

Sedbergh & District

LOOKAROUND

July 2025

Donation £1.50

Issue 444

Thankyou to Harrison 52 Interiors (see page 9) and home instead (see page 6) for advertising with us. If you need their services please consider them.

And read about what is happening at the Cross Keys (page 7) and what you can do to help ensure fibre broadband is installed in the rest of the town (page 6).
Ed.



Holiday Club 2025

For children aged 4-11
Sedbergh People's Hall
Monday 21st July - Friday 25th July,
10am-12pm.
With a celebration service at 10.30am
on Sunday 27th July
Register at [www.westerndales.org.uk/
holiday-club](http://www.westerndales.org.uk/holiday-club)
Places are limited and priority will be
given to those who can attend all week.
Please book early to avoid
disappointment.
Booking closes 11th July



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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Zreze

Garth Steadman

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Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 2nd July - T.W.A.M.

Wed 9th July - Allotments

Wed 16th July - Sedbergh W.I. (St John's Hospice)

Wed 23rd July - St Andrew's

Wed 23rd July - St Andrew's

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

Advertising Rates

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

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

WESTERN DALES COMMUNITY BUS FOUNDER JOCK CAIRNS AWARDED MBE

Rebecca Atkinson

The founder of the Western Dales Community Bus has been awarded an MBE in the King's Birthday Honours List for his services to public transport.

John Cairns, known as Jock, was Chair of Dent Parish Council in 2011 when Cumbria County Council withdrew their funding for the Saturday bus service connecting Dent Station and Sedbergh with Kendal. He raised money from a variety of local sources to prolong the commercial service for a year, and in 2012 started a community bus company with a dedicated group of drivers and other volunteers to take over the service.

Jock became Chair of the company, and over the next few years successfully applied for grants to buy two low-floor minibuses: one of just over £113,000 from the National Lottery, and one of almost £72,000 from the Garfield Weston Foundation.

It soon became clear that commercial bus services were being cut across the whole of Cumbria as the County Council stopped supporting them, creating similar needs over a wider local area. So, in 2017 after Jock's discussions with Kirkby Stephen Town Council, the Western Dales Community Bus started services from Kirkby Stephen to Penrith and Kendal.

Since these services started, the number of passengers that use them has increased steadily each year,

from 2,577 in 2012-3 to 10,575 in 2023-4. With the other volunteers, Jock had managed these services from when they started but, as a result of this growth, in December 2020, a part-time Operations Manager was appointed to take on this role.

Jock retired at the end of 2024, after leading the organisation for 12 years, but the Western Dales Community Bus continues to provide services between Kendal and Sedbergh, Dent and Kirkby Stephen.

This recognition is a testament to Jock's vision, dedication, and tireless work over more than a decade. It's also a reflection of the strength and commitment of the entire team of volunteers and directors who have supported and built on his legacy.

Please join us all in congratulating Jock on this richly deserved honour.



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Beyond health monitoring, we offer a range of personalised support, from companionship and personal care to specialist care.

Support starts from as little as 2 hours per week.

Call our local team and book your free consultation to see how we can support you and your loved ones.

01539 267220



THE FUTURE OF FIBRE IN SEDBERGH

Douglas Thomson

Copper wire, used for phone and broadband, is being replaced with fibre in many parts of the country. Indeed in about a third of Sedbergh Town fibre phone and broadband is available.

Broadband for the Rural North (B4RN) was scheduled to complete its fibre project in Sedbergh until the Government removed funding because of a commercial bid by Fibrus.

It is now understood that Fibrus has declared it no longer intends to connect Sedbergh and BT is also not interested in installing fibre.

Copper wire connections may be

sufficient for now, but with increasing use of streaming TV, online entertainment and working from home the quality of the service will decline leading to most people requiring the faster fibre connection. Businesses thinking of relocating to the Town will only do so if fibre broadband is available.

However, costs of fibre installation have risen markedly making it very challenging for commercial firms to do Sedbergh. Hence there is now a strong possibility that the centre, north and east of our town will be one of those areas in the country to be without fibre for the long-term future. Such a situation would markedly effect the town's economic and social development.

KELDRIGG SHUTTERS

EST. 1996



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info@keldriggshutters.co.uk

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



A group of us are trying to find a solution but we need your help. If a solution looks possible we will be holding a number of events but crucial to any solution will be a good number of properties taking a fibre broadband service. This means that you will need to take the service and also persuade your neighbours to do so.

I am much saddened to have to convey this stark message to you but I do feel that our community needs to know the seriousness of the situation as regards the future of a broadband service. Please start considering what this means for you, your neighbours and the Town's future and help us ensure Sedbergh's future.

UPDATE FOR CROSS KEYS TEMPERANCE INN AT CAUTLEY

Chris Clowes

Well I'm still here! And still awaiting the next hip op although I have had a pre-op so it can't be too far off!

Afraid we are still only able to open Friday, Saturday and Sunday - this is due mainly to staff shortages and my inability to move fast!

However Friday is still pie day and we always offer a roast on Sundays - booking is recommended but as I'm difficult to track down you are welcome to turn up and we WILL find you a table .

I've learned that the National Trusts wheels move slowly! I could go tomorrow and sell everything but I

am dedicated to keeping the Cross Keys as we all know and enjoy it! I do believe the Trust feel the same but are struggling to put this in motion.

We've had to make a few changes to comply with fire regs so we've lost our comfy parlour which has now become our dining area. But we now have a coffee lounge - the dining room as was! And once we all get used to it. It works well and of course we still have the veranda!!

So come and see us soon- fingers crossed for the next couple of months and I will keep you updated.

SEDBERGH YOUNG FARMERS

Ruby Allan

"Sedbergh Young Farmers" have had a really busy couple of months in the lead up to our big day of competing against other clubs called the "Field Day". These competitions range from flower arranging to tug of war. It's a day everyone can get really involved with and show off their different skills. Hosted near Grayrigg



this year, Sedbergh went in force on Saturday 24th May, and came an astonishing 2nd place out of the 10 clubs!! In among Field Day prep, we have been on a tour of Craven Concrete, had a big tidy up in Queen's Gardens - putting down fresh chippings, clearing weeds and making sure the path was clear. That is a just a snippet of what we've done, so a really busy few months for us. Coming up we have a club BBQ to celebrate our year, and our Annual AGM which is on Wednesday 30th July at the White Hart Club, Sedbergh. All welcome!"

CHRISTIAN AID

Anne Pitt on behalf of our ecumenical committee.

Thank you from Christian Aid in Sedbergh and District for gift envelopes

We're very happy to report that the gift envelopes returned resulted in a total of £1440.99 being sent off to Christian Aid – such a tremendous witness to the thoughtfulness and caring nature of our local community. Many thanks to all concerned.

