

Sedbergh & District

LOOKAROUND

June 2025

Donation £1.50

Issue 443

John Murray, W&F Council
Portfolio Holder with responsibility for
Transport is coming to Sedbergh on
June 11th to speak and answer
questions about our bus services.

Please be there. See page 10 for
more details.

Sedbergh Weavers have moved!
For details and opening times see
their new advert on page 6. *Ed.*

St Andrew's Church, Sedbergh

SUMMER CONCERT

Sedbergh Orchestra

Conductor - Roland Fudge

Leader - Val Snelling

7.30 pm Thursday 12th June

Puccini - Preludio Sinfonico, *MacCunn* - Land of the Mountain and the Flood
Delius - On Hearing the First Cuckoo in Spring, *Respighi* - The Birds,
Butterworth - The Banks of Green Willow, *Beethoven* - Pastoral Symphony first mvt.

Tickets £8 (£10 on the door) 18 and under free

Tickets from Sedbergh Information Centre and orchestra members

Doors open 7.15pm

CLOSING DATE: 15th of every month for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD

Mobile: 07464 - 895425

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

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Danny Smith

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Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 4th June - St John's Garsdale
Wed 11th June - Royal British Legion
Wed 18th June - Sheepfest
Wed 25th June - Killington W.I.

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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Colour ads inside front cover	
Double Column 5.2" x 4"	=£50.00
Double Column 5.2" x 7.5"	=£100.00
Other	
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

LOOKAROUND SUGGESTED DONATION.

Ed Welti

It is with great regret that we have made the decision to increase the suggested donation for Lookaround to £1.50. This is the first rise since January 2010 when it went up from 70p to £1. That rise was the second in a year. In July 2009 the suggested donation had gone up from 50p to 70p.

We have discussed changing the donation on several occasions, but have been wary. £1 is a single coin, in these times of declining cash use, whereas £1.50 is two, so more difficult to have to hand.

Please remember that it is a donation. We would prefer to have more rather than less readers. If you can put in more, please do, if you need to put in less, then do. We have also had a suggestion that we have a subscription option. It already exists. If you want to put notes in the pot once a year do that. If you would like to pay by BACS do that. Take all the copies you have donated for, then donate again. We trust you and rely on your readership. Or fill in the form on page 66 and we will deliver it to you.

HOLIDAY CLUB Western Dales Mission Community Holiday Club 2025

Ben Maunders

The annual children's holiday club will be taking place at The People's Hall from 21st – 25th July, 10am -12 noon daily, with a special service for family and friends on Sunday 27th at 10.30am.

This year's theme is 'The Clubhouse'- a place where everyone is welcome, no matter who they are, where they come from, or whether or not they know they already belong. Throughout the week we'll be hearing stories from the Bible of where God welcomes all into the family. We will explore some of these stories while thinking about how we welcome others and how God welcomes us. It's sure to be a week filled with fun, games, crafts, songs and friendship!

The club is open to all children aged 4-11. Prior booking is essential. Places are limited and therefore priority will be given to children who can attend for the full week. Please register at www.westerndales.org.uk from 16th June.

We look forward to seeing you there!



DENTDALE PUDDING NIGHT

Sarah Woof

On Easter Saturday the Memorial Hall Trustees held their first Pudding Night in the Hall as a fundraising event.

What a scrumptious array of puddings arrived, hot and cold, sweet and extra sweet, with or without cream or custard.

All the local groups were invited to supply one or two puddings, and people who came could get in for half price if they brought a Pudding! That was an appreciated offer and was taken up by holiday makers and residents.

Rawthey Rhythm had prepared a selection of songs connected to puddings and entertained us well. There was also a bar.

A much enjoyed relaxing evening which raised around £600 for Hall funds and will certainly be repeated. Sincere thanks to all who supported it in any way.

DEMENTIA COFFEE MORNING

Myles Ripley



Thank you so much to all of you who contributed in so many ways to the event. Singers, bakers, waiting on people, reps from Alzheimer's, W&F, South Lakes Carers, customers etc etc. We raised £248 which is a brilliant total.

SEDBERGH TOWN BAND – TUTITION FOR YOUNG PLAYERS

Douglas Thomson

Thanks to grants from the Hadfield Trust and the Yorkshire Dales National Park Authority there is now a fantastic opportunity for children to learn to play a brass instrument in Sedbergh. If you wish to try something new and exciting, come along to the Sedbergh Town's training band rehearsals. They are 6-7pm every Tuesday (in term time). You will receive a brass instrument and can receive free lessons to help you get started and/or improve.

All musical abilities welcome, just come along and give it a go!

If you wish to find out more, please contact the band secretary on secretary@sedberghtownband.com

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textiles with provenance

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or by appointment

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www.SedberghWeavers.co.uk

SUNDAY 22nd JUNE 2025 AT 6:30 PM

ROYAL NORTHERN SINFONIA

SEDBERGH
MUSIC FESTIVAL



DIRECTED BY ARTISTIC PARTNER
MARIA WŁOSZCZOWSKA

VIVALDI
FOUR SEASONS

GRIEG
HOLBERG SUITE



VERESS
FOUR TRANSYLVANIAN
DANCES

SKALKOTTA
FIVE GREEK DANCES

SUNDAY 22ND JUNE 2025

6:30PM, POWELL HALL, SEDBERGH SCHOOL

TICKETS (£20) [TRYBOOKING.COM/UK/EJ1J](https://trybooking.com/UK/EJ1J)
OR SCAN THE QR CODE



TORCHLIGHT PROCESSION UP WINDER

Ed Welty

On the 21st June Sedbergh School are organising a torchlight procession to the top of Winder, to commemorate an event that last took place in 1925. If you see the lights on the fell that is what's happening. This is what Sedbergh School website says about it.

"In June the Headmaster, Mr Dan Harrison, with a cohort of runners from the School will run from York to Sedbergh over three days, retracing the steps of our Founder, Roger Lupton, who in 1475 made his way to York to be ordained as an acolyte. On Midsummer's Day and Night (21st

June) the Runners will arrive at Sedbergh where we will be celebrating this truly historic occasion.

In their hands the Runners will convey a message from King Charles III which will be shared with all the Friends of Sedbergh joining them for the event. The day will culminate with a torchlit parade up Winder after which they will convene at the Cloisters to sing 'O Valiant Hearts' as they did in 1925. Those that join them will sign the Scroll, just as they did in 1925, and become forever part of Sedbergh School history. This is a once in a lifetime spectacular occasion."

It certainly should be.

CHRISTIAN AID

Anne Pitt

On behalf of our ecumenical committee, thank you from Christian Aid in Sedbergh and District.

Our Christian Aid Coffee Morning in May at St Andrew's Sedbergh was a great success raising the grand total of £265. Many thanks to all who supported the event so generously. At the moment we don't have the result of the envelope donations during Christian Aid Week but this will be publicised in the near future.

FRIENDS OF THE DALES

Victoria Benn, Membership and Events Officer

Book now for Friends of the Dales next events! Yorkshire Dales environmental campaigning charity Friends of the Dales is excited to announce its next two outdoor events:

Walk: Peregrine Watch at Malham Cove - Thursday 12 June

Ian Court, Wildlife Conservation Officer for the Yorkshire Dales National Park Authority will lead a scenic circular guided walk to Malham Cove offering a rare opportunity to learn more about one



of the Yorkshire Dales most majestic birds of prey.

Accessible Walk around Aysgarth Falls - Thursday 17 July

Jonathan Smith of Where2Walk and Yorkshire Dales disability access charity Access the Dales will lead a 4 mile circular walk exploring a short stretch of the River Ure and its waterfalls. This leisurely paced, stile free route is suitable for most electric wheelchairs as well as being suitable for those who want to walk over less arduous terrain with time to chat and socialise. Two Trampler wheelchairs are also available to hire from the Yorkshire Dales National Park Centre at Aysgarth Falls.

For more details or to book your place/s visit:

www.friendsofthedales.org.uk/events

KILLINGTON SAILING ASSOCIATION OPEN DAY

Myles Ripley

Killington Sailing are pleased to be able to hold an Open Day on Sunday June 8th from 11am to 3pm offering sessions in dinghy sailing, windsurfing and stand up paddleboarding. It is open to all, members and non members alike but booking is necessary and we can't take under 8s unless they have their own buoyancy aid. Booking for the one hour sessions are necessary in advance and a booking form can be requested from committeeka7@gmail.com. Donations are requested to fundraise for Bendrigg Lodge disabled activity centre who use the lake extensively to get their clients afloat.

BALLIOL SCHOOL

Peter Stephenson

Copy of letter sent to Yorkshire
Dales National Park

As a resident of Cowgill for over 40 years I wish to express extreme frustration at your inability to agree development plans. As I understand, the plans submitted offer housing and, critically, amenity elements such as a nursery -- Sedbergh's provision was closed quite recently. Yet you approve 49 dwellings on the other side of the town providing no contribution to amenity or infrastructure. Thoroughly riling that just 49 apparently excuses the developer making any contribution to infrastructure such as sewage. No amenity either. The Balliol site, full of potential, just rots as you swallow planning fees but, as far as I can see do nothing to enable positive moves on that side of Sedbergh.

I have no particular interest in this matter, other than that of an alert resident who would like potential realized and not choked to a standstill by an apparent lack of enabling energy and imagination on the part of authorities. I wonder if anyone will read this.

Peter Stephenson

Retired Lecturer, CAB Worker and
Chair of Governors at Settlebeck
High School

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



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**SETTLEBECK CELEBRATES
V.E. DAY**

The 80th Anniversary

Sally Ingham

Settlebeck School, in recognition of the 80th anniversary of VE Day, organised a series of events to both reflect on the historical significance of the end of the Second World War and to celebrate the peace that was achieved in May 1945. Victory in Europe (VE) Day, which took place on 8th May 1945, marked the formal end of the Second World War in Europe after six long years of conflict. The surrender of Nazi Germany signified the triumph of Allied forces and brought an overwhelming sense of relief, joy, and solemn remembrance. While celebrations

erupted across the UK and Europe, there was also a deep awareness of the lives lost and the sacrifices made. VE Day serves as a poignant reminder of the resilience, courage, and collective determination that led to the defeat of Hitler's regime.

This moment in history holds particular importance in relation to the British values that underpin our society today, such as democracy, the rule of law, individual liberty, and mutual respect. The sacrifices made during the Second World War ensured that these values were preserved for future generations. The victory in Europe reinforced the importance of upholding freedom, equality, and justice for all. As a school, it's essential that we not only



**Sedbergh and District
TRANSPORT USERS GROUP**



PUBLIC MEETING
COUNCILLOR JOHN MURRAY

**WESTMORLAND & FURNESS
PORTFOLIO HOLDER FOR TRANSPORT**

**WILL BE SPEAKING
AND ANSWERING QUESTIONS**

7:00pm Weds 11th June
Cornerstone Church Hall, New St

remember this period in history but also reflect on how the resilience shown by the British people during the war has shaped our modern-day society and the values we hold dear.

VE Day Assembly

Our VE Day celebrations began with a thoughtful assembly led by Mr. East, our amazing history teacher, who vividly brought to life the events leading up to the Second World War, including the role of the Treaty of Versailles and how its punitive conditions are thought to have contributed to the conflict. Mr. East shared significant moments from the war, such as the heroic evacuation of Dunkirk, where civilians and fishermen helped rescue British soldiers, and the bravery shown during D-Day. He also spoke about the Blitzkrieg strategy, the bombings of cities, and the rationing and hardships faced by civilians. Additionally, he included local history provided by Sedbergh's History Society, adding a personal touch to the narrative. The assembly reflected on the sacrifices made during the war and the emotional mixture of grief and joy that accompanied its end. We also observed a two minute silence on Thursday 8th May, joining the nation in honouring those who fought and served to protect our democracy

Raising funds for the Royal British Legion

We also held a VE Day Cake Sale to raise money for The Royal British Legion (RBL), a UK charity that provides essential support to members of the armed forces and their families. Since 1921, it has offered services such as mental



health support, housing assistance, and financial aid, while also commemorating the sacrifices made by those who have served. Fundraising for both our local and wider community is an important part of our school ethos. As part of our 80th Anniversary of VE Day celebrations, we held a cake sale in support of the RBL. We are proud to share that we raised £234, which will help fund the charity's vital work with veterans and their families. This initiative reflects our commitment to British values, including respect, responsibility, and supporting those who have served our country. A huge thank you to our students, parents, and staff who contributed by donating or purchasing cakes, making this event a resounding success!

House Tug of War Competition

In addition, we organised a House Tug of War competition, bringing our school community together to mark this historic occasion. The event was inspired by the spirit of teamwork and unity that defined the efforts of those who contributed to the victory in World War II, and it was a great way for students to embrace the values of collaboration and resilience, just as



the nation did during that time. This competition also ties into the British values of teamwork, respect, and fair play, all of which are key aspects of our school ethos. Students demonstrated their commitment to these values as they worked together in their teams, fostering a sense of community and shared purpose. A massive thank you to Miss Hodgson, who coordinated the event and made it truly memorable for everyone involved!

