. Donald Coggan, Archbishop of Canterbury shows his official ring to schoolboys, left to right, Peter Moon of Powell House and Kevin Clerey of Sedgwick House.

Coggan, received a warm welcome when he and Mrs Coggan attended the school's 450th anniversary at the weekend. Dr Coggan is no stranger to the school, which is set in the beautiful countryside of East Cumbria. He was a school governor during his 13 years as Archbishop of York, and a frequent visitor to Sedbergh, the north western outpost of the Diocese, when Bishop of Bradford from 1956 to 1961.

During the office of the present headmaster, Sedbergh has undertaken an extensive building programme. New laboratories have gone up for physics and chemistry, and there is now a combined block for biology, mathematics and economics. A music school has been

built, and substantial extensions and improvements have been carried out to all seven boarding houses. An appeal launched in 1971 raised £276,000, which has financed an outdoor swimming pool, a miniature range, extensions to the chapel and a projects centre.

The anniversary programme of events has been planned over three days, starting on Friday evening with a performance of Benjamin Britten's Noye's Fludde by members of the staff, school and pupils from other local schools. The opera will be repeated on Saturday afternoon and again in the evening. On Saturday morning the Archbishop of Canterbury will formally open the new projects centre. This will be followed



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by the annual prize-giving and a reception and buffet lunch for the governors, parents, staff and boys. On Sunday the Archbishop will celebrate Holy Communion at Sedbergh Parish Church, and later in the morning he will preach the sermon at a service of thanksgiving in the school chapel.

After opening the school's new projects centre on Saturday, Dr and Mrs Coggan mingled with boys, parents and staff at a luncheon reception in marquees on the sun-drenched lawn. At the reception, one boy who was most reluctant to meet his mother was 14-year-old Mark Parker, who beat a hasty retreat from the Evans House section of the marquees when he saw the hat that

she was wearing. It was an attractive creation which caught the eye of our photographer but, after hearing his friends' comments, an embarrassed Mark disappeared to the sanctuary of his House. "I am the biggest embarrassment to my son because of my hat", said Mrs Ann Parker of Sheriff Hutton, near York. "Somebody said: 'Look at this mother coming in' and when Mark realised it was me he walked away, hoping his friends would not realise it was his mother", she added. Robert Downs, 16, of Lupton House, who plays the trombone in the school orchestra and is studying maths, physics and chemistry, had lunch with his mother, Mrs Janeth Downs, and sister Ruth, 19, of The Manor House, Embsay,



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near Skipton. "I enjoy life here and I don't think there is anything better than a public school education", said Robert. His mother commented: "I absolutely love coming here. My brother was at the school so I have been coming for a long time".

The head of school, Mark Whitcher from Leicester, leaves Sedbergh at the end of term after five years, with sights of an Army career. "I have enjoyed my stay at Sedbergh, and having been part of a public school, I would never want to see them go", said Mark, who hopes to train as an officer at Sandhurst. Preparing the chicken legs, bowls of rice, chicken, prawns and sweetcorn and fruit tarts topped with fresh cream for the boys of Evans House and their parents were Mrs May Penny and Mrs Isabel Mitchell. "I think there will be enough but you can never tell. Some boys wander from one house dining area to another", said Mrs Penny.

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SEDBERGH HISTORY SOCIETY Anna Letitia Barbauld

Karen Bruce Lockhart

Following the AGM the President of the Society, Professor Fox, gave a interesting talk on a relatively unknown lady, Anna Letitia Barbauld, noting that this year was the 200th anniversary of her death. She was perhaps the North's first "Blue Stocking".

She was a noted essayist and poet, but throughout the Victorian period she was really only known as the "good" Mrs Barbauld who wrote books for children in which she tried to see things through the eyes of children. But recently she has begun to be rehabilitated in feminist circles. Her claim to come from the North is that she was brought up till the age of fifteen in Leicester until her father taught at the Warrington Academy, a short lived Unitarian University for those who would not accept the 39 Articles of the Church of England and were thus excluded from the Universities. As a girl she could not attend the Academy but absorbed the teaching, and eventually married a student of Huguenot descent. They went to live in Suffolk and then London.