HARRISON 52

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Contact Hannah to discuss your project

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W: www.harrison52interiors.co.uk

DENTDALE CHRISTIAN FELLOWSHIP FESTIVAL

Sarah Woof

Once again DDCF will be hosting a weekend of Praise and Worship, workshops, kids club, youth activities, speakers, craft and dance and whatever else God brings our way!

Centered in the big tent in Rhumes Garden this is open to all, come to part or all. Come for a day or come and stay. It is free. More information will be available nearer the time or give us a ring. Camping available.

Friday August 1st through to Sunday August 3rd. Meals provided along with copious cups of tea and homemade cakes!

It's a packed programme but you choose what you do. We would love you to come, not only to meet with us but to meet with Jesus.

John & Sarah Woof, 015396 25212.

See the ad on page 32. Ed.

WANTED TEMPORARY COORDINATOR AUGUST

Myles Ripley

The Voluntary car scheme needs a temporary coordinator to cover holiday absence in August. It involves linking between requests and driver allocations. Not very onerous. Checking email and phone a couple of times a day and contacting drivers to see if they are available to cover the requests. To give you an idea of the scale of the job, between 15th May and 15th June we covered just over 20 jobs.

It's unpaid but a decent thank you present would be on offer!

To our customers..... please get your August requests in as soon as possible so that we can avoid overloading our volunteer stand in!

In case any of you haven't used our service, please contact 07880 161648 or vscssedbergh@gmail.com to discuss your need of lifts to/from medical appointments, public transport links, hairdresser, dog grooming – to quote some recent jobs done.

LOOKAROUND

Ed Welti

I'm very glad to report that Lookaround finances have taken an upturn, and that, as things stand, we should be able to continue publishing beyond the end of the year and into the future.

Firstly, I'd like to thank you - our readers. Our system for collecting the donation pots faltered over the winter and spring months, some of you may have noticed that those in Spar completely filled up. That situation

shouldn't happen again, we will collect them at the beginning of each month, and have done for the last two months. And last month, after we had announced our problems donations showed a substantial increase, which is entirely due to your generosity.

Now we have to see the effect of the higher suggested donation. I can only re-iterate – it's a donation, put in what you can. Though, of course, we'd love it if it was the suggested amount (or more!).

Secondly, I'd really like to thank Stramongate Press for their ongoing support. It makes a huge difference to us.

And thirdly, our advertisers, your support is essential. And I'm glad to say we now seem to be increasing the number of advertisers again with two entirely new advertisers this month. Long may it continue, it's the key to being able to produce this newsletter.

SEDBERGH & DISTRICT BRANCH ROYAL BRITISH LEGION Promotional Events

David Parrat

The Sedbergh & District Branch will be manning a stand on Saturday 26th July during the Artisan Market in the Main Street from 0930 – 1500. Do come along and see us and find out what the branch does and how we can support veterans and their families who may need help. Our local branch needs new members in order to keep up its good work. We look forward to seeing you. We will be holding a further event on Saturday 23rd August.



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

Thurs 10th July
Weds 17th September
Thurs 16th October



HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

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

Exhibition Fund:

For under 25-year-olds for help with educational or training needs. To apply for help from, or should you wish to make a donation to, the Charities then please contact:

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

or

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

Any application will be treated in confidence. Sedbergh United Charities and Widow's Hospital - Registered Charity No. 231058



BOOK TOWN BOOK QUIZ JULY 2025

Gerry Cotter

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

1. Which Dickens novel features the court case of Jarndyce and Jarndyce, and is a satire on the abuses of the old court of Chancery?

2. Cicely Mary Barker was a children's book illustrator best known for which series of fantasy illustrations?

3. Which round-the-world sailor called his autobiography The Lonely Sea and the Sky?

4. Name the playwright who wrote The Seagull, Uncle Vanya, Three Sisters and The Cherry Orchard.

5. Who created Professor Challenger and Brigadier Gerard, as well as two immortal characters?

6. Which Greek writer, who lived from c484 to c425 BC, is regarded as the first person to write about historical subjects in a systematic way, by collecting his information and arranging it into a coherent narrative? Because of this he has been referred to as 'The Father of History'. His book The Histories examines the origins of the Greco-Persian Wars.

7. T S Eliot, The Waste Land: 'I will show you fear in -----.' The next four words were taken as the title of a novel published in 1934. What is the title and who wrote it?

8. 'O blithe New-comer! I have heard, / I hear thee and rejoice. / O --

--! Shall I call thee Bird / Or but a wandering Voice?' Who is addressing which bird?

9. For many years Neville Cardus wrote on two subjects for the Manchester Guardian, and also produced numerous books on those subjects. Name either one.

10. Which Irish poet was awarded the Nobel Prize in Literature in 1923? Among his best-known works are 'The Lake Isle of Innisfree' and 'The Second Coming'.

11. This novelist's work includes spy thrillers such as Eye of the Needle and The Key to Rebecca, historical novels such as The Pillars of the Earth and World Without End, and the Century trilogy Fall of Giants, Winter of the World and Edge of Eternity. Who is he?

12. Where, in a 1932 novel, did Flora Poste go to stay, in the course of which she sorted out the problems of her dysfunctional family? And who wrote the book?

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

HARRISON 52 INTERIORS:
Thoughtful Design, Beautifully
Made

Hannah Smith-Saville

At Harrison 52 Interiors, every project begins with a simple aim: to create a home that works beautifully, reflects your life, and feels considered from the inside out.

Led by designer and maker Hannah Smith-Saville, the studio offers a collaborative, down-to-earth approach to interior design. With a love of natural materials, quality craftsmanship and thoughtful detail, Hannah works closely with each client to create homes that feel both practical and personal. Wherever possible, she supports local makers and suppliers, bringing a sense of

place and authenticity to every space.

Based in Halton and working across North Lancashire and South Cumbria, Harrison 52 Interiors supports a wide range of clients - from busy families and second-home owners to those simply looking to refresh one part of their home.

The studio offers a flexible range of services to suit different needs and stages. These include full interior design - with everything from layout planning and sourcing to soft furnishings and trade coordination - one-off consultations for focused advice, and design-only packages that provide a full plan for clients to implement in their own time.

Soft furnishings are a particular



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strength. Hannah designs and hand-makes bespoke curtains, blinds and cushions, ensuring every piece fits perfectly within the wider scheme. Her combined design and making experience allow her to bring creativity, care and precision to every project.

Alongside private client work, Harrison 52 Interiors also supports other interior designers and makers, offering professional CAD drawings and 3D visuals to help present ideas clearly and accurately.

At its heart, Harrison 52 Interiors is about helping people create homes that feel natural, considered and completely their own.