SHEEPFEST 2025 **Saturday 23 August 2025**

Alison Sharman

Preparations for Sheepfest 2025 are well under way – all we need now is a flock of sheep!

This year's theme is 'Celebrity', which according to the Cambridge Dictionary refers to "someone who is famous, especially in the entertainment business".

So pick (on) someone famous (or infamous) and turn them into a sheep. Have as much fun as you can but please remember this is a family event! Can you think of celebrities with names rhyming or sounding like sheep, ewe, ram, lamb, tup etc.? Ewe Grant, Britney Shears maybe?

Are ewe making one? We can't wait to see your creations!

Please see our website for full details: www.sheepfest.co.uk or check out #SedberghSheepfest25 on Facebook for ideas from previous years.

Make a Sheep Guidelines

How to join the flock...

- Sheep-making is open to Sedbergh residents and businesses and neighbouring parishes.
- Make a sheep and give it a name.



OPEN HOUSE

Every Tuesday

Coffee, Craft & Chat

10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



**Sedbergh
Grief Share**

07498 870267

*For anyone
struggling
with bereavement*

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

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



- Little sheep are welcome, but no larger than life-sized please unless by prior arrangement with the organisers.

- **OPTIONAL** – Take a photo and post it on Facebook or Instagram using #SedberghSheepfest2025

For sheep on Main St, Finkle St, or in the Sheep Pen at St Andrew's:

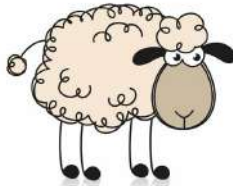
- If you are a business, let us know you are competing and tell us where you are. Please display your sheep in your window. Keep pavements clear at all times.

- Residents – bring your sheep to the Sheep Pen at St Andrew's Church on Friday evening or early Saturday morning – we'll let you know what time nearer the date.

- Please add a label with your name and contact details for sheep in the pen so we can contact you if you win.

For sheep located in private gardens or elsewhere

- **IMPORTANT** – please don't pen your sheep in a public space without prior permission of the landowner.



- Make sure your sheep is well secured so it doesn't blow over or fall apart in high winds and won't disintegrate if it rains.

- If it's within reach of a pavement or public area, ensure that there are no sharp or sticky objects that could cause harm if touched.

- Make sure it won't get eaten by a dog or scare marauding cats.

To enter the competition

- All entries must be located on Main St, Finkle St or St Andrew's sheep pen.

- Individual or group entries allowed – any age. 'Best in show' will be selected by Sheepfest's judge.

- People's Choice and Children's Choice (selected by under 16s vote) – TBC if we can work out the logistics of running a vote!

- Winners to be announced

at 3pm outside St Andrew's Church.

Finishing up

- Please ensure all outdoor sheep have been removed by the end of bank holiday Monday.





• Unclaimed sheep may find themselves in the 'abattoir' for recycling at Joss Lane car park!

What else is happening during Sheepfest?

As well as the sheep flock, there'll be activities for all the family including:

People's Hall

• A British wool fair – come and meet and support farmers and artisan makers from the region who are making beautiful products from wool

• Craft activities for children with Janet and Bluebell (free) and demos

• Live music

• Refreshments available provided by the Young Farmers

St Andrew's Church

• Flock of 'sheep' in the Church yard

• Badge-making for children

• An exhibition by Sedbergh History Society about the history of wool

• Refreshments

Main St / Finkle St / Tourist Information Centre

• More 'sheep' – look for them in shop windows and nooks and crannies

• Artisan Market - Hunt the 'sheep' and win a prize
• Art Festival in Sedbergh School Library

• Town band and live music
• Seaside-style photoboard outside the TIC

Lupton Field

• Rural Links Field to Fork roadshow

• Free parking

Farfield Mill

• Activities for children

• Wool heritage display

• Weaving Friends demos on Level 4

Free shuttle bus linking the main sites.

Finally, if you can spare a bit of time to help us on the day, we'd love to hear from you. Contact us info@sheepfest.co.uk

For updates see

www.sheepfest.co.uk or follow us on Facebook/sedberghSheepfest2025

Logo by Freepik.com

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DENT GALA

**BANK HOLIDAY
MONDAY
25TH AUGUST**

**MEMORIAL HALL &
SCHOOL FIELD**

STARTS 11AM

Children's entertainer

Live music

Races

Indoor Games

Table Top Sale

Refreshments all day

Burgers and WI Teas

WESTWOOD BOOKS JUNE UPDATE

Heather & Paul

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

We've been delighted to see lots of local faces popping in for greetings cards and stationery this past month, thank you to you all. We've also added cold drinks to our offering which we hope will be helpful in the warmer weather.

With half term holidays and soon after those the long summer holidays coming, we also have lots of children's books coming into stock

including a range of Usborne books, activity books, sticker books, colouring books plus some puzzles and games if you're needing things to keep the youngsters occupied.

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



Sedbergh Parish Council

INTERESTED IN HELPING YOUR LOCAL COMMUNITY. HELP MAKE CHANGE, BECOME A LOCAL COUNCILLOR?

We currently have a casual vacancy on Sedbergh Parish Council and, as no election has been requested, we wish to co-opt a new councillor.

What does the role involve?

As a Parish Councillor, you will have the opportunity to:

- Represent the views of residents
- Contribute to decision-making on matters affecting the parish
- Work alongside other councillors to improve local services and amenities
- Play an active role in the development of community projects

Why Get involved?

Serving as a Parish Councillor is a rewarding opportunity to contribute to the local community. This is an opportunity to make a real difference to the well-being of the community.

Who is eligible?

To be considered for the role of Parish Councillor you must be aged 18 years of age or over, and, additionally you must be able to meet one of the following qualifications.

- You must be a registered voter in the parish of Sedbergh;
- Or during the whole of the twelve months preceding the date of any co-option, have occupied as owner or tenant, land or other premises in the parish;
- or your principal or only place of work during those months has been within the parish;
- or you have during the whole of the twelve months, resided in the parish, or within 3 miles

Should you be interested in serving as a Councillor you should contact the Clerk to the Council who will provide the application form (including full eligibility criteria), explain the nature of the role, the time commitment likely to be required and the training which is available for new Councillors. Written application forms (available from the Clerk) need to be submitted to the Council 72a Main Street, Sedbergh LA10 5AD (or emailed) **to be received by Friday 1st August 2025**. Thank you.

Janey Hassam, Clerk to the Council (07966 134554)
Email: clerk@sedberghparishcouncil.org.uk

1st June, and after that Sunday 6th July.

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

Our latest book club session was discussing *Caledonian Road* by Andrew O'Hagan which the group gave 4/10. We also discussed *The Wall* by Marlen Haushofer which the group gave 7/10. Our next session will be on Wednesday 11th June and we will be discussing *Enlightenment* by Sarah Perry. Copies available at the bookshop if you'd like to join in.

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.

Ordering Books

If we don't have a particular book in stock, we can happily order them in for you. Most books arrive with us within a few days. We can also post books out if required.

National Book Tokens

We sell and redeem National Book Tokens and also have our own Westwood Books Gift Vouchers available for purchase.

We hope to see some of you in the bookshop soon.

SEDBERGH INFORMATION CENTRE & HOWGILLS BOOKSHOP

Debbie Wilson

Hopefully by now you will all be aware that the Centre is selling newspapers and magazines following the closure of the Main Street Post Office in March. This is being done in conjunction with Jonathan Hailey who now owns Kirkby Lonsdale Newspapers. Many of you will know Jonny as a long-standing resident of Sedbergh whose parents ran the Red Lion for many years. We are open every day including Sundays, and the papers are delivered from Kirkby Lonsdale, if you would like to reserve a paper for collection before we open then there is a small charge. If you can wait for your paper until we open then we have all the national papers available. We also have a number of magazines and the Westmorland Gazette and TV Guides. We can order regional newspapers and magazines if requested, at no charge, and we are already ordering a diverse range from Lego Minecraft, Take a Break, Family Tree and Crochet Magazines!

We started this as a trial initially to see if there was demand and it has been heartening to see so many people supporting the initiative to keep newspapers on the Main Street and to try in a small way to keep the footfall up after the relocation of the Post Office from the Main Street to the west end of the town. We have received lots of grateful comments from residents at the east end of town.

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We have had so many people come in and say that they have not been in for years and that they didn't know we sold certain items that it's probably worth mentioning here that as well as information for visitors we also have information for locals. We also offer photocopying and printing services and stamps. We stock lots of local items and the local jams and honey are particularly popular. We have an extensive range of gifts for all ages including Sedbergh Soap, Ingleton Pottery, toys and crafts from resident crafters based at Farfield Mill. We also have a selection of Birthday Cards and general greetings cards, not to mention some wonderful secondhand books.

T.W.A.M.

Pam Dent

Tools with a Mission, aka TWAM, collects unwanted tools of all kinds and sends them out to skills training centres in Africa. Training courses in trades such as carpentry, dressmaking, building, plumbing, electrical work and agriculture are organised by local partners in the receiving countries. On successful completion of their chosen course, individuals are provided with the tools they need to build a better future for themselves, their families and their communities. So, it's time to look out those items such as knitting needles, screw-drivers and garden forks which you no longer need and donate them to those who do. Tools must of course be in good condition, although a bit of rust doesn't matter – tools will be cleaned up before being shipped out to Africa. For a comprehensive list of what TWAM can/cannot accept go to TWAM on-line, where you will also find further details about the charity. Alternatively, contact Pam Dent in Sedbergh on 20042 or Sarah Woof in Dent, 25212. There will be drop-off points for small items at Dent Methodist Church, which is open every day, and at Sedbergh TIC from 10 – 4 every day, beginning on Monday 16th June – look out for the little blue wheelie bin! For larger items, please contact Pam or Sarah. "Tools wanted" leaflets will be available at TIC – and at the TWAM coffee morning at St. Andrew's, Sedbergh on Wednesday 2nd July. Thank you in anticipation for your support of this worthwhile cause.

LOCAL YOUNG PEOPLE'S FUND

*Karen Bruce Lockhart
Chairman*

This Fund is provided by the Governors of Sedbergh School for the benefit of all young people (under 25) resident within the parishes of Sedbergh, Dent and Garsdale, as well as Killington, Dillicar, Firbank, Howgill, Lambrigg and Middleton for educational purposes

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary school aged child who may need a much more substantial sum later in their educational career.

For instance, a talented musician aged 8 might need violin lessons, but

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later in his or her career may wish to purchase an expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

Grant have been made recently to support the following types of activities

1. Grants for laptops at university and for A Level courses
2. Grants for university textbooks
3. Grants for overseas educational travel
4. A grant for a residential field trip
5. A grant towards a gap year placement abroad
6. A grant to assist with fees for an extra-curricular language course

7. A grant to assist with the cost of books, equipment and uniform for a vocational course

8. Grants towards the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical university course which requires a very expensive computer and might receive a larger grant. Another may be going on a two-week course in Europe, while yet another may be going for six months to work with a charity in a less developed country. It is also helpful to

know what other steps the young person has taken to raise funds. The next consideration of applications will be early in July and the Trustees hope that young people of the district will give early consideration to applying for a grant. Applications should, wherever possible, be made by the young person themselves rather than by a parent.

Application forms can be obtained from the School (mhm@sedberghschool.org) or from the Tourist Information Office



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BOOK TOWN QUIZ

Gerry Cotter

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

1. William Wordsworth and Samuel Taylor Coleridge were two of the so-called Lake Poets of the early 19th century. Who was the third?

2. Who wrote and illustrated The Cat in the Hat and How the Grinch Stole Christmas!, both published in 1957?

3. What was the actual name, rather than the pen-name, of the author of Adam Bede, Silas Marner, Romola and Daniel Deronda?

4. Which writer, best known as a novelist, has edited the fifth (1985) and sixth (2000) editions of The Oxford Companion to English Literature?

5. Which is Britain's oldest publishing house?

6. 'An enigmatical representation of a word or name by pictures punningly representing parts of the word.' The word of which this is the dictionary definition is the surname of a detective. What is the name and who created him?

7. What was the title of the groundbreaking 1962 book by Rachel Carson that highlighted the damage caused by pesticides?

8. Oliver Goldsmith wrote a novel about the Vicar of which town or city?

9. Which Shakespearean character said 'I am a man more sinned against than sinning.'?

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10. He lived from 1812 to 1888 and was one of the greatest ornithological artists of his time. In 1830, at the age of 19, he published *Illustrations of the Family of Psittacidae, or Parrots*, which was highly acclaimed. Because of eyesight problems he then turned to painting landscapes and travelled widely. His name is now very well known, not for his artistic skills but for his verse. Who was he?

11. Who wrote the poem that begins 'I must go down to the seas again / To the lonely sea and the sky'?

12. Renowned for writing intelligent thrillers, this novelist's work includes *Fatherland*, *Enigma*, *Archangel*, *Pompeii* and *An Officer and a Spy*. His most recent book is *Precipice* and he also wrote an account of the Hitler diaries fiasco in *Selling Hitler*. Who is he?