She was a follower of Joseph Priestly (one of the discoverers of oxygen) who was a supporter of the French Revolution, at least in its early years, and taught at the Warrington Academy. He did not reject the Bible but thought it should be read rationally.

In London she joined Mrs Montague's salon group which became known as the Blue

Stockings, possibly because of a man who came in blue stockings which contrasted with the black ones of high society, Among others who attended the salon were Angelica Kaufman and Elizabeth Sheriden. Anna appears in at least two paintings of Mrs Montague's circle. In 1811 she published an antiwar poem which said war was a waste of life, and that had a theme of the decline of Britain and that the future lay with America. This wasn't treated kindly and was treated dismissively. It was held to be typical of female writing in the Nineteenth century, a century in which the Napoleonic code downgraded the status of women. However she was honoured by the Unitarians when she died in 1825.

FIFTY YEARS AGO

Colin Cowperthwaite

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

Fifth Fire in Ten Months

Kendal CID are making inquiries following the fifth fire in ten months at a Sedbergh restaurant. A milkman on his rounds in the early hours of Friday morning spotted the latest blaze near a central heating fuel storage tank at the rear of the Epicure Restaurant, Main Street. The flames ignited nearby dustbins but did not spread to the building where the proprietor, Mr Frank Kerfoot, was asleep in bed. Firemen from Kendal and Sedbergh found diesel oil spurting from a crack in the fuel line




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linking the 600-gallon tank to the building. Last September a fire started beneath the same feed-line and spread to a window frame, again while the Kerfoot family were asleep in bed. Mr Kerfoot said then that the oil pipe had been deliberately severed.

Celebrating at Killington

A well-known Killington couple celebrated their Diamond Wedding anniversary on Tuesday. They are Mr and Mrs R. Capstick, of Grassriggs. Richard, 84, and Martha, 82, were married at Howgill Church on April 15, 1915, and have lived in the area ever since. In fact, Mr Capstick's parents also celebrated their diamond wedding at Grassriggs. Mr Capstick was born at Stangerthwaite, Killington, and has spent the whole of his working life in farming. A lifelong member of the NFU, he was also a founder member of the old Sedbergh Hedging and Walling Association - now incorporated with the Sedbergh Sports Committee - and both his sons and grandsons have kept up the family's stone-walling tradition. In his youth he was also a keen angler. Although born at Penrith, Mrs Capstick was brought up at Howgill.

She is a founder member, and still an active one, of Killington WI. She has been vice-president, press secretary, and was the treasurer for 17 years. Inundated with good wish cards from friends and relations all over the UK, parts of Europe and even Argentina, they also received telegrams of congratulations from Her Majesty the Queen and Mr Michael Jopling, the MP for Westmorland. Both Mr and Mrs Capstick are in good health, and a family celebration was held at the Epicure Restaurant, Sedbergh, in the evening. They have a daughter, two sons, and two grandsons.

Dent Village Effort

A Bring and Buy sale was held at Mrs Mason's, Siege Ghyll, in aid of the Royal Liverpool Hospital Appeal Fund. Stallholders were Mesdames Bell, Benson, Roberts and Tarring; draw Mrs Hicks; teas, Mesdames J. Oversby, Mason, E. Oversby, J. Haygarth, Nicholson, E. Goodyear, Hartley, R. Middleton, M. Middleton. Draw winners were Mrs Blaxland, Miss Pollock and Mrs Bell. As a result, 46 pounds and 25 pence has been sent to the hospital.

Firbank Sponsored Walk

More than 50 walkers took part in a sponsored walk from Firbank School. The ten-mile route, mostly over lanes and field footpaths, was through the beautiful scenery of Firbank, Howgill and Killington parishes, and that part of Sedbergh known as Marthwaite. Ideal weather conditions added to everyone's enjoyment, as did the refreshments provided at various points on the route and at the end of the walk. The proceeds, which are expected to exceed 300 pounds, are

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Garsdale Sports

The annual Garsdale Sports were held last week in the school field, and were well attended. Favoured with excellent weather, there was a record entry of between 60 and 70 in the children's events, and the adult races held in the evening were also well supported. A free tea was served to the children in the schoolroom, donated by local people and prepared by the wives of committee members. Each child received a gift of money. Supper was served to the adults in the evening.