To learn more or enquire about working together, visit www.harrison52interiors.co.uk or email

hello@harrison52interiors.co.uk

You can also follow along on Instagram: [@harrison52interiors](https://www.instagram.com/harrison52interiors)

See the ad on page 9. Ed.

WESTWOOD BOOKS

July Update

Heather and 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.

Pre-Orders

Did you know that we can pre-order upcoming books for you? Here is a list of some of the books that we are currently taking pre-orders for. We can also pre-order other books, please just get in touch with us at the bookshop.

Publishing in July

The Place of Tides by James Rebanks in paperback

Publishing in August

Skandar and the Spirit War by A F Steadman – Signed copies available

Domination by Alice Roberts – Signed copies available

Publishing in September

Impossible Creatures 2 by

POTTERY WORKSHOPS IN SEDBERGH

I run workshops in hand-building and sculpting.
Located in a beautiful studio at the top of Farfield Mill.

Workshops for a maximum of two people,
over one day or a series of visits.
Suitable for all abilities.

Half Day £65. All materials and firing of your work included.

Large projects may take more than half a day.

If you have something you would like to make please contact me.

I have many years of experience and can
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Suzie Wright pottery

07887850467

Website: suziewrightpottery.studio



Katherine Rundell – Signed copies available.

The Impossible Fortune by Richard Osman – Signed copies available

Publishing in October

The Long Shoe by Bob Mortimer – Signed copies available

The Debatable Land by Rory Stewart – Signed copies available

On Winter Hill by Raynor Winn – Signed copies available

Story Time

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

This short morning session is a chance for younger children and their families to enter a bookish space and simply enjoy listening to some stories. Whilst it is mostly aimed at younger children, all primary school

aged children are welcome. The session is completely free to attend, and we do ask that parents/guardians stay with us for the duration of the event. Our next session is on Sunday 6th July and then Sunday 3rd August.

Book Club

Second Wednesday of the month,
7pm at the bookshop

This month we talked about Enlightenment by Sarah Perry. This was our favourite book club book so far with an overall score of 8/10 from the group. Beautifully written, lots of interesting themes with believable characters was the general feel we got from the discussion. We will be discussing By the Sea by Abdulrazak Gurnah at our meeting on Wednesday 9th July.




THE BLACK BULL

Family run 17th Century Coaching Inn with Restaurant,
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theblackbullsedbergh.co.uk

The Black Bull
44 Main St.
Sedbergh
LA10 5BL

Open 7 Days
Bar Menu - 12noon to 5pm
Monday Pie Night
Tuesday Curry Night
À La Carte - Wednesday to Saturday 12noon to 3pm & 6pm to 9pm
Sunday Service - 12noon to 8pm

Sedbergh Weavers

WORKSHOP & GALLERY



Handwoven & artisan-made
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Open Wed-Sat, 10.30-4pm
or by appointment

6 Finkle St, Sedbergh LA10 5BZ
www.SedberghWeavers.co.uk

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.

TWINNING VISIT TO ZRECE

Douglas Thomson

A Sedbergh Town Twinning delegation visited Zrece in Slovenia in May to celebrate the 20th anniversary of our Twinning Charter. The group returned somewhat exhausted but in awe and indeed gratitude for the wonderful hospitality they received. Zrece's Mayor, Boris Podvršnik, and other friends in their community, transported and guided us around their local area and further afield in their amazing country.

Our week included a visit to the ski and spa centre at Rogla (altitude of 1500 metres) which also includes a treetop walk with an adrenalin experience! The whole resort which is very spectacular showed us what Sedbergh students experience when they visit on their biennial trips. On our way back to Zrece we passed through Gorenje and saw the purpose-built hostel that our students and other groups stay at when they visit Zrece.

We visited Arbajter tourist farm which has a 4-star hotel and is well known for its deer farm. Here we were hosted by three generations of the Andrej family and were treated to a selection of venison cold cuts, homemade bread and salami.

On Sunday we attended Mass in the picturesque church in Skomarje before enjoying a tour of some historic houses. One of which was used when we signed the original Twinning Charter in 2005. Later that evening we joined the group of dancers and friends who entertained us in Sedbergh in 2024 and were treated with a performance of

traditional Slovenian music and dancing. We joined in some dances and were again plied with tasty local food and wine.

On two mornings we were shown around three of Zrece's factories that forge and make car parts and tools which are exported worldwide. Followed on one afternoon with a meeting with one of the many beekeepers In Slovenia where we were told about the intricacies and secrets of their beekeeping.

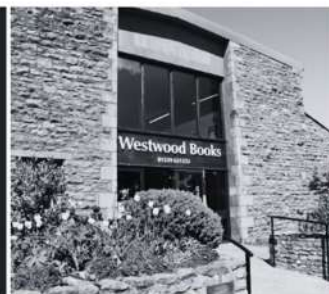
One morning we were shown around a water bottling plant which sourced the water from a nearby spring. Later we visited the trout farm and art colony where the Sedbergh artists group spent a couple of days when they visited Zrece. We were

treated to a fabulous lunch of trout.

Another treat was a visit to a wine cellar which was owned by a man called Vojko Korosec who owns his own vineyard. He was one of the original group from Zrece to visit Sedbergh. It would have been impolite not to sample his produce!

One evening we met the firemen and were shown around their fire station before being invited to join a party where the local choir were singing alongside Lakeland Voice and we were treated to some lovely harmonies and yet another mountain of food and wine.

With much sadness we visited a Second World War memorial where 100 Slovenians were hung by the Germans as a revenge for the local



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partisans killing a high-ranking German officer. Also on one evening we learnt of the difficulties and bravery of the men in the Slovenian army from the letters they had written home.

A full day trip took us to Lake Bled where we visited the spectacular 11th century, cliff top castle which towers above the beautiful lake. We were rowed to the small island on the lake where a church and bell tower dominate. Next stop was the nearby Lake Bohinj nestling among the towering mountains in the Triglav national park.

In the same afternoon we travelled onward to Kranjska Gora where we visited the Planica Nordic Centre which includes the international ski jumping centre. The ski jumps were breathtaking and somewhat scary. We were informed that at the annual event in 2025 a Slovenian called Domen Prevc broke the official world record and jumped 254.5 meters.

The week culminated with a grand event celebrating our 20 years of twinning and Zrece's 30 years of becoming a municipality. There were plays, speeches and songs about the

history of their municipality and the twinning. Lakeland Voice sung with students from their local school. We were given the opportunity to not only thank our hosts and friends for their generous hospitality, but to hand out a range of gifts kindly donated from the Sedbergh Soap Company, Laura's Loom and other Sedbergh souvenirs that we had taken with us. We were presented with a carved wooden plaque and a commemorative scroll which we hope will be put on view in the Sedbergh TIC. We came home exhausted after a fantastic week and with many presents and wonderful memories.