KILLINGTON W.I.

The Afternoon W.I. for the Entire District

Wendy Fraser-Urquhart

Wow! How quickly the year seems to be going. It has been a busy time with lots of sunshine, Bank Holidays and lovely celebrations. We particularly enjoyed the VE tea party and concert hosted by the tuneful Sedbergh Songsters. It was almost as much fun as our WI meeting yesterday afternoon! Our speaker, or should I say, 'teacher and demonstrator', was our old friend Marjorie Bidgway. She has a wealth of skills, interests and collections and has already entertained us with talks about buttons, needles and mosaics. This meeting was our chance to try out a simple mosaic technique for ourselves. Marjorie unloaded boxes of items for us to work with including lots of small, colourful, and glittery bits and pieces, plus interestingly shaped base plates for us to use for our designs. With cheery encouragement we set to work with a will. I am happy to report that nobody knocked their glue over although there were quite a few sticky fingers. The results were totally satisfactory, in fact absolutely amazing! Beautiful decorative floral plaques, unbelievably glittering Christmas trees, colourful birds (mine was a Blue Tit with a multi coloured tail, but its beak wasn't 100%), and much, much more. All accompanied by happy chatter and the occasional profanity. (Guilty, M'Lud.) We carried on crafting through our tea, but I don't think fruit cake was incorporated in any design.

Then it was time for the more serious part of the afternoon, the WI business meeting but we always enjoy that too. Our efficient treasurers report always lands in the black and we make plans for happy times ahead. We can sometimes have a little grumble if we feel like it. We have not yet decided where to go for our summer outing, but inspiration will strike in due course.! We read through the Federation Newsletter and saw what other branches are inviting us to join in. The National WI Annual Meeting in London is being screened live at Selside Hall on 4th June and Maggie might go to that. Two of our members, Elizabeth

theWI
INSPIRING WOMEN

Perrott and Marion Wood have birthdays before our next meeting so our good wishes go to them—but don't overdo it girls. Our competition for a pretty box was won by Susan Sharrocks with a little Jack in the box. Sadly, she failed to snaffle the raffle three times in a row because I won it. Heigh Ho! We meet again in the Committee Room of the People's Hall at 2-00pm on Tuesday 10th June 2025. Our speakers are Caroline and James Morgan who will tell us about "Cycling from Vancouver to San Francisco". The competition is for an item or picture of an item with wheels. Do join us. Friends and new members are always welcome.

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Westmorland
& Furness
Council



Appleby Horse Fair

5 – 11 June 2025

As the Travelling Community make their way to the annual Appleby Horse Fair, officers at Westmorland and Furness Council will be working with the Police to help to resolve any issues. The travellers will be in your area between Saturday 24th May and Thursday 5th June and from Monday 9th June to Friday 13th June 2024.

Any non-emergency concerns should be raised by calling the Police on **101**.
For Highways issues, call the Highways Hotline on **0300 303 2992**.

For advice, you can also contact:

Sue Warner on 01539 793287 sue.warner@westmorlandandfurness.gov.uk

Lyn Richardson on 07391 860118 lyn.richardson@westmorlandandfurness.gov.uk



SEDBERGH W.I.

Moir Folk

The astonishing spell of bright, sunny weather has continued into May with the welcome bonus of warmer temperatures. On 24th April, our walking group set off on a beautiful spring day from Stanley Street in Beetham, through the village, past the Church on the right and then followed a sign for 'Fairy Steps', up a path through a field and then woodland up to Beetham Fell. Turning northwest, the route progressed through Longtail Wood, continuing via connecting paths across Haverbrack and down towards the Kent Estuary. After a coffee break to enjoy the views, the group came down near Hollin Well

and joined the lane to Sandside, where 'Rock and Run', the outdoor sports shop, tempted the group inside with a little retail diversion! Continuing southwestwards along the lane, then up a path through woods towards Storth, a lunch break was taken before ascending once again to Beetham Fell to reach the Fairy Steps and clambering up them to the high point of the walk. The path then continued over Whin Scar to descend to Beetham. The day was rounded off with a celebratory finish of tea and cake at Beetham Nurseries Café.' It sounds like an amazing walk with wonderful views: many thanks to Anne Pitt for her report.

Seven members of our lunch club met on Friday, 25th April, at the



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Windermere Jetty Museum Café, where they had a very enjoyable lunch before driving on to Holehird Gardens where they marvelled at the wonderful variety of flowers, tulips and azaleas, as well as the stunning views down to Lake Windermere. Thank you, Louise, for telling us about it.

Whelprigg House at Barbon hosted an Open Garden Day on Sunday 11th May to allow visitors to enjoy the bluebells and azaleas in bloom. The event was in aid of St John's Hospice, which is our WI special charity this year, so several of our members went along, some taking cakes for sale. Angela Ems, the organiser, appreciated our support,

helping to contribute to the £2000 raised for the Hospice that day.

On Tuesday, 13th May, eight of our WI members accepted an invitation from Casterton WI to the Lune Valley Group Meeting, where we were treated to an excellent talk and display of saddlery products made by our talented speaker, as well as a very good buffet supper.

Carole Marsden from Kirkby Stephen, (not the Carole Marsden who used to be URC minister in Sedbergh, as I mistakenly stated in last month's Lookaround report!), was our special guest at our main meeting on May 14th. In the last 30 years she has been an ordained Vicar in the Anglican Church but at our meeting she regaled us with




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stories of her primary school teaching experiences in Oldham, (in the 1970s, I think). Her favourite time of day was Storytime, when she sought to broaden the experience and imagination of her pupils who came from very deprived backgrounds with stories of giants and other creatures, such as you might find in the books by Roald Dahl. The title of Carole's talk was 'Is it True, Miss?' The answer to that could be: the giants themselves might not be true, but a giant who might unwisely follow a neighbour's advice to build a great wall around his beautiful garden to keep out the children whose company he had greatly valued for a long time, because they 'might' damage his plants, might well regret cutting himself off from society because it led to a miserable and lonely existence. The stories can therefore have relevance to behaviour in real life situations. Carole's presentation, reminiscent of the late, great actress Joyce Grenfell, had us in metaphorical stitches. I can't remember ever hearing so much laughter in a WI meeting!

Laughter is the best medicine, as they say!

Book club the following day met at Angela's house with sun streaming through the conservatory windows. We were discussing 'The Cut-Out Girl', a serious but extremely interesting book by Oxford professor Bart van Es from the Netherlands, researching the part played by his Dutch ancestors and many others in WW2 in hiding and fostering Jewish children, at great personal risk to themselves, to save them from the Nazis who had invaded their country. This centres on following the life of Little Lien, given away in 1942 to be fostered at the age of eight by her parents in the hope that she might be saved from the Nazis. She was saved but at some personal cost and Bart van Es bravely uncovers the role his family played in this. The book is very sensitively written and in the final chapters Bart meets the aging Lien and they revisit some of the important places in her life enabling her to find some peace and reconciliation, as well as both becoming good friends. Average score 6.5.

Our summer outing to Raby Castle will take place on June 11th instead of our normal monthly meeting, so our next meeting in the People's Hall committee room will be on Wednesday, 9th July at 7.30pm. Visitors and new members are always welcome. For further information, please contact our president, Louise Atkinson, on 07885 378883; or our Secretary, Lesley McCrie, on 07930 177423.

HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

We met at Howgill Village Hall on Thursday 1st May where Sarah welcomed 10 members, our speaker for the evening, Emma Wright and her friend John.

Emma, from the South Cumbria Rivers Trust, gave us a most interesting talk on her work, being involved in the safeguarding and conservation of the River Kent. The river is unique in that it is a designated Special Area of Conservation (SAC) and also a Site of Special Scientific Interest (SSSI). Fresh water pearl mussels, white clawed crayfish, bullhead fish and water crowfoot can all be found in the river.

The aim of the project is to restore and improve the river and surrounding area by removing barriers, improving water flow, protecting the river and banks which includes tree planting, and increasing water quality and biodiversity. The trust is keen to get schools and communities involved.

Liz thanked Emma for an informative talk and presentation. The raffle was won by Vera, and the competition for a small posy of flowers was won by Pauline with Liz second.

A short business meeting followed our usual Jacobs join.

At our next meeting, Thursday 5th June at Firbank, we welcome Angela Joyce who will be talking to us about 'Writing and self-publishing a novel'. Visitors and new members always welcome.

DENTDALE HEAD TO FOOT Hill Farming in the North of England

Andrew Povey on behalf of DDHF

John Bentley was our speaker for the May meeting. John is a retired lecturer and now a photographer and writer. He uses his considerable photographic skills to illustrate his books.

He took us through the different seasons, with many photos of all the activities in the Lake District, Yorkshire Dales and Northern Hills. Livestock markets which become social occasions as well as a place to buy/sell sheep are held throughout the region. Many of the smaller villages have their own little village shows eg Tan Hill Show. 'Sheep gathers' are important to bring the

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sheep off the higher hills towards the farm as winter closes in. Sheep are also brought down for lambing in April. Auctions are held regularly and its important that rams are traded to prevent in-breeding.

John completed his talk with pictures of hay-making, the role of vets and the sale of farms. He gave a comprehensive picture of sheep farming in the North of England. It was a very interesting and enjoyable talk.

Our next meeting is on Friday 6th June 2025, this will be our Summer Trip and this year it is to Keswick. Booking is essential for the minibus, this will leave Dent at 9.30am.

Look for us on facebook 'Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page. Please follow us and 'like' our page.

For further information please call .
Andrew Povey on behalf of DDHF
07881655166
poveya@btinternet.com

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School was very pleased to be named as European School of the Year by StudyTravel Ltd's Secondary School Awards for its International summer school providing first class experience for pupils seeking experience in the UK.

The School returned to start the summer term on the evening of the Tuesday after Easter, and to summer weather. There has been a good deal of swimming in the rivers, even though there is not much water, as well as barbecues and other meals outside.

On 2nd – 4th May the School celebrated its 500th anniversary with a weekend of events. It started with a Gala Jazz & Swing dinner for nearly 400 parents and their guests in the Hirst Centre during which a live auction of donated items for the Lupton Scholarship. During the weekend there was also a silent auction of more items.

The Housse Relays and Open Mile of the School Sports were held on Saturday morning, the sports having been running earlier during the week. The outstanding event at the sports day was an intermediate girl breaking the school record for the High Jump and then going on to break the senior record. Lunch on Saturday was in a "Food Village" in front of the Hirst Centre - burgers, chips, pizza, Thai food and icecream as well as various beverages, and various gigs playing. On the cricket field the 2nd XI played Windermere, and there were various other cricket matches (both girls and boys). A Biathlon was swum and run

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in the pool and round the cricket field. There was an Open Golf competition, and Girls' tennis v Stonyhurst.

Throughout the day there were three drama performances "Stags Through the Ages" celebrating the theatre through the ages. The House Senior CrossFit Challenge took place in the Hirst Centre gym. At 4pm there was a service in the chapel for visitors when there were readings about the history of the School interspersed by items by the Choir reinforced by Old Sedberghians. Many of the guests at the service were in full evening dress as those who were not had less than half a hour to change and get to the Old Sedberghian reception and dinner (for a similar number) at the Hirst Centre. There was again a live

auction for the Lupton Scholarships. There was music and dancing for those who had the stamina after the dinner.

On Sunday morning the annual Commemoration Service honouring the founders and benefactors of the School was held above the Cloisters. Luckily the weather was very good as the pupils stood and sat on the grass. This was followed by coffee served in Powell Hall where there was an exhibition of old photographs from glass plates which had been found. On the cricket field the 1st XI played the Old Sedberghians, and the Old Sedberghians also played the School at Hockey.

The School has started a new programme for Year 9 pupils as part of the Inspire9 teaming up with Royal Marine Commandos veteran David Coleman, replacing the John Muir Award and Adventure programmes. Pupils will graduate having earned their Bronze Duke of Edinburgh award.

The History of the School in 50 Objects continues with the School Registers which contain the known short biographical details of each Old Sedberghian. They provide an invaluable record and are used daily to aid alumni projects, aid researchers and directly to support pupils' history lessons. The next Object is the School Chapel which was built entirely with donations in 1895 at a cost of £7826 12s 11d. And then the School Song book published in 1896, many of the songs having been composed by two masters. Then the next is a real Egyptian mummy presented to the School by

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Sir Colin Scott Moncrieff. Unfortunately in the 1950s pupils mistook it for a drama prop and ripped off the mask. The mummy quickly deteriorated and smelt, resulting in it having to be burnt. Next is Powell Hall named after Sir Francis Powell, a Chairman of the Governors at the time. Detailed comment on these items can be found on the School website under News.

Mr Goligher, Mr Gorst and Mrs Norman ran in the London Marathon, and the Prep School Gardiner Stuart Graham ran in the Fellsman, a 61 mile event through the Dales which includes 11,000 feet of climbing. Miss Ascough took part in the Leeds half marathon

On 9th May Lord Botham of cricket fame spoke to a large audience mixed school pupils, staff, parents and locals in Powell Hall. Rather than giving a talk he called for questions from the audience and used the answers to comments and anecdotes, much entertaining the audience.