Sedbergh Couple to live at Howgill

A honeymoon in North Wales followed the wedding of Mr Richard Norman Hoggarth and Miss Helen Elizabeth Buckley, who were married by the Rev. H. Stanley Hills at Sedbergh Methodist Church on Saturday. The bridegroom, a farmer, is the only son of Mr and Mrs Norman Hoggarth of Ruecrofts, Howgill, Sedbergh, and the bride is the younger daughter of Mr and Mrs Gerald Buckley of Lowfield Cottage, Sedbergh. She is employed at Barclays Bank in Sedbergh. Given away by her father, the bride wore a long white classic gown trimmed with guipure lace. A long veil was held by a flowered headdress and she carried deep pink rosebuds and stephanotis. Attending the bride were Misses Gillian Buckley, her sister, Amanda Geddes, bride's cousin, and Georgina Swainbank, bridegroom's

cousin. Mr Raymond, bridegroom's friend, was the best man. After a reception at the Bull Hotel, Sedbergh, an evening buffet was held at the George and Dragon, Dent. They will make their home at Ruecrofts, Howgill.

Frostrow Anniversary

Frostrow Chapel's Sunday School anniversary was held last Sunday, when the guest speaker was Mr John Armitstead of Hutton Roof. Introduced by their teachers, Miss Isobel Harper and Mrs B. Baines, Susan, Andrew and Mark Hinton; John, Karen and Denise Harper; and Joanna Capstick gave a programme of songs and recitations. At the evening service Mr Armitstead, his wife Margaret and daughter Joyce gave vocal trios, and son Colin recited.

Well-known Garsdale Methodist dies at 71

Mrs Mary Jane ("Jeannie") Mason, of Rose Cottage, Garsdale, died recently at the home of her elder son in Kendal, aged 71. One of a family of 13, she was the youngest daughter of the late Mr and Mrs R. Bracken, and was born in Liverpool. In 1905 the family moved to Dent and

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Tel: 015242 - 74322

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.

subsequently to Garsdale in 1910. After leaving school she was employed in domestic service. In June 1927, she was married at Garsdale Church to Mr G.E. Mason by the Rev. R. Badrick, the last vicar to live in the village. A lifelong Methodist, she had been organist at Low Smithy Chapel for about 59 years, and relief organist at Garsdale Street Chapel for over 40 years. On numerous occasions she had also been organist at the Parish Church. A member of Garsdale Fellowship, and lead soprano with the Garsdale Gospel Singers for 45 years, she had accompanied the group on their engagements throughout the dales and to Sedbergh and Millthorpe for 35

years without a break. Mrs Mason had been a member of Garsdale Mothers' Union and a former governor of Settlebeck School. Her family and her faith were her chief interests, and apart from her music she also enjoyed knitting, crochet and reading. Like her close friend, Mrs Constance Harper, whose funeral preceded hers by a day, she was ever ready to lend a helping hand. Recently she had given testimony at a special service at Hawes Junction Chapel for a television documentary, "The Dale That Died". She had been aware of the terminal nature of her illness for about a year, and had made detailed arrangements for her funeral. What

she did not foresee was that it would be televised. Quite by chance, a Yorkshire TV film unit were in the area filming the entire spectrum of life and death in the dales, and asked permission to televise the funeral, which was granted. So great was the esteem in which Mrs Mason was held that the country chapel was filled to overflowing at the funeral service which was conducted by the Rev. H.S. Hills, assisted by the vicar, Canon D.A. Rogers. The service was relayed by loudspeakers to those outside. The organist was Mrs Ruth Jackson of Crosby Ravensworth. Mrs Mason, whose husband died in 1967, is survived by two sons. Interment was at Garsdale Low Smithy Chapel yard.

TV LICENSE PAYMENT

Karen Evans

I was talking to my mum about the cost of TV licences the other day, and she said she hadn't bought one for a long time because it was too expensive. Will she get into trouble if she gets caught?