Plans are now being made to host our Slovenian friends in May 2026. If you can help in any way with this please email Garth Steadman at garthsteadman@yahoo.co.uk or mobile 07796 164066

SINGING SLOVENIA - INTERRAILING FROM SEDBERGH

David Burbidge

There is an idea which I have found very useful when travelling - and especially when travelling by train: "The journey is the destination."

It's a state of mind as much as anything - where you are content with your experience now, rather than always waiting for some final result; where there is an acceptance of what is, rather than a disappointment when reality falls short of expectations.

The alternative with long distance continental train travel is to boil with frustration and rage when trains are late or cancelled, and connections are missed. Even if one is not a regular meditator, serenity can be

found as the only sensible alternative - necessity becomes the mother of invention!

It's also an attitude which I tried to inspire in the singers who joined us on our Interrail train trip to Zrece, to help celebrate 20 years of our singing exchanges, coinciding with 20 years of town twinning. The singers said they wanted to travel in the way which damages the environment least - but train travel also turns out to be the most pleasant form of transport.

On one train in Austria we were singing together in an open carriage, when the train guard came in beaming, "This is the way to travel," he said and gave us the thumbs up. I like to think we spread a ribbon of joy across continental Europe!

It was also with great delight that we enjoyed the send off by the Slovenian embassy's cultural attache, Špela Vrtnjak, and colleagues outside the Eurostar departure gates in London, where we sang the Slovenian national anthem and other songs.

En route to Slovenia, we very much enjoyed a couple of nights singing together in a biergarden and

on the Philosophers Way in Heidelberg.

And also the warm welcome given us by the British Ambassador, Her Excellency Victoria Harrison (and her guide dog Otto) in Ljubljana city centre under the watchful eye of the national poet, Franc Preseren, as we sang alongside Slovenian singers, our international Friendship Choir, to help celebrate UK/Slovenia Friendship Day.

We swam out to the island at Bled, and then rowed back later to sing our Slovenian Catholic songs to a massed audience waiting outside the church. We sang into the night with friends from Kranj and Bled in our village tourist farm near the lake, and stopped off on our way to Zreče at another tourist farm near the capitol, where we were greeted as old friends by Tone and Boštjan who run this farm where I camp in the summer. As well as our Slovenian and English folk songs, we sang with Matt from the British Embassy as he played John Lennon's Imagine on the farm's piano.

There are so many people to thank in Slovenia - Andrej Arbajter who drove us across Slovenia, and many

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times up and down the hill from the tourist farm where we stayed in the hills near Zreče, and who also helped with our programme, which involved singing in the church service at Skomarje; our friends Pevke iz Brinjeve Gore (the singing sisters who have visited Sedbergh on several occasions) who hosted us for lunch and singing in their hilltop cottage near Zreče, Vojko for his fantastic wines, and many drinking songs to join in with between tastings. Marijana and the Jurij Vodovnik town choir for such a fabulous evening of food and singing in the Firestation - a choir who many of you will know from their visits to Sedbergh on several occasions.

And crowning it all, our thanks go

especially to Mayor Boris Podvršnik who was as generous, welcoming and charming as ever, presenting me as the representative of the singers with an award for 20 years of commitment to the cause of international friendship and town twinning. He has been such a friend to our visiting choirs, and sings with us much as his father Boris did before him when he sang in the Zreče Fireman's Choir.

We had several walks through the wild flowers from the Arbajter Tourist Farm. What I especially liked is when we were greeted by name as we passed a farm, and then all us singers being given a dram of schnapps to toast each other's good health.

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We sang alongside the children in the official town twinning celebration at the Zreče school, and alongside the folk dancers who came last year to Sedbergh, Folklorna Skupina Jurij Vodovnik. For a number of years we have sung over 20 Slovenian folk songs alongside the good people of Zreče - this year it was a delight to discover that the children had learnt folk songs in English at the school, so we were also able to sing along with songs such as Molly Malone and the Drunken Sailor.

On our way back to the UK by train, we stayed with families from the Ljubljana Waldorf School choir where we performed in the school, and again in the city centre alongside the British Ambassador with a small troop

of Scottish pipers, and at the opening of a city centre art gallery.

We arranged our programme with the help of friends in Slovenia, and were of course delighted when we were joined at some of our events by Garth and his party of dignitaries. In Bled we visited the Karlov bee farm where we were given a tour of the hives and an introduction to beekeeping by

Danijela. This was crowned by meeting the Zreče beekeeper, our friend Milan, in his home where he gave us a very detailed description of his life as a beekeeper. There was one amusing misunderstanding. While Milan was giving his presentation one of the dignitaries suddenly gave a very commanding "Stop talking" to one of our singers. Our singer Pip Hall, with what I thought was great delicacy, explained to the dignitary that our singer Mariana, who is fluent in both languages, was giving a simultaneous translation into English for the sake of the Sedbergh dignitaries who spoke no Slovene at all!

There is so much to love in Slovenia - the beautiful landscape, the food and wine, the hospitality, and the great value that is given to singing. But for me, it is always the openheartedness of the people that touches me and renews my faith in humanity, allowing this journey called life to be appreciated for the living of it, rather than for any goal I imagine might be necessary to reach.

And that touching of the heart is what I bring home, this souvenir, this love.

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T.W.A.M.

Pam Dent

Last year Tools with a Mission, aka TWAM, sent around 350 tonnes of donated, refurbished tools to partner organisations in Africa. This year's aim is to send 25 containers, containing over 20,000 toolkits, to countries like Burundi, Zambia and Tanzania. That's an amazing amount of tools which would otherwise lie languishing in our attics or sheds – or end up in landfill. Recycling on a grand scale!

It's hard for us to imagine that what we no longer use, like that old sewing machine that's too heavy to lift, may prove a life-line to others. Unused lengths of material and wool are also useful, along with needles and threads, buttons, zips, tapes, knitting needles and patterns. TWAM is the chosen charity for this year's Holiday Club, the annual summer holiday event for children of primary school age, so you may well hear about TWAM from younger members of the family.

The drop-off point at TIC will operate until Friday 18th July but don't worry if you miss the deadline – you can still take smaller items along to the drop-off point at the Methodist church in Dent, which is open every day. Lastly, a reminder that you can access details about the charity on-line at TWAM, pick up a "Tools wanted" leaflet from TIC or ring Sarah Woof on 25212 or Pam Dent, 20042. Please also contact one of us if you have larger items you wish to donate. On behalf of those whose lives will be transformed by your generosity, thank you very much.