Running

On the last full day of the Lent term the Four Mile Run for the Junior boys and girls was run – a slightly extended version of the old Three Mile. In perfect conditions records tumbled. Lucia set the new girls' record at 28.04 minutes beating Julia's record from last year, which Julia herself also beat. Hugo set the new boys' record coming in 4.26 minutes ahead of the previous record. George set a new Year 10 record of 25.18 minutes.

Equestrian

Over the Easter holidays the team competed at all heights in the Arena

Eventing National Schools Qualifier at Northallerton, and won the 80cm and 90cm classes. Three girls also qualified individually.

Cricket

At the beginning of term Kayde and Henry from the Prep were selected to represent Cumbria.

On the first day back after the holidays the 1st XI played Myerscough in a T20 and lost by 45 runs. On 25th April they play St Peter's York and lost by 4 wickets and again on 26th April when they lost by 90 runs. The 2nd XI match v Windermere was won by 186 runs. On 4th May they lost to the Old Sedburghians by 58 runs. On 9th May they lost to Cumbria CCC U18 by 26 runs. On 10th May they won by 3 wickets against St Peters York. On 12th May they defeated Merchant Taylors Crosby by 6 wickets. George made over 200 runs in a week for the 1st XI.

Tennis

Harry at the Prep represented Cumbria.

Athletics

William at the Prep won the U13 Cumbria County Athletics titles in the 800m, 200m and the high jump. Two Prep boys took part in the Central Lancashire duathlon. At the National Prep School Athletics Championships at Manchester over 20 pupils qualified for the National Finals in July

Future Events

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



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11 am
The Yorkshire Gentlemen 16th
June 11.30 am
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12 noon
Durham CCC U18 19th June 11
am
Crusaders 23rd June 11 am
Lancashire CCC U18 24th June 11
am
Texas U17 25th June 1 pm
Scarborough College 26th June
2pm

LIZZI'S COLUMN

Lizzi Collinge, MP

It's always a good feeling when summer starts to show up again, isn't it? The days get longer, the evenings warmer, and everything just feels a bit lighter. Across the constituency, summer marks a turn where local events pick up, and there's a real sense of community. I very much welcome information on community events, and I am looking forward to the longer summer recess which starts at the end of July. I hope to spend most of this time out and about in the beautiful constituency. If you know of any events in your area please get in touch with my office and I will do my very best to attend.

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These warmer days are a welcome change and a good reminder of why looking after our local places matters. I was pleased to hear that Sedbergh has been allocated £90,000 for flood defences on Guldrey Lane, a scheme which will mean that 15 properties are better protected from flooding and erosion. This scheme is part of the Government's commitment to a record 2-year investment of £2.65 billion in flood and coastal erosion risk management. In total, this 2-year commitment will better protect 52,000 homes and non-residential properties.

The accessibility at Garsdale station continues to be an issue I am working on, with a site visit planned with relevant parties coming along. These include Network Rail, local councillors, and the transport team from Westmorland and Furness. I have arranged this meeting following many months of emails on the subject, after contact from several concerned constituents. Residents have outlined the difficulty in accessing the northbound platform due to a very uneven path and no bridge from the southbound side. At

the meeting, we will be exploring options to improve the station including potentially an Access For All funding application. While this scheme has not yet re-opened, I will work with Westmorland and Furness to ensure they are ready to apply when the opportunity arises.

In May, we celebrated the 80th Anniversary of VE Day. This was a day of celebration and gratitude to those who made sacrifices so that we could live in a Europe free from fascism. I spent time reflecting on the ordinary people who were so central to the war effort, including my Grandad, who I never met but who served at Bletchley as a translator, and 101 year old Belsen liberator Richard Brock who I first met last year. The VE Day discussion re-affirmed that fact that veterans should be supported in our communities, so I want to give a shout out to the Rawthey Project CIC based in Sedbergh which is established for the benefit of the community and the armed forces, emergency services and NHS communities. I have had some really interesting conversations with one of their members and am taking what they tell me all the way to Whitehall.

Please don't forget, if you need my assistance, you can contact my office via 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 PARISH COUNCIL

Janey Hassam, Clerk

The Council held its Annual Meetings and normal monthly meeting, commencing at 7.00pm on Thursday 15 May 2025, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next scheduled meetings are the Sedbergh Parish Council normal monthly meeting. Commencing 7.00pm on Thursday 12 June 2025 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh. The meeting is commencing early to accommodate guest speakers representing Lune Valley Land Trust, and Libby Bateman, Parish Member, Yorkshire Dales National Park

Parish Annual Meeting/s

The formal meetings, held on 15 May 2025, commenced with Public Meeting. The Council meeting then commenced with the re-election of the Chairman – Cllr Simon Arnold, and Vice Chairman Cllr Steve Longlands. Members had also welcomed Westmorland and Furness Council Cllrs Ian Mitchell and Hazel Hodgson to the meeting/s. All details/minutes will be available on the Parish Council website, and include the Annual Chairman's Report, with thanks to outgoing Members of the Council. Members also heard, from a resident, highlighting their concern for empty businesses/premises on Main Street.

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Members discussed the ongoing issues recorded at the Junction onto the A684. Westmorland and Furness Cllrs Mitchell and Hodgson advised that investigations are continuing, and there remains hopes for potential further improvements.

Other matters

Various other matters were also discussed, including Respect Group meeting (Appleby), Planning applications, Finance, including the Parish Council's Annual Governance and Accounting Review 2024/2025 including Period for the Exercise of Public Rights (2 June to 14 July 2025), Amenities, playground/extended parking proposal at Howgill Lane and general correspondence. This included the latest information on the new Transport User Group, BT

phone Kiosk consultation on proposed removal/s and the Lune Gorge Project on the M6 (2026)

Please also see separate advert for the current Vacancy on the Parish Council

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

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

www.sedberghparishcouncil.org.uk

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RECYCLING

Martin Dodds

Sometimes we can forget that nature invented recycling long before the word became familiar.

Recycling is part of the global environment for sustaining life. Rocks are recycled by volcanic and seismic activity and by erosion and deposition. Water is continually recycled from river to lake and sea, from open water to water vapour, to cloud, to rain or snow, and back to the rivers. Living material, both plant and animal, participates in the cycles of biological growth, death, decay and transformation, sometimes into special kinds of rocks but especially into soil releasing nutrients to support life.

In its natural condition, the agents of recycling within the environment keep their capacity to absorb and transform the arisings from erosion and decay by evolving in response to conditions.

From time to time, the effects of one kind of natural recycling, such as volcanic eruptions, will have local effects on the recycling processes in the biological sphere. Occasionally, major eruptions can affect the entire planet for a year or more, but usually the balance is re-established within a few years.

Natural external forces sometimes interrupt these natural cycles, for instance when meteorites strike the earth. One such event seems to have had widespread effects during geological time, possibly affecting weather patterns and seasons over many years, and maybe contributing to the extinction of the dinosaurs.

This had long-term consequences, enabling the emergence of a new dominant group, the mammals, including eventually the great apes and their unruly cousins, humankind. Even then however, the normal processes of natural recycling continued.

Recently, within only a few past centuries, two new factors have emerged and combined to create a new kind of disaster outside the previous experience of the planet. What are they, and how have these new threats arisen? Those unruly cousins of the apes seem to be the main culprits.

Early human societies seemed to understand they were part of the natural world, with which they needed to develop a respectful relationship if they were to survive. But as cleverness began to usurp wisdom in human evolution, this understanding began to break down. Demand, rather than need, became a driving



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force. Market forces replaced responsible husbandry. Nature, instead of being appreciated as our home environment, came to be seen just as 'stuff' to exploit or to destroy if it seemed to get in the way of 'development'. This seems to be the predominant international ethos of today.

One consequence of this human cleverness has been to generate quantities of wastes of many different kinds, at a scale and a rate with which evolving natural recycling processes cannot keep up. Eventually, perhaps after we have driven ourselves into extinction and ceased to generate such quantities of excess waste, the natural recycling processes will be able to catch up.

A particularly novel and serious aspect of this human cleverness has been that some of this waste consists of unnatural materials for which natural recycling has no effective processing mechanism.

Plastics are one type of this kind of new 'unnatural' waste. Even if humanity were to die out tomorrow, large quantities of plastic waste would remain indefinitely in the environment, perhaps eventually broken down into the form of micro-plastics which are already widespread in the oceans as well as in the soil, and potentially lethal for most life forms. The future of all life itself, obviously including human life, is threatened as the global



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environment begins to be choked to death.

Of course, there are still wise individuals and groups within human society who understand the self-inflicted disaster that this ethos is likely to bring. They are working hard, and with some success, to warn the rest of us about what is happening. But the juggernaut of environmental exploitation is still powered by the fuel of political and commercial belief in the priority of economic growth. Taking the environmental health of the earth seriously still seems to be regarded by those in power as an optional extra which would be nice if we could afford it.

Why is it that despite of our current knowledge, industrial and commercial

enterprises are still permitted to manufacture, use and sell non-recyclable materials in the first place?

Why, before any new product or material is brought into production and use, are not the promoters and developers obliged to demonstrate how and where the product or material eventually will be appropriately, safely and sustainably recycled?

If there is no current appropriate facility, then shouldn't they be required to develop one themselves, before proceeding with commercial production and distribution of the material?

We have seen on our televisions how much waste, both not recyclable but also much that is supposed to be

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recycled, ends up in insanitary mountains of rubbish in third world countries. This amounts to international fly-tipping at super-industrial scale. How does it happen? One factor may be public ignorance and indifference. Elected authorities [national and local] have little incentive to operate effective administration and monitoring if the electorate has other priorities. Another factor seems to be dishonest, irresponsible practices by the contractors to whom the job of disposal is delegated and paid for by the authorities.

Why is fly tipping in this country such a problem? It may be partly consumer laziness, partly the deterrent of charges for disposal of some types of waste, partly the actions of 'dodgy' contractors, and partly the difficulty of catching the culprits in the first place, so that practical enforcement and prosecution is such a low risk that the practice is not effectively deterred. Then to crown it all, it is the abused law-abiding private citizen who has the duty to clean it up at their own expense, very often some hard-pressed farmer.

Kerb-side recycling has hitherto been largely managed by the local waste collection and disposal authorities. In principle, this looks like a commonsense piece of democratic local government. The consequence has been however, that different authorities have different practices and policies as to what, and how, they assign materials for recycling. Nor is the recommended sorting of materials between bins consistent.

It is frustrating for householders when the nature of the waste generated from their weekly shopping basket, fails to match up to the criteria for kerb-side collection. It is frustrating when different but apparently similar categories of waste are designated not to be recycled, or to be directed through a different collection route often involving a journey of several miles.

Our government, like the last one, is committed to prioritising economic growth. Part of the programme seems to be to invest in new infrastructure projects to promote growth, apparently including reducing scope for environmental objections.

- It would be helpful if equivalent investment could be committed to creating infrastructure and staff capacity to clean up the existing global and national waste shambles;
- dealing responsibly with waste disposal and recycling [both that arising from current practice and liable to be generated by future growth];

- the environmental safeguarding that will be needed more than ever if economic growth continues.

Freedom is not usually interpreted to mean that I could choose to arrange the slow poisoning of my neighbours without hindrance. So why should the advocates of 'free trade', market forces and the opponents of environmental regulation be allowed to get away with the slow poisoning of the earth and the consequent future deaths not only of many people, but of the life-support system itself?

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SEDBERGH SCRIBBLERS

Dave Smith

The Sedbergh Scribblers are a group of Sedbergh and District residents who have been meeting regularly for many years now, to share an interest in creative writing. We write a variety of short stories, memoirs and poetry and our sessions are often run by a published author. We are always keen to welcome new members when a place is available and if anyone is interested in joining the group then please email us at dsfatherhaw@hotmail.com.

The first Lookaround submission is below.

Ed.

TO SEE ONESELF AS OTHERS SEE YOU

Marion Smith ©

Being given to criticism of the seeming over protection of young people, and having my own roots embedded way back in the 30's and 40's, I admit to frequently commenting on the sponge-like ability of most modern children to absorb money from parents without needing to expend any effort. Purely a generalization, of course.

So when, one hot Saturday afternoon, a knock came on the door from a group of four children aged about ten or eleven, one of whom was carrying a bucket and the others holding cloths and cartons of wash up liquid, I was intrigued.

"We are on a school project to be useful in the community" announced a serious little girl who wore an apron over her jeans and tee shirt. "We are offering to clean cars".

My own car stood out in front of the house on a small parking space. It only needed to be small because my car was a 2CV, and had probably attracted the children's attention because it was a bright, some might say lurid, white and emerald green. The car had been acquired when my job had moved to Worsley near Manchester, and it was the first and only car I have ever owned. I loved every nut and bolt of it.

From within the house, I heard my husband's voice.

"Tell them no thank you. I don't want any scratches on my car".

His more conservative vehicle was safely tucked away in the garage.

I had been brought to my cake and milk. How many times had I complained about the molly-coddling of modern children, so it would be hypercritical to send them away.