Yes, everyone who watches, records or downloads live TV, or BBC iPlayer, on any device (even a phone) has to have a TV licence by law. From 1 April 2025, the cost is £174.50 a year. Enforcement officers can carry out checks and visit homes to verify if a licence is needed. If you are caught, you can be prosecuted and fined up to £1,000 plus costs.

However, if your mum belongs to certain groups of people, or is struggling financially, there is help available. If she is over 75 and getting Pension Credit, she will

receive a free licence. Contact Citizens Advice for help with claiming Pension Credit. Blind or severely sight impaired individuals receive a 50% discount. If your mum is in residential care or sheltered accommodation, there is a concessionary licence of £7.50 – the Care Manager will have information on this.

There is also a Simple Payment Plan, which offers flexible fortnightly or monthly plans to spread the cost of a licence over 12 months. This is only available for specific customers in

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.

financial difficulty, but South Lakes Citizens Advice can make referrals.

Do encourage your mum to buy a licence or to get help with payments right away, if that is applicable, to avoid a magistrate's court summons.

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

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

BOOK TOWN QUIZ ANSWERS

1. Go Set A Watchman
2. Roger Hargreaves
3. A E Housman
4. Henrik Ibsen
5. Jonathan Swift
6. Long Walk To Freedom
7. John Ruskin
8. Rebecca – Daphne du Maurier
9. Rudyard Kipling
10. Remembrance of Things Past
11. Laurie Lee
12. William Hague



PERSONAL MESSAGES

FOR SALE

Antique bottles for sale. Tel 015396 21480.

EDITORIAL

Some things aren't so good in Sedbergh at the moment. The Fish and Chip shop is closed due to fire damage, the Waffle Cone has gone, and the old Post Office has closed its doors. The Stagecoach Bus Service, which some of us hoped might be the start of the improvement of public transport in our community, has disappeared. Lookaround too is suffering.

But change can bring good things as well as bad, a shiny new Post Office Counter in Spar, the positive response to the newspapers in the Information Centre, and the very positive attendance of the first Transport User Group meeting being three examples.

There were serious discussions though at the Lookaround AGM (see Myles' report on page 8). In the light of the ongoing drain on resources we have decided to raise our suggested donation to £1.50. This will be from June onwards

Other ideas to improve the situation are ongoing, and it is possible that we are seeing some positive change. I hope there will be good news in editions to come.

Ed

PUZZLES (SOLUTIONS ON PAGE 69)

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

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.

MAY 2025

01	1930	Kerri Andrews Pathfinding (Apr)	Westwood B
01	1930	WIIHF - Life of S Cumbria's Rivers (43)	HVH
02		500 Anniversary Gala Weekend (Apr)	SS
02	1400	DHTF - Hill Farming (42)	DMH
03		Lakeland Voices (11)	FM
04	1100	Cricket - Old Seds vs The School (Apr)	SS
07	930	Ladies NFU Coffee Morning (3)	StAS
07	1430	Bereavement Journey Course (8,28)	CCCN
08	1100	VE DAY 80 CELEBRATION	StAS
08	1100	VE Day Service (14)	StAS Churc
09	1900	RBL Annual Dinner (Apr)	GC
11		Sedbergh Town Band (12)	Levens Hal
11		Christian Aid Week (Feb)	TBA
11		Christian Aid Week (Apr)	TBA
13		WI - Lune Valley Group	Casterton
13	1400	WIK - Resolutions and More	PH
14	930	Christian Aid Coffee Morning (3)	StAS
14	1430	Bereavement Journey Course (8,28)	CCCN
14	1930	WIS Second Childhood (46)	PH
15	1300	Medical Centre Closed	MC
15	1900	Annual Meeting of the Parish (30,19)	PH
15	1900	Annual Parish Meeting	PH
15	1930	Sedbergh Parish Council (30,19)	PH
17		Christian Aid Week (Feb)	TBA
17		Christian Aid Week (Apr)	TBA
17	1000	Dent Methodist Coffee Morning (18)	DMC
17	1900	Lakes Gospel Choir (27,17)	DMH
17	1930	Sedbergh Town Band (12)	Thornton I
20		Singing Slovenia Trip (Feb)	Zrece
21	930	Dementia Awareness Coffee Morning (3)	StAS
21	1430	Bereavement Journey Course (8,28)	CCCN
21	1915	Sedbergh Gym AGM (21)	PH
23		Half Term (33)	SS
27		Zrece Twinning 20th Anniversary (Feb)	TBA
28	930	St Andrew's Coffee Morning (3)	StAS
28	1430	Bereavement Journey	CCCN
28	1430	Bereavement Journey Course (8,28)	CCCN
29	1800	Killington Sports (1)	Beckside F
30		Singing Slovenia Trip (Feb)	Zrece