POLICE REPORT

Mandy Coleman

Logs of note for the area of Sedbergh are as follows:

14/5 – Items were stolen from the area, a photo was submitted showing the car, and enquiries are still ongoing.

29/5 – 1 person arrested for common assault.

31/5 – 1 person reported for no TAX on their vehicle.

1/6 – A black bin was stolen from the area.

2/6 – Damage was caused to kissing gate in the area.

10/6 – Damage to a barn roof and wood stolen.

Reports of horses riding the wrong way on the road. A horse and trap do not come under the Highway Code, the vehicle is NOT a motorised vehicle or pedal cycle. However, if they are causing an obstruction or causing ASB then they were dealt with accordingly.

A dispersal order was put in place for Sedbergh on the 31/5. This means that :a constable in uniform to direct any person who is in a public place in that locality-(a) to leave the locality (or part of that locality) and

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(b) not to return to the locality (or part of that locality) for a period. We do this to reduce the likelihood of members of the public being harassed/alarmed or distressed, or the occurrence in the locality of crime and disorder and more particularly persons causing anti-social behaviour in the locality, congregating in groups, and causing the public to feel distressed. The geographical area has also got to be taken into consideration in terms of both proportionality and the need to ensure the dispersal order is effective in achieving its aim.

This is just a watered-down version of the actual wording, but this is to give you an idea of what we can do, if persistent ASB is occurring for a certain amount of time, whether it be hours or a day.

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SETTLEBECK NEWS

Michael Pulford

Students from Settlebeck School were at Headingley Cricket Ground on June 16th being coached by Pro Coach Yorkshire. The funding was provided by The Yorkshire Ridings Society. We aim to promote a greater awareness of Historic Yorkshire of which Sedbergh, Dentsdale and Garsdale are important parts (West Riding). The abolition of the West Riding Council in 1974 did not legally abolish Historic Yorkshire which has been in existence for a thousand years and obviously predates the council (formed in 1888) by over eight hundred years!).

We are delighted that Settlebeck young cricketers enjoyed the day and were made to feel part of YCCC, their historic and proper county.

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The Prep School suffered a disaster on the last weekend of the first half of the term when the water pressure suddenly dropped and the source of the leak could not be found. Large tankers were parked on the road to keep a supply going

The Prep school celebrated the end of a very sunny half of the term with a Summer Fair on their sports field

The Sedbergh & District History Society have prepared an exhibition celebrating the 500 years of the school which was in St Andrews Church for the second half of June, and will be shown again in an expanded form in Farfield Mill from 23rd July to 5th October

In April Peter Marshall who had been Bursar and subsequently CEO for 17 years retired, but will still have interests in the School and is living in Sedbergh

Year 9 were spoken to by ex-Olympians Mica Moore and Nick Gleeson (Bob Sleigh)

The summer courses this year will include the Design School (design and engineering), Rugby, Performance Rugby, Girls' Rugby, Cricket, Netball, Hockey, Football, Performance Netball, Complete Sport and Activity, Athletics, Adventure Weekend, and Pony Camp

Michelle Rothwell (Lupton 03-05) created and ran the Shelly Rothwell Triathlon: 10.5 miles cold water (no wetsuit) swim, 112 mile bikeride, 66 mile run (42 peaks 8,000 metres elevation), plus 17.5 miles on the bike to link the stages. All done in three days with no sleep or shortcuts.

The History of the School in 50 Objects has continued with the Brown Book containing all the information a pupil needed from lists of appointments to School rules and timetables. It was first introduced in 1912 and was designed to fit in a blazer pocket. Much of this information is now digital. The next is the Knowles cricket pavilion presented by Eric Wilson Knowles in 1913. As well as acting as a cricket pavilion, it houses the Staff Common Room on the top floor. Then the Ashburton Shield which is awarded annually at the Bisley Schools meeting of the National Rifle Association and was won first by the School in 1914, and then in 1921, 1996, 1996, and 2018. The 23rd Object is the collection of letters

home of Edwaard Staveley Taylor written from his optimistic joining up in August 1914 through his disillusionment to his death from wounds in August 1915

On 7th June OSs Joe and Andy Symonds, sons of the former Master in the School Hugh Symonds, ran up and down Winder the equivalent of the height of Everest in memory of their father and for his favourite charity Practical Action which works in poor communities to find practical solutions to health inequalities and poverty. Teams of pupils and staff accompanied them in relays for encouragement. It took 10 hours and 8 minutes and 53 seconds.. This was 36 minutes faster than the previous world record and took 50 ascents.

Sedbergh Sheepfest

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Sheepfest is funded by Sedbergh & District Community Trust, The Parish Council and Sedbergh Coffee Mornings

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Drama

Year 8 at the Prep spent the first half of the term preparing a movie which celebrated its "premiere" on Friday 16th May. Unfortunately it nearly didn't take place because of the drop in water pressure and the inability to trace the leak. However, a last minute scramble enabled it to be squeezed into the Queen's Hall at the upper school. A red carpet for the premiere was rolled out and all the girls wore red carpet style dresses – and many of the parents wore full evening dress. The film consisted of four short films: Ghostbusters, Grease, Back to the Future and Charlie and the Chocolate Factory - with appropriate special effects.

The upper School will be performing Les Miserables in November in the Hirst Centre.

Cricket

The 1st XI played Merchant Taylors Crosby in the North West quarter final of the National T20 on 26th June which they won. They played the annual MMC match on Thursday 16th May when they drew: Sedbergh 169/9 and the MCC 275/5. On 16th May they played Bolton School in the semi-final of the National T20 and tied which resulted in Sedbergh being knocked out of the competition as Bolton lost less wickets. The game against Manchester Grammar on 14th June was cancelled due to weather.

At the Prep the U13 girls played against Cumbria when as several of the Prep's girls were playing for Cumbria 15 of the 24 girls involved were from the Prep. The U11 boys were crowned champions at the

Cumbria Hardball Festival and have qualified for the Norther Finals

Running

The School played host to the FRA Junior Fell Championships on Sunday 18th May when the U15 ran up Winder, and the U17 and U19 battled their way up Arrant Haw. Lucia C did particularly well in a race with older girls in the U17 coming in 4th. George M still in year 10 came in 9th in the U17. Jemima H came in 6th in the U19.

At the Prep the annual Epic Run took place on 17th May when 103 staff, family, guests and pupils from years 7 and 8 ran the 6.9 mile course with 1,250 feet of ascent (and it really is steep!) over Brownthwaite Fell. It was a hot day and the race had to be put back to 9.30 am instead of 11 am. It was won by Henry.