"Alright, but you will need stepladders to reach the top, and I'll provide some proper car wash liquid and warm water".

2CVs are disproportionately high in relation to their width.

The children set to work right away, washing, brushing and drying off with impressive efficiency. From the front room window I kept an eye on them, whilst delivering a commentary to my distrustful husband.

"They are doing a grand job. I don't know what school they are from, but the staff there have got some good commonsense ideas".

He was unconvinced. "Don't be surprised if they've left marks and scratches on it when they've finished".

Job done, they knocked again on the door, leaned the stepladders against the porch wall and politely asked where should they dispose of the now soapy water.

"Thank you very much indeed, you have made the car look as good as new. Now, what is your charge for this?".

The group's spokesperson looked quite shocked.

"Oh no, there is no charge" she replied. "We are just doing good turns, we don't charge old ladies like yourself".

I was then aged 53. After thanking them for their efforts, I went indoors to look in the mirror. It served me right for generalising.

ONE DAY IN SEDBERGH

Ed Welti

I walked out one May morning and wandered down to Main Street. The leaves on the beech, oak, and recovering ash trees were damp and dreaming in the soft green of the great flush of Spring. The elderflower buds were on the verge of opening, though the roses were already exploding into a vast range of pinks and reds. A group of young wanderers, out on a walking holiday stood around the shelter, a couple of them looking at the books, others discussing the train journey up from London, the previous evening. They'd got off at Oxenholme, with its posters on the eastern side welcoming them to adventures in the rural idyll of the Western Dales. They got on the last bus to Sedbergh in the early evening. Some had bleary eyes from a night in the micro bars and hostelries followed by a late meal at the Sedbergh Indian.

A few local residents were chatting, having been to the coffee morning in Dent and got the bus back down the dale, with yet more walkers coming from Dent Station.

Another group of ladies were on a Book Tour. They were staying up at the Moorcock, and had got the Book Bus down from Garsdale Station, alighting at Sedbergh, after an hour stop off at Farfield Mill café for breakfast, and regretting not having time for a better look around, pledging among themselves to spend more time there on another day. They were also discussing whether to get the bus to Kendal, and then up to the book shops in Carlisle, or the bus

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down to Kirkby Lonsdale, and from there on to Settle. Either option meant they could return via the Settle Carlisle line. For now though they were going to browse Westwood Books, and the other two large booksellers before deciding finally.

A neighbour rushed by, I knew he sometimes worked in London, and sometimes, when he didn't need to be in the office in the morning, he'd catch the early bus and train from Oxenholme, returning the following afternoon via the afternoon train and late bus. Today though he needed to be there for a full day the next day so was going for the mid day bus. He had an evening out in the City planned. Another neighbour was getting on the bus for a hospital appointment.

Myself, I thought I'd pick one of the cafes for a coffee, and perhaps a cake.

But then I woke up.

NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

We seem to have been enjoying a spell of particularly fine weather during which time it is a pleasure to be volunteering up at the station. The daffodils have come and gone, and it won't be long before we see the wildflowers back. But a major issue for the station has been the Dent Head landslide and road closure which has inconvenienced our guests and, indeed, our ability to get to the station by road. We get few complaints from our guests, but this is one!

Road access to Cowgill is tenuous to say the least, but to lose one of the options is pretty poor, the consequence being a massive detour. Meanwhile, it is not clear what progress is being made as the council website simply says May



2026. Admittedly, this is a tricky problem but, for anywhere else, a temporary solution would have been arranged at the very least. To go through another winter with the alternative high-level routes potentially cut off in adverse weather and the only route in and out being through Sedbergh is unthinkable. It is encouraging to hear that a local action group has been formed. One temporary option might be a free rail service – remember Workington after the floods?

But as regular readers will be well aware, this article is mostly a ramble into the realms of public transport such as it is. After all the Friends are a public transport user group! On the whole, the railway has performed reasonably well with few cancellations and instances of late running. Indeed, performance is better than the network average. Perhaps our constant monitoring and pestering of the train operator has borne results but there is no room for complacency. One of the regular issues continues to be stock allocation and, on this, there is no immediate sight of a solution until the arrival of new trains probably after

2030. We will continue to see occasional shortformed trains for some time to come.

Followers of all things rail were intrigued to see a strange service appear on the train planner being 'Dent to Kings Cross'. Possibly the first time in living memory that this has ever happened and even I had to give it a second glance! But the explanation was in fact quite simple. The chairman of Locomotive Services Limited, a charter operator, arranged for his train to make a scheduled extended stop at Dent whilst he got out for a walk about, presumably to admire the view. Well,

I suppose it helps if you own your own train! The train then restarted from Dent on its way to Kings Cross.

Meanwhile, the new bus timetable is bedding down, and I know that there have been a number of concerns. I remain firmly

of the view that the trunk route as between Kirkby Stephen and Kendal should be undertaken with a full-sized bus with adequate capacity. Passenger anxiety as regards whether there will be room should not be overlooked, and indications are that some are simply choosing not to



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travel. Of course, any bus service comes at a cost and rural bus routes cannot pay their way out of fare income alone; some level of public subsidy is generally required. Clearly this is one for the elected politicians but access to work, education and services must be a priority for a town the size of Sedbergh, not to forget the importance of the visitor economy and those who work in it.

Subsidy should not be regarded as a dirty word, and I prefer to think of it as investment with a much higher socio- economic return which

transcends straightforward economics.

Also, there often seems to be a disconnect between 'home to school' and public transport and if these budgets could be combined this might present one

solution. As a further point, I am told that there are a number of unfilled employment vacancies partly attributable to the lack of public transport into the town. Indeed, this is a problem in many parts of the county and, particularly, within the hospitality industry.

I had an excellent opportunity in late April to talk to Westmorland and Furness Enhanced Partnership Forum in Barrow Town Hall and being slightly evangelical on the subject of integrated transport (some would say eccentric), I was eager to take

advantage of the invitation. Readers may recall that the Enhanced Partnership is the framework under which the council will work with bus operators. Barrow is quite a trek from any direction but near impossible to get there and back by public transport from Sedbergh. Perhaps a fundamental requirement of any county should be the ability to travel within by public transport?

Anyway, the gist of the presentation on this occasion was the better use of the Leeds-Settle-Carlisle line as part of a rural

transport strategy. It already runs conveniently through the county and could serve more of a useful purpose but for the lack of connecting bus services. It's probably fair to say that truly

integrated transport is quite a way off but with the prospect of a new mayoral authority with a transport budget we might see improvements. Across the border in North Yorkshire, this has already happened.

It is not often that we see the launch of a new bus service but, following a recent initiative of the York and North Yorkshire mayoral authority, a Saturday bus service from Lancaster to Hawes via Ribblesdale was recently inaugurated the purpose being to connect with the train from Manchester at Ribblesdale.



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Whilst annoyingly out of reach for the residents of Dentdale it also provides a midday service from Hawes to Lancaster and return.

But closer to home, I should remind that 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 effectively operate on Tuesday, Thursday and Friday. Please check

www.westerndalesbus.co.uk for bus running and times.

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 consult www.northernrailway.co.uk which will also give details of any potential disruption. If I can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and, as always, I would be delighted to help.

SOME EARLY SEDBERGH HISTORY

Colin Cowperthwaite

A few extracts from a 100 year old booklet entitled "Sedbergh, Garsdale and Dent" by the Rev. W. Thompson M.A., which was published in 1925.

From Lincolnshire to Cumberland - the Danelagh or Danish District - the Danes have left frequent traces of themselves in the names of places. Wherever we find these ending in 'by' or 'thorp' (denoting in either case a village), there we surmise that Danes once dwelt. From Whitby northwards, such names may readily be found on the map until they thin out to nothing in Cumberland. Kirkby Lonsdale, Millthorp, and Gawthorp announce the presence of Danes in our vicinity. But if 'by' is characteristic of the Danes, 'thwaite' (a forest clearing), 'beck' (a stream), and 'force' (a waterfall) are no less indicative of the Norwegians; and while from history we learn that the Danes reached us from the west, spreading themselves northward from the regions of the Humber, the evidence of language is equally clear that there must have been a very considerable immigration of Norwegians from the east, peopling the coast from Chester to the Solway; and from the seaboard opposite ourselves, even extending a good way up to the dales of Yorkshire. It is well known that the dialect hereabouts is saturated with Norse forms, and the local nomenclature exhibits the same complexion. Our 'thwaites', as in Northwaite, Sarthwaite, Marthwaite, follow each other with the aptness of a rhyming dictionary; but though 'becks' are ubiquitous, 'force' is

forthcoming only in the solitary instance of Black Force. Loki, a Norse personal name, may lie at the foundation of Lockbank; while a faint memory of Thor, the Scandinavian storm-god, still lurks in Thursgill.

Looking more closely at the Domesday record, we see that Earl Tosti had enjoyed large possessions in the valley of the Lune. From his headquarters at Halton, near Lancaster, he looked out over twenty-two manors of various sizes, all his own. Then, as we come northwards, Kirkby Lonsdale (Cherchebi) and Middleton are assigned to one Torfin; but presently, Tosti comes in again at Inglestune, Castretune, Berebrune, and Sedberge (Ingleton, Casterton, Barbon and Sedbergh), and other places, to the tune of fifteen additional manors - appendages in some sort of the superior manor of Witetune (Whittington). Possibly, Garsdale may be included in Sedbergh; but Dent, which is not mentioned here, we shall see reason to recognise under a thin disguise elsewhere, when we come to treat of that particular dale. The information given us respecting these places is meagre, being principally restricted to a statement of the number of

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carucates in each. We know, however, that in the background of these carucates there lies a system of agriculture and a set of social relations very different from those which prevail at the present day. Rent, as we understand it, did not exist, but the land was held in villenage - that is, the lord of each manor assigned to a number of dependants such portions of his holding as he did not himself require, on condition of their furnishing him yearly with so much produce, and so many days' labour on his own demesne. What, then, were these carucates or ploughlands? A carucate, we are told, was as much land as one plough with its normal team of eight oxen could till annually.

From the nature of the case, it was a variable and uncertain quantity, being larger where the soil was light, and less where the operation of ploughing was attended with more difficulty. Suffice it then to say that Sedbergh, with its four carucates, compares not unfairly with its neighbours, having, indeed, two carucates less than Ingleton, but one more than either Casterton or Barbon. One other point of interest in relation to the Domesday account may be noticed. It was the policy of the Conqueror to reward his followers with large slices of the land which he seized, and the Saxon owners who offered any opposition to his designs were unceremoniously evicted, to make room for their betters. The lion's

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share of the spoil was, of course, retained in the hands of the King, and this was the case with the territory about Sedbergh, which is accordingly described as "King's Land".

Sir John Otway was born in 1620 at Beckside Hall in Middleton. The old hall has been modernised into an ordinary farmhouse, and shows few marks, externally, of former importance; but inside there is some carved oak wainscoting bearing the date 1616, and the letters "ROA" within an elaborate border - the initials of Roger and Anne Otway (nee Mayer), the parents of the future distinguished counsellor and knight. He was educated at Sedbergh School, under the genial Gilbert Nelson. From Sedbergh, young Otway proceeded to Cambridge, to St. John's College, of which he became Fellow at the age of nineteen. He was one of the first to be ejected from his fellowship by the Parliamentarians in 1643, but he soon found honourable occupation as a Reader, at Gray's Inn. Family alliances brought him into relationship with two men of very opposite sentiments to his own, for they were both colonels in Cromwell's army - Colonel Redman (or Redmayne), who married Otway's sister Abigail; and Colonel Clobery, who married his sister-in-law. Backed up by John Barwick, Otway never rested until he had so worked upon the minds of these two officers, whose political bias must have been a sore trial to him, that he eventually won them over to his own views, and converted them into staunch friends of the King.

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VISIT TO SHAP AND SHAP ABBEY

Sedbergh History Society

Karen Bruce Lockhart

On 21st May on a brilliantly sunny day a small group set off to have a guided tour round the Abbey and the village of Shap

The tour started at the Abbey which was a Premonstratensian order of canons founded originally at Premonstre in Northern France. They were canons rather than monks, that is to say they were priests and served the countryside around, officiating not only at the church in Shap but as far afield as Brampton and Warcop. There were between twelve and twenty canons.

The Abbey was founded by William of Lancaster originally to be on his own land at Preston in Kendale, but he changed his mind and finally granted the canons a site by the Lowther twenty miles north of Kendal at a place then known as Hepp, a name which gradually evolved to Shap. The Abbey was known as St Mary Magdelene in the Valley

The canons were not a learned order but one Abbot, Richard Redman, reached eminence

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becoming successively Bishop of St Asaph, Exeter and Ely in King Henry VI's reign, though he never gave up his position as Abbot of Shap. The Abbey was surrendered to Henry VIII on 14th January 1540 and the Abbot was granted a substantial pension of £40 a year, with the lesser canons receiving a subsistence pension of between £4 and £8, leaving them free to take up posts as parish priests etc. The abbey was sold to Sir Thomas Wharton and eventually passed to the Lowther Estates Ltd, and is in the guardianship of English Heritage

The expedition then returned to Shap village and set out on foot to see some of the "stones" that had originally formed a stone circle and processional way, though very little now remains. It is thought that the word heppe may have meant "heap" and refer to the stones.