JUNE 2025

01		Half Term (33)	SS
03	1930	Robin Ince Normally Weird (9,34)	Westwood B
04	930	St John's Garsdale Coffee Morning (3)	StAS
04	1430	Bereavement Journey Course (8,28)	CCCN
06		Dentdale Head Foot summer outing (42)	DHTF
10	1400	WIK - Cycling Vancouver to San Fran	PH
11		WIS summer outing	TBA
11	930	RBL Coffee Morning (3)	StAS
11	1300	medical centre closed	MC
11	1430	Bereavement Journey Course (8,28)	CCCN
12	1930	Sedbergh Parish Council	PH

18	930	Sheepfest Coffee Morning (3)	StAS
21	1000	Dent Methodist Coffee Morning (18)	DMC
21	2200	Torchlight Procession Up Winder (33)	SS
22	1830	Royal Northern Sinfonia (44)	SS
25	930	Killington W.I. Coffee Morning (3)	StAS
25	930	WIK - Coffee Morning	StAS
25	1100	Lakeland Voices (11)	TBA
28		Term Ends (Apr)	SS

JULY 2025

02		WIK - Garden Party	TBA
05		Dentdale Head to Foot "tea"	DMH
05	945	Quiet Day	StMC
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
19	1000	Dent Methodist Coffee Morning (18)	DMC
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 (33)	SS
12	1400	WIK - History of Puzzles	PH
13	1930	WIS Charting the 70s	TBA
16	1000	Dent Methodist Coffee Morning (18)	DMC
23		Sheepfest (54)	Sedbergh

SEPTEMBER 2025

05	1400	Dentdale Head to Foot quiz	DHTF
09	1400	WIK - Lancaster Castle	PH
10	1930	WIS Great Scientific Disasters	PH
17	1300	Medical Centre closed	MC
20	1000	Dent Methodist Coffee Morning (18)	DMC

OCTOBER 2025

03	1400	Dentdale Head to Foot	DMH
08	1930	WIS Mosaics	PH
14	1400	WIK - Antarctica	PH
15	930	Christian Aid Coffee Morning (Feb)	StAS
16	1300	Medical Centre Closed	MC
18	1000	Dent Methodist Coffee Morning (18)	DMC

NOVEMBER 2025

07	1400	Dentdale Head to Foot	DMH
08	1930	Sedbergh WI Demystifying Dementia	PH

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

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

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

HADDOCK PADDOCK

MAIN STREET

Closed due to fire damage

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

Closed

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958 catering@farfieldmill.org

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable

SOME WALKS AROUND SEDBERGH

WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs

Sedbergh's own little Matterhorn with great views of the surrounding fells and dales. *(Walk 1)*

THE CALF 8 miles 2600ft 4-5 hrs

A bracing ridge walk over Arant Haw and Calder to the highest point in the Howgills, . *(Walk 1)*

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs

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

AKAY WOODS 2.3 miles 1 - 1.5 hrs

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

SEDBERGH SCHOOL 45 mins

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

FELL WALL 2.2 miles 1 - 1.3 hrs

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

BRIGGFLATTS 4.2 miles 2- 3 hrs.