Equestrian

The team were Reserve National Schools Champions in the 80cm Eventers Challenge at Hickstead. They also achieve individual places of 6th and 8th at the County Show Jumping (an event where the leading schools from each county go head to head).

Lottie from the Prep and Sophie B from the senior school represented the School at the National Schools Show Jumping Qualifier at Northallerton

Thea who is only in year 4 finished third in the Belsay International 70cm eventing in a large class and qualified for the National Schools Finals in October. She also clocked the fastest time in the 70cm but unfortunately clipped a pole.

Sailing

Jamie in Powell House has been awarded the Jersey Clipper Bursary to take part in the Tall Ships Race in July

Rugby

Vicky Irwin will lead the coaching at the Girls' rugby coaching in the Summer Courses this year

Cycling

Joud from the Prep won the U8 North West Boys regional championship, and the British Cycling U8 Dolan North West League. He is the Northwest U8 champion for both road and cyclocross.

Athletics

The Prep hosted the National Prep School Athletics at Manchester Stretford Stadium. Over 20 pupils qualified for the National Finals in

July

Music

A tea time recital was held on 5th June in the Thornely Studio in which 9 pianists played their "worst" piece for their exams and Julie F played the third movement of Beethoven's Third Symphony.

Future Events

Speech Day and end of term 28th June

Leavers' Ball and Fireworks 28th June

500 Years of Sedbergh School Exhibition 23rd July -5th October

One Metro Bank 50 Over Women's Cricket 30th July

Lancashire v Cumbria 3rd August

Pre-Season Rugby Festival 26

August



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Lancashire v Northamptonshire
One Metro Bank 50 Over Cup 11am
5th August

Autumn Term begins for Yr 9 31st
August

Autumn term begins Yrs 10, 11, 12
and 13

Choir Battlefields Tour 5th

September

Year 11 Battlefields Tour 5th

September

1st XV v Whitgift 6th September

Great Northern Run (6th, parents &
OSs) 7th September

1st XV v Denstone 11th September
2.30 pm

1st XV v Clifton 21st September
12.15 pm

1st XV v St Peter's York 4th
October 2.30 pm

SEDBERGH SCRIBBLERS

The Courgette That Saved My Life

Christine Wood

It was an ordinary Monday evening in January 2019, just before the first Covid lockdown. I was preparing my evening meal which was going to be salmon with rice and a courgette, all cooked in the microwave. But as I turned in my galley kitchen to put the courgette in the microwave, I overbalanced and fell to the floor. Now I felt no pain but just could not get up. Perhaps I could slither to the living room and the phone? No, I thought, this is a case to press my personal alarm and get some help.

Very soon two friends arrived. But they insisted on calling the ambulance for professionals to help me up. They were afraid of causing an injury. When the two ambulance men arrived after only about twenty minutes, they easily helped me up but wanted to do some tests. To my surprise they found a heart murmur and decided they should take me to hospital to have it checked. I had nothing packed for a hospital stay, but Janet managed to get the necessary things together. She was brilliant. Since then, I always keep a holdall packed for a hospital stay. Of course, I have not needed it!

There was a long wait in A and E and I was getting very hungry. I had missed my evening meal at home and arrived too late for one at the hospital! However, a kindly nurse managed to find me a sandwich once I was admitted to a ward.

It was there I began to see the true tragedy of Covid. There was the



A poster for the Sedburgh Artisan Market. The title 'Sedburgh Artisan market' is written in a large, green, cursive font. Above the title, 'GIFTS' is written in yellow. To the right, 'LOCAL CRAFTS' is written in yellow. Below the title, 'FOOD & DRINK' is written in yellow. To the right, 'HOME PRODUCE' is written in yellow. In the center, there is a photograph of the market stalls on Main Street, Sedburgh. Below the photograph, the dates and times are listed: '24th May', '28th June', '26th July', '23rd August', and '10:00am to 3.00pm'. The text 'Main Street, Sedburgh' is written vertically on the right side of the photograph.

nurse who could not see her small grandchildren although they lived nearby and usually spent a lot of time with her. The nurses who were constantly washing their hands between every patient. Then one morning an older lady, who was not very mobile, was admitted to the ward. Earlier that day she had woken to find her husband, who was also her carer, dead in bed. She could not, of course, have any friends or relatives around her as would normally happen in such a traumatic case. She had a mobile with her and spent most of the day on it, presumably telling family and friends the sad news.

I was well looked after. A physiotherapist visited daily once they found that my injury was a squashed vertebra in the lower back. A heart specialist visited and prescribed tablets for the heart murmur. One day a haematologist paid me a visit. He had a bevy of young women with him, who I presume were student doctors. He said there were signs of cancer in my blood but he needed to do more tests to find out what it was and would probably prescribe some chemotherapy. I was amazed and thought for a moment he must be trying to impress the students! Nobody in my family had suffered from cancer, although nobody had lived into their eighties like me.

The back injury gradually healed on its own. After my return home Dr Oo, the haematologist, despite Covid, arranged several appointments for me, at least three scans and several biopsies. At last, a biopsy on a

swollen gland in my neck gave him the information that it was lymphoma. Now this cancer causes no pain. A blood test by my GP had come back clear a few weeks earlier when I had reported the swollen gland.

Now lymphoma has four stages before causing death. Mine was already at stage three. Dr Oo arranged a course of chemotherapy which completely destroyed the cancer and did not give me any serious side effects.

I was intrigued by the name Oo. In all my years of teaching languages and then running a translation agency I had never come across a name or even a word like that. I wondered how to ask him about it tactfully. He was dark skinned. 'Where are you from?' might have elicited the answer London or Birmingham. So eventually I came up with 'What language does your name come from?' 'Burmese' was the willing answer. Now I had come across unusual languages like Tagalog from the Philippines and Farsi from Iran, but never Burmese.

I could not have had better treatment anywhere thanks to Dr Oo. Of course, I also have my little courgette to thank. Without it's causing my fall it is unlikely I would ever have met Dr Oo, or certainly not until it was too late.

January 2023

Christine is part of the Sedbergh Scribblers, which meets once a month at the Peoples Hall, if anyone is interested in finding out more about the group or joining us please contact Dave Smith on 07722006858

SEDBERGH PUBLIC TRANSPORT USER GROUP

Ed Welti - Chair

Thankyou to everybody who came to the meeting with Councillor John Murray on the 11th June. And thankyou too to John Murray for coming. I know that many people are still frustrated that the 563 was withdrawn, and some may have felt that Councillor Murray did not say anything to lessen their frustration. However, your attendance at the meeting was itself positive. It counters any idea that this is an issue which only a few noisy people in Sedbergh are concerned about. Over

50 attended this meeting. There were 30 at the last, and the audience this time was significantly different from that one. Still others would have liked to have come but couldn't. Over 125 have now filled in the survey (it's still open, use the QR code or go into the Information Centre and pick up a hard copy). Nearly everybody who commented on the survey wanted improved services. All of this combines to be a significant body of opinion which becomes difficult to ignore.