The group then returned to Shap village for a picnic lunch, after which we were shown round the village. Shap had originally been two separate villages, Shap itself and Brackenber roughly the area around the present Greyhound Hotel. When

Shap Granite works opened a lot of new houses between the villages were built and it became one large long village. Before the M6 was opened the village was very busy, being on the main road from England to Scotland and it had several coaching inns. The village contains many Georgian and 17th century buildings. It also had a Moot Hall (where the school now is) and a Market Cross which is now the heritage centre

The Church was pretty well rebuilt at the end of the nineteenth century, although it retains the central arches and pillars which were part of the medieval church.

However, there was a church on the site from at least 750. It has a fine Victorian window, and the Millenium window by Adam Goodyear depicts local scenes such as Kidsty Pike, the Goggleby Stone, Shap Abbey and Keld chapel

At the north end of the village is a memorial to two RAF pilots who were killed in 1999 when their plane crashed on the railway and local houses when carrying out a low flying exercise. A memorial service was held last year to mark the 25th anniversary of the crash.

We then visited the former Cross which was originally built as a butter market and went through various metamorphoses until it became the local history society's heritage centre funded with Lottery money. The Sedbergh Society is grateful to Jean Scott-Smith of the local society for the trouble she took all day to show us round.



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SIR FRANCIS SHARP POWELL

Karen Bruce Lockhart

Sir Francis Powell Bt was the man after whom Powell Hall and Powell House (both pronounced "Pole") were named. He was a governor of the School for 35 years and Chairman of the Governors for 27 years from 1884 to 1911, and generously contributed to the building of many of the present School buildings, including the main school building and the chapel. As a governor and Chairman he oversaw the changing of the school from a small and run down grammar school to the form of school Sedbergh now is.

Sir Francis was born in Wigan, the son of the Rev. Benjamin Powell and his wife Anne Wade, who was also the child of a clergyman. He attended Uppingham School as well as Sedbergh and went to St John's College Cambridge where he got a BA in mathematics and classics. When he was seventeen, he inherited Horton Old Hall and the Horton estates from his great uncle, and this formed the basis of his fortune. He was called to the Bar in 1853 and practised in the Northern Circuit, although he only practised for about three years, his main career being in politics as a Conservative. He was a JP for both Lancashire and the West Riding and deputy

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Lieutenant of Yorkshire. He first became a Member of Parliament in 1857. He was MP for Cambridge, then the Northern Division of the West Riding and then Wigan. His first election at Wigan resulted in his being tried for corruption and his election was declared null and void after 9 days of trial due to the corrupt practices of his agents providing food and drink to voters. According to a Hansard report it was breakfast provided to poor voters on a particularly cold January day. Nevertheless, despite the verdict he was returned as Wigan's MP at the General Election in 1885 and held the seat until 1910. In all he fought nineteen elections, won eleven and lost eight

He was extremely generous to various schools and educational institutions as well as Sedbergh, such as Bradford Technical College, Leeds University and schools in Wigan. He was particularly generous to the Church. For instance, he spent the immense sum of £50,000 on building his local church, schools and vicarage. He had a particular interest in sanitation. As well as contributing financially he was treasurer of Leeds University, and he was also a governor of both the Bradford Boys and Girls Grammar Schools. He was made a Freeman of both Bradford and Wigan, and Queen Victoria awarded him his baronetcy in 1892. In Wigan there is a large bronze statue of him paid for by public

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subscription. It has two memorable features: it was the first such statue in the country to be erected during the lifetime of the person, and it has one foot that overlaps the plinth. The bronze of the statue has weathered, but the foot is shiny as the people of Wigan rub it in passing for luck.

"His figure was long one of the most familiar in the House of commons, where he was liked and respected for his cheery manner, hard work and independence of outlook, by all types of politician. In business matters he was stern and resolute, if opposed; he sometimes yielded at last, unexpectedly, and with the most charming grace".

FIFTY YEARS AGO

Colin Cowperthwaite

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

Primary School

The school received a visit recently from Mr James Blades, TV and radio broadcaster and world famous percussionist. Mr Blades, who was in Sedbergh for the production of Noye's Fludde at Sedbergh School, spoke about percussion in music and used the school instruments to demonstrate. At the weekend a party of 22 children, accompanied by Mr E.S. Marney, the headmaster, and Mr and Mrs Carter, Mr and Mrs B. Hinton, and Mr and Mrs David Lord, journeyed to Eskdale and stayed at a Youth Hostel. During their visit they rode on the Ravenglass and Eskdale Railway, saw a bird sanctuary, and walked a nature trail. On Wednesday Miss Jackson, matron of Winder House, visited the school and addressed the children on the art of toy making, with the object of getting the children to include this in their handicraft lessons.

Gladstone House

The monthly community hymn singing programme at Gladstone House, centre for the elderly folk, was held last Sunday and was led by the Rev. E..P.E. Long, accompanied by a small party of Sedbergh schoolboys and worshippers from the Parish Church.

Garsdale Anniversary

Sunday School Anniversary services were held recently at Garsdale Street Methodist Chapel. On the Friday evening the New Life

Group, of Morecambe, gave a programme of testimony and vocal items to guitar accompaniment. On Sunday the services were conducted by Mr R.Jackson of Wickerslack, and the scholars gave a programme of singing and recitations under the guidance of Mrs Mary Airey. All proceeds of the weekend were for Sunday School Funds.

Liberals

A successful coffee morning was held in the Women's Legion Room in aid of Sedbergh Liberal party funds. Organised by Mrs F. Hall and a team of helpers, the event was well-attended and proceeds amounted to about 30 pounds. The annual meeting was held in the People's Hall. Mrs K. Winn was re-elected

chairman, and others elected were: vice chairman, Mr Frank Hall; secretary, Mrs Anne Wood; treasurer, Mr B.H. Robinson. The chairman reported on the year's activities and the financial statement was satisfactory. Members voted to send a substantial subscription to the Skipton Divisional Association. Following the AGM, a well-attended and lively public meeting was held in the People's Hall, addressed by Mrs Claire Brooks, on the Common Market.

Frostrow Rally

The annual rally of Frostrow Methodist Chapel was held last week when the chairman was Mr J. Mason of Hallbank, and the speaker was Mrs E.R. Maude of Penrith, who

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deputised for her husband. The theme of her message was "Promises". Vocal items were given by Miss Rosemary Harper and Mrs June Allen, and the organist was Mrs C. Baines. Collections were for chapel funds.

Quakers Celebrate 300 Years

Members of the Society of Friends from many parts of the North of England will this month be celebrating the tercentenary of the building of the Friends Meeting House at Brigflatts, near Sedbergh. On Sunday afternoon, June 15, there will be an open-air service on Firbank Fell where George Fox preached to a large crowd more than 320 years ago, and churches from other denominations in Sedbergh, Kendal

and district will be joining in the service. The speaker will be Roger C. Wilson, Clerk to the London Half Yearly Meeting of the Society of Friends. The Librarian of Friends' House, Euston Road, London, Edward Milligan, will be the speaker at the Westmorland General Meeting of the Society at Brigflatts on Saturday June 21, and the Northern Friends Peace Board will hold an open session on Saturday afternoon, June 28. When Brigflatts, the first Quaker Meeting House in the North of England, was built in 1675, Quakers were an outlawed religious sect. Their Meeting House was built on a co-operative basis. Those Quakers who had good oak growing on their land gave it, and others



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carried it and provided the labour. There wasn't a ceiling, and each winter two Friends were chosen to stick moss under the slates to keep out the rain and snow. The only heating came from a hearth fire at the west end. Early Quakers would not take oaths, take off their hats in front of important people, pay tithes, or do military service. In dress they wore simple clothes and they avoided strong language. George Fox died in 1691. He came to Sedbergh in 1652 and stayed with Richard Robinson at Brigflatts. This was then a centre for flax weavers on the banks of the River Rawthey. There was a meeting at Borrett, a farm between Brigflatts and Sedbergh. This was the home of Justice Gervase Benson who later helped persecuted Quakers. His son was born in York prison, when he and his wife were jailed for their help to the Quakers.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Swifts arrived very early this year, with a party of a dozen or so being seen flying over Havera on April 16th. Another early sighting, seen from Queen's Rd, was several swifts flying around Bath House. At Lowgill our first swift arrived on April 27th, a record, and over the next few days many more continued to return. It is astonishing to have such numbers so early in the season. We believe that the winds must have been very favourable as they were preparing to set off on their migration. The amazing warm and sunny weather that we enjoyed during April and May here has been ideal for them. By May 15th all but one pair of our Lowgill colony were back.

After the pair are reunited in the nest, eggs are laid 10 days or so after the return of the 2nd swift. Our



first eggs were seen between May 11 – 14th, which means there will be some very early fledging this year, even by June 1st. Both parents incubate the eggs, taking turns to go out foraging for insects. Eggs are laid 2 days apart but they only incubate them all the time after the last one has been laid, which helps to get them to hatch at the same time. They hatch after 20 days, and fledge around 40 days later. Swifts lay 2, sometimes 3, eggs and only have one brood. This is a very low rate of reproduction and shows how vulnerable the species is.

Both the parent birds feed the chicks, and obviously are more active than usual as they have to go out feeding both themselves and the youngsters. Swifts fly around catching insects – up to 20,000 a day - such as aphids, gnats, greenfly and mosquitoes, so they are the gardeners' friend! They also catch tiny spiders that live high up. Gradually the throat distends to form a pouch to store the insects, as you can see in the picture, and when the swift returns to the nest it disgorges the bolus of insects into the hungry chicks. It is often approximately every 40 minutes that the parent comes

back in with a full pouch, but as the chicks grow they obviously have to come in and out more frequently.

When you see swifts swirling and whooshing high in the sky they are feeding, catching insects. Swallows and house martins largely feed at lower levels; you may even have seen swallows swooping over cow pats in a field, as they are a very good source of insects.

At the end of May and in early June, we see the arrival of a wave of non-breeding swifts; these are the younger birds that have fledged over the previous 3 years. They are not yet ready to breed but nevertheless make the annual migration each year. So swift numbers may appear more plentiful in the sky. The 3-4 year olds are the swifts that you are hoping may be attracted to your boxes, so get those callers playing now!

If you find a grounded swift, pick it up gently and check to see if it is injured. Go to an open grassy place to see if it will fly. Stand up tall and put it in the palm of your hand with an outstretched arm. Let it take off in its own time, don't throw it. If it doesn't fly, or crashes down, put it in a shoe box to rest, with kitchen paper on the floor. Puncture holes in the lid to let



air in. Contact us for more advice. It helps if you can take a picture that you could send. You could also try giving it cooled boiled water using a cotton bud stroked along the side of the beak. It often does take some water in and dehydration may be the immediate issue. If we are away, then contact Kendal College Animal Rescue Centre, 01539 814645, leave a message on the answerphone with your details and mention us, Sedbergh Community Swifts. They hopefully will let you take it to them.

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

To Contact SCS: email
ta.hoare@btinternet.com or ring
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FAMILY MUSINGS

Sarah Woof

In national government we hear about "it's to the right or to the left" when deciding something, is going on. For me, this year has certainly been the year of the "eyes".

At the beginning of March the cataracts I didn't know I had until February were removed from my right eye. Then followed 2 weeks of no gardening, bending, lifting or dog walking. My vision was decidedly off. Taking the right lense out of my glasses helped muchly and slowly I got back to some sort of normal.

Then, on 1st May it was the turn of the Left eye and while unfortunately not quite as straightforward my vision is now crystal clear. How had I



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<http://branches.britishlegion.org.uk/branches/sedbergh>



become so dull sighted?! As the headaches are diminishing and with the help of reading glasses I bought from an advert in the paper life is getting better.

Early June is the check up and new glasses getting sorted, meantime its anti glare/sunglasses/ clear glass specs to keep dust and little fingers out my eyes and the bought-in reading glasses to keep me going.

It is perfect weather to enjoy the garden and the dogs, often both together.

I have baked for first time in months with eyes protected from whatever and look forward to be back driving.

I strongly recommend the operation but do take care afterwards. Even some of our grandchildren have been taking part in putting drops in my eyes, they won't learn any younger as my Dad used to say and if the odd drop goes astray all is well.

Snowdrops gave way to Primroses and now we have swathes of Wild Garlic and Bluebells everywhere. Enjoy 'seeing them'.

JUNE WILDLIFE

Hannah Longmuir

I've got that optimistic June feel – the long days and short nights, the warm breeze, the luscious greens – is full of promise. I sometimes think that the idea of a long summer stretching ahead is better than the reality. In June we tend to plan summertime day trips to the beach, family BBQs, camping trips, and picnics in the park. Fingers crossed that this summer meets its early promise and all those plans come to fruition.