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

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs

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

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs

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

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

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

MILLTHROP AND ABBOT HOLME 5.1 miles

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

DALES WAY AND CRAGGSTONES. 7.5 miles

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

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

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

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

Organisation	Help For	Contact
Dent Grammar Educational Foundation	Educational Expenses	Dgsef1@yahoo.co.uk
Killington Educational Foundation	Educational Expenses	andy.burgess@westerndales.org.uk
Sedbergh School Young Persons Fund	Educational Expenses	mhm@sedberghschool.org
Sedbergh United Charities and Widows' Hospital : Exhibition Fund	Educational Expenses	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh United Charities and Widows' Hospital : Poor Householder's Fund	Financial Assistance	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh British School	Further Education Expenses	015396 20194
Sedbergh United Charities and Widows' Hospital : Widow's Fund	Housing for Widows	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh & District CIO	Community Endeavours	015396 20790
Trott Musical Foundation	Musical Instruments	015396 22340
Sedbergh Pepperpot Club	Orchestral Musicians	DrNicolaCann@outlook.com

PUZZLE SOLUTIONS

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

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

PEOPLES' HALL HIRE RATES

From 1 st July 2022	Main Hall Fees					Committee Room Fees			
Time From	07:00	09:00	13:00	17:00	19:00	09:00	13:00	17:00	19:00
Time To	09:00	13:00	17:00	19:00	01:00 (Sun 23:45)	13:00	17:00	19:00	01:00 (Sun 23:45)
Rate 1	£12.00	£24.00	£24.00	£18.00	£45.00	£18.00	£18.00	£12.00	£18.00
Rate 2	£18.00	£36.00	£36.00	£27.00	£67.50	£27.00	£27.00	£18.00	£27.00
Rate 3	£24.00	£48.00	£48.00	£36.00	£90.00	£36.00	£36.00	£24.00	£36.00
	Changing Room A Fees					Changing Room B Fees			
Rate 1	£9.00	£17.50	£17.50	£12.50	£17.50	£12.50	£12.50	£10.50	£12.50
Rate 2	£13.50	£26.50	£26.50	£19.50	£26.50	£19.50	£19.50	£16.00	£19.50
Rate 3	£18.00	£35.00	£35.00	£25.00	£35.00	£25.00	£25.00	£21.00	£25.00
Alcohol Licence: £30.00 + £100 damage deposit									
Rate 1	Private individuals, community groups, clubs etc based in: LA10, Firbank, Howgill or Killington								
Rate 2	Businesses based in LA10, Firbank, Howgill or Killington OR Private individuals, community groups, clubs etc not in Rate 1								
Rate 3	Businesses outside local area OR Statutory organisations								

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 Community Tree Group -----	Geoff Paroe - geoff.pardoe@gmail.com
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
TBA	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
------------	------------------------

ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

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

ALL SAINTS' CHURCH, KILLINGTON

1st Sunday	2.30pm, Afternoon Service
------------	---------------------------

Methodist Service Times

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

*Combined plans for Western Dales Mission Community
May 2025*

	Time	4th	11th	18th	25th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service 4pm Teatime Church	HC		Choral Matins 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Morning Service 4pm- Messy Church	Joint Service	Morning Service
St. Mark's, Cautley LA10 5LZ				9.30am MP with HCx	
St. John's, Garsdale	10am	HC		Service of the Word	
Garsdale Low Smithy Methodist Chapel	2.00pm		Chapel Anniversary		Service
All Saints, Killington	2.30pm	Afternoon Service			
Holy Trinity Howgill	9.30am		Lambing Service		
St. John's Firbank	2.30pm		HC		
St. Andrew's, Dent	10.30am		HC		HC
St. John's, Cowgill	2.30pm	Lambing Service		HC	
Dentdale Methodist Chapel	10.30am			Morning Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh	12 noon	Service	Service	Service	Service
	Tuesday	6th			
St. Andrew's, Dent	9.30am	HC-BCP			
	Wednesday	7th	14th	21st	28th
St. Andrew's, Sedbergh	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact	Zoom – contact	Zoom – contact	Zoom – contact
Roman Catholics	21.00				Compline Night
HC- Holy Communion (BCP- Book of Common Prayer)			MP- Morning Prayer		
Quakers contact Janet Chetwood 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

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