Our little garden is packed to the brim with life at the moment. All the shrubs and bushes and trees have exploded, the grass seems to grow overnight, the nettle patch is getting out of control (that's ok though because one nettle patch can host up to 40 species of insect!). There's a lot of bird activity in the garden at the moment. It is full of busy parents and greedy youngsters. Last week we watched a family of starlings conducting lessons on how to negotiate the bird feeders. There were four large but very fluffy youngsters; still a dull brown in

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colour. Both of the parents were bringing them mouthfuls of food on our shed roof and encouraging them to land on the feeding station. They aren't as quick to fly off when I head out the back to the studio as their parents are. They sit on the top of the feeders and have a good look at me. It makes me a little sad that the honest, almost naive acceptance of the presence of humans is so quick to change to suspicion and flight.

The only fledglings brave enough to jostle for space on the feeders when the boisterous big jackdaws are there are the house sparrows. They must be born fearless. There's also a young robin with his brown speckled breast going about the garden, and a brand-new blackbird.

The swallows are back nesting in our back porch. They took advantage of the mud caused by the torrential rain at the weekend and used it to strengthen their nest.

There is an abundance of insects in June, including moths, crickets, grasshoppers, beetles, wasps, bees, damselflies, daddy-long-legs and bluebottles. Therefore, June has a constant thrumming, buzzing, busy

backing track. This causes us some problems, though, as Buddy dog is absolutely terrified of any flies that buzz. If a fly dares come inside the house, our normally boisterous big dog is reduced to a cowering mess. He's absolutely terrified. If something winged has a little bzzzzz during the night he barks the house down until someone comes to rescue him. Bees and wasps represent a next-level terror. The summer is a scary time for our Buddy.

He loves swimming though, so at this time of year we get him to water at every opportunity. He tries to wag when he swims and it's hilarious. On Saturday he was swimming through the flowering waterlilies in the pond at Gordon Community Woodland while we watched squiggly little tadpoles wig and wag in their own hilarious ways. By the end of the month the tadpoles will have graduated to fully formed tiny toads and frogs, ready to leave the pond. There were lots of blue & red glimmery dragonflies around too. In June, there are lots of dragonfly species on the wing including the Common Hawker, Southern Hawker, Emperor, Common Darter and Ruddy Darter.

The summer solstice approaches, with June 21st marking the longest day. I love being in the garden in the evening as the sun goes down, watching for the moment the sky-full-of-swifts changes to a sky-full-of-bats. Bat pups are mainly born this month. There's just one pup per bat.

OK time for me to head back out to the garden. Thanks for reading and have a wonderful wild June!



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Y.D.R.T. RIVERS4LIFE PHOTOGRAPHY COMPETITION

Victoria Benn

Yorkshire Dales Rivers Trust (YDRT) is running a competition to find the best photographs of Yorkshire Dales rivers and wildlife, to be included in its Rivers4Life exhibition - the name given to its new education and engagement project, funded by The National Lottery Heritage Fund, thanks to players of the National Lottery.



It is inviting you to submit your favourite photos of our beautiful rivers, streams and their wildlife taken in the catchments of the Trust which includes the rivers Swale, Ure, Nidd, Wharfe and Ouse and associated tributaries. (NB. Please do not include people in your images.)

All entrants will have the chance to feature in the Rivers4Life summer exhibition taking place at the Dales Countryside Museum in Hawes from late June to early September 2026, and in a future Yorkshire Dales Rivers Trust calendar!

There are four stages to the competition, covering all the seasons. The spring season covers March to May and the deadline for entries is 5 June 2025.

Please submit your competition entries via this link: www.ydrt.org.uk/photography-competition/

You can also sign up for the YDRT monthly e news at: www.ydrt.org.uk

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FARM RECOMMENDS WOODLAND CREATION SCHEME

Andrew Fagg YDNP

A farm business near Sedbergh has highly recommended a woodland creation scheme, which will remain open in the Yorkshire Dales National Park for one more year. Matt Hancocks of Uldale House Farm has seen seven hectares of fully-funded native woodland created through "Grow Back Greener".

He said he was pleased to have lots of new fencing, a "chunk of money" coming for maintaining the new woodland, and trees that would enhance the landscape and biodiversity.

Yorkshire Dales National Park Authority is inviting farmers and landowners to come forward now with enquiries to Grow Back Greener. Applying this spring or summer would enable a woodland creation scheme to be designed in time for planting this winter. Most of the work at Uldale House took place in March.

Matt Hancocks said: "The overall value of the scheme was quite significant and it was money that we couldn't have dreamed of spending;

Grow Back Greener has facilitated a landscape enhancement that we wouldn't have been able to do on our own. It's not cost us anything and there's a chunk of money coming for maintenance.

"Yes we've made compromises in terms of the land we're freeing up for trees, but it's allowed us to replace some of the fencing that we needed to consider in places, and top wire – so that's been a gain. Fencing off some areas around the ghylls has been great for sheep management. We've been able to connect parcels of woodland that we already had and that will be good for the population of red squirrels here. Having woodland on the steep sides should help with erosion and floods mitigation. It's been a carefully planned and well executed scheme. It is something I can recommend.

"We've been able to do it alongside the farming. We've got a small suckler herd, but mostly the focus is on the sheep, with about 400 breeding ewes."

He added that as creating woodland on the farm faced constraints to do with protecting breeding wader grounds, as well as deep peat, it was helpful to have the scheme delivered by the National





Park Authority, as he would not have had the time to co-ordinate with the various interested bodies such as Natural England and the RSPB. A willow mix, along with shrubby species such as hawthorn, was planted at the farm.

Member Champion for Natural Environment at the Yorkshire Dales National Park Authority, Mark Corner, said: "It's great to see woodland creation schemes of such high quality, such as that at Uldale House, being delivered in the Yorkshire Dales National Park.

"We have very ambitious woodland creation objectives for the National Park, and it's important for us to ensure any woodland creation scheme works for each individual farm or estate business.

"We have one more year of funding for the Grow Back Greener woodland creation scheme and I would like to invite farmers and landowners to get in touch now to see what we can do this coming winter."

Interested farmers can contact woodlandcreation@yorkshiredales.org.uk, ideally with a map showing a red line around the area where they are considering woodland creation.

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Alzheimers Society

Can statins reduce dementia risk?

Statins are drugs that are used to reduce the levels of cholesterol in the blood. Many people also take statins to reduce their risk of heart attacks and strokes. There have been many studies that have looked to see if this appears to alter the risk of dementia compared to people with untreated high cholesterol. Analysis combining 36 studies showed that statins reduced the risk of developing dementia by about 20%.

Looking at specific diseases, statins reduced the risk of Alzheimer's disease by about 30% and reduced the risk of vascular dementia by about 7%.

The relationship between statins and dementia is complex.

Studies testing whether taking statins in later life to reduce dementia risk or improve memory and thinking skills have found no effect. However, it is through that sustained statin use, and the benefits for the heart and blood vessels, that statins can help.

In the past, there have been concerns that short-term use of statins caused memory loss and


SEDBERGH
MEDICAL CENTRE

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

Weds 11th June
Thurs 10th July
Weds 17th September



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a lovely new home

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Castlestead View, Oxenholme

**80%
SOLD**

Whether you're looking for a two-bedroom bungalow or apartment, we can help you find your next home.
Live within an Extra Care scheme with a nice community feel.

All available properties come with carpets already fitted, gas central heating, a wet room and contemporary kitchen with an electric oven and hob.

For more details, please call Margaret on 07525 803 994 or email Margaret.Doust@housing21.org.uk

confusion in a small number of people. For these people, symptoms stopped after stopping the medication. This would suggest that the memory loss is not related to dementia, which would continue to get worse.

Cholesterol in the brain is important for the health of brain cells, and this may be affected in dementia. The gene that most affects the risk of late-onset Alzheimer's disease, ApoE4, plays a role in the processing and use of cholesterol.

Understanding this may lead to clues about the changes in the brain that cause dementia. Especially as changes in cholesterol processing in

the brain may not be related to the levels of cholesterol in the blood.

However, cholesterol from the blood cannot enter the brain. The brain does use cholesterol, but it makes it 'in-house'. So how blood cholesterol influences cholesterol in the brain and how this relates to dementia risk is yet to be understood.

A WORLD IN YOUR EAR: PODCASTS ABOUT DEMENTIA AND CARING

Danny Ratnaike

Interviews and conversations that you can listen to online or subscribe to listen on podcast apps.

Find these podcasts on Google Podcasts, Apple Podcasts, Spotify

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

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and other apps, or listen to them on each podcast's website.

Dementia together

Hear the people featured in our magazine tell their stories in their own words – a great way to feel like you're in the room as our interviews are taking place. Search 'Alzheimer's Society' wherever you listen to podcasts.

Discovering Dementia

Penny Bell, a journalist whose mum was diagnosed with mixed dementia, interviews other people affected by dementia and speaks to professionals on Discovering Dementia.

Love and Care

On Love and Care, follow Shaun Deeney's journey as he cares for his

mum, who has Parkinson's disease dementia.

Well I Know Now

Pippa Kelly, whose late mother had dementia, asks guests on Well I Know Now what their various experiences of the condition have taught them.

The Dementia Podcast

From the HammondCare Dementia Centre in Australia, their Director Colm Cunningham addresses the latest thinking in dementia care in The Dementia Podcast.

Who Cares Wins

In Who Cares Wins, Kyro Brooks and James Townsend share the wisdom and experience of people who support family and friends with all kinds of needs.

ACTION FRAUD ALERT: RISE OF EXTORTION PHISHING EMAIL REPORTS

Neighbourhood Alert

Action Fraud are urging the public to look out for phishing emails that relate to extortion as the Suspicious Email Reporting Service (SERS) received over 2,924 reports in March 2025, a staggering increase compared to only 133 reports made in February.

The reported phishing emails received by the National Cyber Security Centre's SERS relate to a type of extortion referred to as 'Financially Motivated Sexual Extortion' (FMSE).

Reports suggests the phrasing of the email and subject lines can vary, but the theme remains consistent: the phishing email claims to have installed malware on the recipient's computer and recorded them visiting adult websites. The sender will then coerce the email recipient to pay a ransom demand by threatening to release the videos. The ransom is usually demanded in a form of cryptocurrency, such as Bitcoin.

In order to make these phishing attacks convincing, emails will often include genuine pieces of personal information relating to the victim, such as a password or home address. It is likely these would have been obtained from historic breaches of personal data.

Analysis shows that many people who received these emails also later reported becoming victims of online account hacking.

In 2024, a male victim in his thirties received numerous extortion emails

that contained a password he used for one of his online accounts. The emails demanded a ransom of \$500. Having correctly identified the emails as a scam, he deleted them. However, shortly afterwards he noticed that he was unable to login to one of his social media accounts. After some checking, he realised that one of his bank accounts and multiple social media accounts had been hacked and he was locked out of them.

What to do if you receive an email like this:

As with other phishing emails, do not to engage with the phisher, forward the email to report@phishing.gov.uk, which is the NCSC's Suspicious Email Reporting Service (SERS), and then delete it.

If you are considering paying the Bitcoin ransom, you should be aware that doing so, you will likely become the target of more scams, as the phisher will know they have a 'willing' customer.

The inclusion of genuine passwords or other personal information in phishing emails is a strong indication that you may have been affected by a historic data breach. You can use this service to check which of your online accounts were affected: <https://haveibeenpwned.com>

If the phishing email includes a password you still use, then change it immediately. Advice on how to create suitable passwords and enable other factors of authentication is available here: <https://stopthinkfraud.campaign.gov.uk/protect-yourself-from-fraud/protecting>

SUBSCRIBE TO LOOKAROUND

GET A COPY DELIVERED EACH MONTH.

£20 FOR A YEAR

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

POSTAL SUBSCRIPTIONS

£50 FOR A YEAR

for a UK Annual Subscription

Email editor@sedberghlookaround.org.uk.

**Or cut out and fill in the form on the reverse of this
advert, then post or deliver to the Sedbergh Tourist
Information Centre with payment**

-against-online-fraud/improve-your-
password-security/

If you have been a victim of
extortion or concerned that someone
may be in possession of intimate
images of you, you should report it to
your local police force by calling 101.

Find out how to protect yourself
from fraud: [https://
stopthinkfraud.campaign.gov.uk](https://stopthinkfraud.campaign.gov.uk)

If you've lost money or provided
financial information as a result of
any phishing scam, notify your bank
immediately and report it to Action
Fraud at [https://
www.actionfraud.police.uk/report-
phishing](https://www.actionfraud.police.uk/report-phishing) or by calling 0300 123 2040.
In Scotland, call Police Scotland on
101.

APPLYING FOR BENEFITS

South Lakes Citizens Advice

We are finding it hard to manage
financially because our wages have
not gone up in line with all the bills.
We don't spend money on luxuries.
What can we do?

If you need financial help, you
should always start by checking if
you can get any benefits. You can
use the calculator on the Turn2us
website. This will give you a quick
idea of what you might be able to
claim.

Benefits calculators can't give you
a definite answer or amount, but it's
still worth checking. To get the most
accurate answer possible, you'll need

LOOKAROUND SUBSCRIPTION

Name _____

Address _____

Postcode _____

Phone _____

Local / Postal Subscription (please delete as appropriate).

Enclosed fee _____

Annual Subscription -

£20 - local delivery, £50 - postal delivery

Send to :-

**Sedbergh and District Lookaround,
 72 Main Street, Sedbergh, Cumbria LA10 5AD.**

details about your savings, income, and any other money coming in.

If you are eligible, it's always worth claiming, even if the actual amount you can get is small. It can entitle you to other financial support, for example help with rent and Council Tax, energy costs, and other bills.

If you have trouble making an application, contact South Lakes Citizens Advice for help. We know dealing with the benefits system can be intimidating, especially if you haven't made a claim before. There are parts of the system that can take time and be hard to navigate. But it's usually worth it - and you don't have to do it alone. Plus, if you can't get

benefits, your adviser will know if there is other financial help available.

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. Robert Southey
2. Dr Seuss
3. Mary Ann Evans (George Eliot)
4. Margaret Drabble
5. Cambridge University Press
(founded in 1534, 52 years before Oxford UP)
6. (John) Rebus – Ian Rankin
7. Silent Spring
8. Wakefield
9. King Lear
10. Edward Lear
11. John Masefield
12. Robert Harris

PERSONAL MESSAGES

ROSEMARY MASON

A big thank you to the kind people who came to my aid when I fell in Church on Palm Sunday. I'm not naming names – you know who you are! Thanks Again.

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.

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

1 hour = £1.50

4 hours = £5.00

2 hours = £2.70

All day (9 hours) = £7.00

3 hours = £3.90

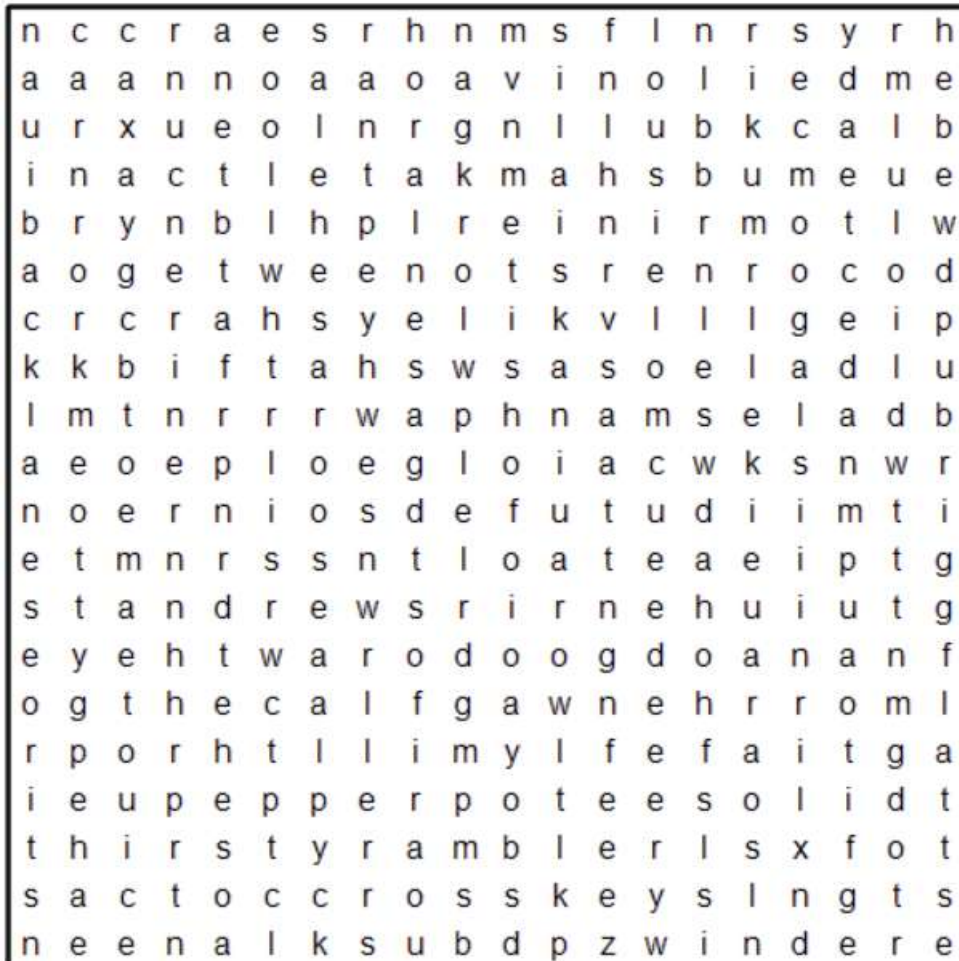
Payable all days 9am - 6pm

Maximum stay = 24 hours

Annual Resident Permit = £70

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

PUZZLES - WORDSEARCH



ArantHaw
 BlackBull
 CautleySpout
 Dalesman
 GeorgeFox
 Lonsdale
 PepperPot
 StAndrews
 Uldale

BackLane
 Briggflatts
 Cornerstone
 FinkleStreet
 HalfandHalf
 Marthwaite
 Rawthey
 TheCalf
 WhiteHart

Birks
 BuskLane
 Crosskeys
 FrostrowFell
 Hallbeck
 Millthorp
 RedLion
 ThirstyRambler
 Winder

PUZZLES (SOLUTIONS ON PAGE 78)

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

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

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.

JUNE 2025

01	Half Term (Apr)	SS
03	1930 Robin Ince Normally Weird (May)	Westwood B
04	930 St John's Garsdale Coffee Morning (May)	StAS
04	1430 Bereavement Journey Course (May)	CCCN
05	WIHF Self Publishing a Novel (27)	FCH
06	Dentdale Head Foot summer outing (27)	DHTF
08	Sailing Open Day (8)	Killington
10	1400 WIK - Cycling Vancouver to San Fran (21)	PH
11	WIS Outing To Raby Castle (24)	Raby
11	930 RBL Coffee Morning (3)	StAS
11	1300 medical centre closed	MC
11	1430 Bereavement Journey Course (May)	CCCN
11	1900 Transport User Group Meeting (10)	CCCN
12	Peregrine Watch (8)	Malham Cov
12	1930 Sedbergh Orchestra Concert (1)	StAS
12	1930 Sedbergh Parish Council (33)	PH
18	930 Sheepfest Coffee Morning (3)	StAS
21	1000 Dent Methodist Coffee Morning (May)	DMC
21	2200 Torchlight Procession Up Winder (7)	SS
22	1830 Royal Northern Sinfonia (7)	SS
25	930 Killington W.I. Coffee Morning (3)	StAS
25	930 WIK - Coffee Morning	StAS
25	1100 Lakeland Voices (May)	TBA
28	Term Ends (Apr)	SS
28	1000 Artisan Market (29)	Main St

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 (24)	PH
10	1300 Medical Centre Closed	MC
10	1930 Sedbergh Parish Council	PH
14	Thunder Cricket vs Southern Vipers (Feb)	SS
17	Accessible Walk Aysgarth (8)	Aysgarth F
19	1000 Dent Methodist Coffee Morning (May)	DMC
21	1000 Western Dales Mission Club (5)	PH
24	Metro Bank One Day Cup (Feb)	SS
25	Western Dales Mission Club (5)	PH
26	1000 Artisan Market (29)	Main St

AUGUST 2025

05	1100 Cricket Lancs v Northants (28)	SS
12	1400 WIK - History of Puzzles	PH
13	1930 WIS Charting the 70s	TBA
16	1000 Dent Methodist Coffee Morning (May)	DMC
23	Sheepfest (12)	Sedbergh
23	1000 Artisan Market (29)	Main St
25	1100 Dent Gala (15)	DMH

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 (May)	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 (May)	DMC

NOVEMBER 2025

07	1400 Dentdale Head to Foot	DMH
08	1930 Sedbergh WI Demystifying Dementia	PH
11	1400 WIK - AGM & Social Time	PH
12	1300 Medical Centre Closed	MC
12	1930 WIS A little bit of art	PH
15	1000 Dent Methodist Coffee Morning (May)	DMC

DECEMBER 2025

06	Dentdale Head to Foot Lunch	DMH
09	WIK - Christmas Lunch	TBA
10	WIS Christmas dinner	TBA
20	1000 Dent Methodist Coffee Morning (May)	DMC

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.

LOOKAROUND DIARY

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

	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!

FIFTY SEVEN

MAIN STREET

Café open Tuesday and weekends for coffee, cake, snacks and lunches. Food sourced locally.

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.

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

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
Transport Users Group -----	Ed Welti - sd.transportusers@gmail.com
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 *.*

PUZZLE SOLUTIONS

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

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

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								



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

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

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

DENT RAILWAY STATION TIMETABLE

Valid from June 2024

(N) Through train to Leeds, Sheffield and Nottingham

(S) Originates in Sheffield (G) Time at Garsdale - DOES NOT STOP at Dent.

Cancellations are always possible, so please check before travelling:

National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.49	07.55	10.46	07.03	09.08	10.40
09.16	09.16	12.39 (S)	09.38	10.42	13.38
10.47	10.47	14.01	12.12	12.12	16.35 (N)
12.17	12.17	15.53	14.40 (G)	14.40 (G)	18.40
14.45	14.45	17.48	16.05	16.05	20.26
18.15	16.46	20.20	17.33	17.33	..
19.45	18.15	..	19.38	19.38	..
..	19.45

BUS SERVICES

Western Dales Bus

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

From 31st March 2025

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

The Benefice of the Western Dales

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

andy.burgess@westerndales.org.uk

Licensed clergy:

**Rev'd Christine Brown 25418
Rev'd Lindsay Gray**

Churchwardens:

**St Andrew's, Sedbergh
Tony Reed Screen 21081
Susan Sharrocks 20754**

churchwardens.sedbergh@westerndales.org.uk

St Andrew's, Dent

David Wright

churchwardens.dent@westerndales.org.uk

St John the Baptist's, Garsdale

Bill Mawdsley and Rosemary Lord
churchwardens.garsdale@westerndales.org.uk

St Mark's, Cautley

Judith Bush and Maureen Hinch
churchwardens.cautley@westerndales.org.uk

St John the Evangelist's, Cowgill

Janice Moorby and Heather Fraser
churchwardens.cowgill@westerndales.org.uk

Holy Trinity, Howgill

**Pauline Marshall and Helen
Hoggarth**

churchwardens.howgill@westerndales.org.uk

St John the Evangelist's, Firbank

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

All Saints', Killington

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

ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Parish Priest Kendal

Tel: 015397 20063

SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

Janet Chetwood (Comms Clerk)

Tel: 21715

Sally Ingham (Business Clerk)

Tel: 07939 569559

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Sarah Woof Tel: 25212

METHODIST CHURCH IN THE WESTERN DALES

**Cornerstone Community Church, New
Street; Dent;**

Garsdale Low Smithy; Hawes Junction

Rev'd Andy Burgess 20018

andy.burgess@westerndales.org.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545
375721**

Anglican Service Times

ST ANDREW'S CHURCH, SEDBERGH

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

ST ANDREW'S CHURCH, DENT

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

ST MARK'S CHURCH, CAUTLEY

3rd Sunday	9.30am, Morning Prayer + HC (ext)
5th Sunday	2.30pm, Taizé Service

ST JOHN THE BAPTIST'S CHURCH, GARSDALE

1st Sunday	10.00am, Holy Communion
3rd Sunday	10.00am, Morning Prayer
5th Sunday	10.00am, Morning Prayer

ST JOHN THE EVANGELIST'S CHURCH, COWGILL

1st Sunday	2.30pm, Evening Prayer
3rd Sunday	2.30pm, Holy Communion

HOLY TRINITY CHURCH, HOWGILL

2nd Sunday	9.30am, Holy Communion
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ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday	2.30pm, Holy Communion
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ALL SAINTS' CHURCH, KILLINGTON

1st Sunday	2.30pm, Afternoon Service
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Methodist Service Times

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

Combined plans for Western Dales Mission Community
June 2025

	Time	1st	8th	15th	22nd	29th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	Pentecost Joint Service	HC	HC 4pm- Teatime Church	
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect@ Cornerstone		Morning Service	Morning Service	Joint Service for Circuit Sunday
St. Mark's, Cautley LA10 5LZ				9.30am HC		2.30pm Taizé Service
St. John's, Garsdale LA10	10am	MP		SW		
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm					
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	6.30pm				Songs of Praise with East Witton Male Voice Choir	
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service				
Holy Trinity Howgill LA10 5JD	9.30am					
St. John's Firbank LA10 5EF	2.30pm					
St. Andrew's, Dent LA10 5QL	10.30am				HC	
St. John's, Cowgill LA10 5RJ	2.30pm	Afternoon Service		HC		
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		Morning Service		
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Tues	3rd				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	Weds	4th	11th	18th	25th	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19.30	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer SW- Service of the Word			BCP- Book of Common Prayer EP- Evening Prayer			
Contacts- Brigflatts Meeting House please contact Janet Chetwood 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063						

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

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