I've often heard it implied that public pressure has no influence on decision making, but the 105 bus which currently runs from Penrith to Penruddock, via Newbiggin and Greystoke, and is a full commercial service, is the result of a bus action campaign which ran in that area. Both Westmorland and Furness and

Western Dales Bus have asked for the current full data from the survey which we have given to them. Their request shows that they are interested in what we say. I wonder what would have happened to the 563 if we had the data a year ago?

One significant factor in the process that any council would use when judging whether to subsidise a service or not is the potential use of that service. But if the numbers fall away because, ironically, the bus is often full, it will undermine the case for improvement. So please continue to use the services. If you haven't

been on the bus for a while take a trip to Kirkby Stephen. Or go into Kendal on the 11:55 and come back later. It is ridiculous that we can't get a bigger bus when there are often too many to get on the smaller one.

If you find that there is not enough room for you on the bus when

travelling to or from Sedbergh or Dent please report it at the Information Centre with your name and phone number. Also ask at the Information Centre if you'd like an update on what is happening. We will be working on other communication mechanisms in the near future.

Finally I'd like to thank those who voted to approve our constitution and to elect the committee and officials. It gives us more credibility as an organisation. Now I'd like to ask you to vote in a different way. Vote for better bus service. Vote by getting on the bus.





NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

Before anything else, I must extend our warm congratulations to Jock Cairns for his well-deserved award of an MBE in the recent honours list. Public transport in the Sedbergh area has surely benefited from Jock's vision and hard work in creating Western Dales Community Bus back in 2012 and still going strong.

Making use of the fine weather, we have just completed our annual maintenance at the Station and were delighted to welcome back Julian Wilkinson who does a fine job of looking after the lime pointing and any other building repairs. As I've often mentioned, it's a bit like painting

the Forth Bridge as the station takes a battering from the weather. So, we really need to keep it up. The opportunity has also been taken to undertake a few internal jobs whilst we are free of guests. We are grateful to the few volunteers who assist us including local stalwart, Ken McClurg, and not to forget our regular housekeeper, Diane. The station is in good shape!

As I mentioned before, our operations have been severely impacted by the road closure at Dent Head and we have to endure the considerable detour, sharing the pain with local residents. The prospect of another winter of lengthy detours is somewhat daunting and the council website provides little comfort as to an end date. We wish the local action group well in their endeavour to reach a solution.

Meanwhile, the train services have mostly been behaving and whilst the few cancellations we see are annoying, these are below the average for the network. That was until one day in June when there were multiple problems including a points failure, crew illness, train fault and a fallen tree all happening on the same day! But a far more serious problem continues to be the train shortage, and we are seeing a number of shortformed trains as a result of units called in for maintenance or, even worse, fail in service. It is unfortunate as, for those to encounter a full and standing train, it will probably influence their choice of travel next time. Ironically, a full train is often seen as a 'positive' by the rail industry whilst this can be

uncomfortable for the travelling public.

On local public transport, I was pleased to be able to attend the recent public meeting at Cornerstones in Sedbergh. This included a presentation by Cllr John Murray, the transport portfolio holder for Westmorland and Furness on some of the issues faced by the council leading to their bus service allocation. Whilst we can appreciate the fiscal constraints of the authority, it should also be recognised that a community the size of Sedbergh really needs an effective daily bus service covering key times, with adequate capacity and full accessibility. That really means a full sized bus on the trunk route to Kendal. The strength of local feeling was clear, and it may hopefully cause the council to reflect on their decisions.

Rural bus services cannot survive on fare income and bus pass reimbursement alone and will inevitably require some level of support. Costs have increased considerably compounded by a lack of operators in the area. This is partly a result of the erstwhile Cumbria County Council decision to withdraw support for bus services in 2014. Many of the smaller bus services simply disappeared and I could count at least four local companies which are sadly no longer.

In the meeting we heard about

solutions adopted in other areas. In 2023, Kirkby Stephen town council had taken the bold move to negotiate with a bus operator to provide a Saturday service to Penrith assisted by local parish councils including the Friends of the Settle Carlisle Line. Saturday was chosen as the area had been bereft of a Saturday service since 2016 and being a socially inclusive day, that is, available to all. The route has the advantage of running through Appleby and a number of villages. Indeed,



confidence was justified as folks turned out to use the service which provided four journeys per day. Even better, residents of Penrith discovered what a pleasant place Kirkby Stephen is! Moving on to late 2024, the service was deemed to be viable and taken on by Stagecoach. I should add that all services now start from Kirkby Stephen Station running the full length

of the town giving some connectivity with the railway.

Our very own Western Dales Community Bus was yet another example of matters being taken into the hands of local residents, this time in response to the loss of the Saturday 564A service from Dent Station to Kendal in 2010. The Friends of the Settle Carlisle Line were pleased to be able to provide financial assistance to the project. Subsequently, in 2014, the Saturday

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service was necessarily realigned to cater for an increased number of Sedbergh to Kendal journeys following withdrawal of the council supported 564 which, until that time, ran from Brough to Kendal.

Whilst community transport can provide part of the answer there are very real limiting factors such as vehicle capacity of 16 seated passengers and also a supply of willing volunteer drivers. The latter, in particular, would make it virtually impossible to provide a daily regular service covering work times.

Not so very far away, the DalesBus network was started under the auspices of Friends of the Dales in response to the lack of bus services into the National Park. The DalesBus network has now grown over a period of 18 years to include 17 Sunday and 3 Saturday routes, these having



carried around 600,000 passengers to date. Annoyingly, these routes don't quite reach Sedbergh but visitors to nearby Hawes on any summer Sunday will see a variety of buses with 6 routes converging. This is a major undertaking by a small group of volunteers and necessitates considerable fundraising.

Such schemes succeed in filling in the gaps but are not sustainable for services on a daily basis. This must be the function of local, if not central government. However, there was little to offer rural services in the recent government spending review but for the welcome extension of the £3 fare cap, now to March 2027. The latter is



good news, and particularly so for those who have bus services in the first place. The need for a local public transport user group was never more necessary than now!

Whilst on our local services, 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 provides a Sedbergh to Kendal service Tuesday to Thursday augmented with a local authority community bus on Mondays and Fridays. On Tuesday, Thursday and Fridays it is possible to reach Kirkby Stephen. Please check www.westerndalesbus.co.uk for bus running and times.

The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail, please consult www.northernrailway.co.uk which will also give details of any potential disruption.

If I can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and, as always, I would be delighted to help.

SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

This short report covers the Council's normal monthly meeting. Held at 7.00pm on Thursday 12 June 2025, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next scheduled meeting is 7.30pm on Thursday 10 July 2025 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Affordable Housing in the Lune Valley

Members welcomed representatives from the Lune Valley Community Land Trust, to give a presentation and answer questions on their successful development in Halton. If anyone wishes to learn more, please visit their website at www.lunevalleyclt.org or contact the Clerk.

Other matters

Various other matters were discussed, including a presentation by Libby Bateman (Parish Representative Yorkshire Dales National Park), a parking survey from WFC, which included the consideration of additional yellow lining in some areas previously reported, planning applications, finance, amenities, ongoing projects, and general correspondence. This included festive light proposals for December, Remembrance Sunday temporary road closures and an update on the Lune Gorge Project for the M6, including the preparatory works planned this autumn.

Please also see separate advert

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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

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.



LIZZI'S COLUMN

Lizzi Collinge MP

In June the new Bus Services Bill was passed bringing significant changes to improving bus travel for millions across the country. It gives local councils more power to run or franchise bus networks without needing central approval and allows them to create public bus companies again.

This means better protection for vital routes, especially in rural areas and ensures services can be shaped around local needs. The Bill also supports clearer journey planning with better real-time information and pushes for a full transition to zero-emission buses starting in 2030. This

means more reliable, safer and environmentally friendlier bus services could be seen in Cumbria, if the local council implements these new powers. By empowering councils to designate necessary routes, it helps to shield bus links such as those to Kendal and other community hubs.

This new legislation comes after a decade in which bus services in England's regions outside London collapsed, with thousands of bus services cut and rural areas were heavily impacted. Across Cumbria alone, bus miles declined by 20% the equivalent to just over 2 million less miles.

The reforms mean that passengers can have better access to essential services and stronger, greener public transport. However, the real impact will depend on whether councils use their new powers.

That is why I wrote to Westmorland and Furness Council to ask them to use these new powers. I was very pleased to receive a positive response and also an outline of the funding disparities across the country, which I have passed to ministers. Taking advantage of these

new powers allows councils to create more integrated, affordable, and user-friendly transport systems, which benefits communities and supports broader social and environmental goals.

Last month, I visited the Rigmaden bridge site. The bridge has been closed since 2021 and I initially wrote to Westmorland and Furness council about this last September. I met the cabinet member and officer responsible for bridges and we had a productive discussion on steps forward. Whilst it is frustratingly slow for residents, I was happy to see some progress made on technical issues for a project which is extremely challenging.

In the previous Lookaround, I wrote about a meeting I had convened at Garsdale station to discuss accessibility. I am pleased to announce that following the meeting both Network Rail and Westmorland and Furness Council have agreed to cost up some potential options to improve accessibility at the station. I have written to the rail minister Lord Hendy to ask for support for this. I look forward to hearing more and will keep you updated when I hear more.

Please don't forget, if you need my assistance, you can contact my office via email on

lizzi.collinge.mp@parliament.uk or leave a message on 01524 566015. I prioritise contacts that are constituents needing direct help – if you have a query about a local or national policy I will reply as soon as I can but you may have to wait a bit longer.

Matthew Cook

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THE PEOPLE STILL FARMING ON MEDIEVAL COMMONS

Ed Welti

If you'd like to know more about hill farming and the life of hill farmers in general then search YouTube for "The people still farming on medieval commons" or type in (if you can) the following unintelligible link :-

<https://youtu.be/j65t7TwlunEsi=7ezlncyeizlVYIm2>

The video comes up with the title "The Tradition of Hill Farming".

Retired farmer, parish councillor and local history expert Kevin Lancaster talks about his farm, Fell Gate, common rights on Baugh Fell, and the challenges of an all weather vocation. For what is just a 15 minute video it contains a great deal of interesting information, and gorgeous filming of the landscape around Sedbergh as seen from the fell wall at Dowbiggin. And there will be more videos to follow.

FAMILY MUSINGS

Sarah Woof

My long-awaited free holiday, won through an article about childhood holidays in Cornwall in general and 'down Pendower' in particular, printed in the Telegraph in 2023, took place in Harrogate in May. Coming as it did just a few days after my second eye cataracts removal, it was challenging. I was in an unfamiliar yet favourite hotel and, while I appreciated no household duties, the getting about was hard. Out in the town and oblivious to my predicament of not fully seeing the pavement edge, hubby strode on ahead. A little elderly lady came to my rescue, linked arms with me and got me safely across the road! Turning to see how or where I was, hubby later commented how kind I was to aid the old lady across the road ... and yes I didn't enlighten him!

Later in May, we two and Tilly headed back to Loch Awe in Scotland and a delightful few days re-visiting known places and introducing new places to ourselves. A drive through the glens to Fort William with a stop in Glen Coe (we both did history at school), the train from Fort William to Mallaig through beautiful scenery including white sand, and the best fish ever on the menu when we got there. Ours wasn't the steam train but lovely nevertheless. Another trip included Inveraray Castle and Oban with some lochs thrown in. Dalmally Station is a gem and we went back to Oban on the train for the day. Tilly was made very welcome everywhere we went; we will return but let the train take the strain next time.



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Going away at half term meant missing out on having the grandchildren around but we still saw them and had fun. They are all individual with their own little personalities and I look forward to watching them grow up and make their impression on the world, just as hubby and I have. I also “look” forward to getting my new prescription glasses and “seeing” even more of the world around me.

Raspberries are ripening, elderflowers ready for cordial and beautiful roses in abundance, bring it on!



SEDBERGH COMMUNITY SWIFTS

Tanya Hoare

Make the most of July – it is often the best month for seeing the exhilarating aerial antics of swifts. The non-breeders will be flying around feeding - with only themselves to look after - and both parents of the breeding pairs will be very active in feeding their chicks.

What a good year this has been for our swifts, probably helped by all the fine weather in May and June. At our colony in Lowgill we’ve had a record number of 13 clutches of 3 eggs laid, which is excellent. Eggs started hatching extremely early, on June 1st, yet another record earliest-ever

date. As the chicks grow the feeding visits become more frequent, maybe every 40 minutes or so.

This means that the oldest chicks, after 40 days in the nest, could be fledging from about July 10th onwards – usually it's more like the third week of July. Never having flown before, they drop out of the nest site under gravity and swoop into the air to become airborne for the first time. What is truly astonishing is that, unlike most other birds, they never return to the nest, are not fed by their parents and from then on are completely independent of them. They join the adults in the sky along with all the non-breeding swifts and very soon after that will embark on their first migration back to Africa.

Some more very good news is that swifts have been seen swooping around the new houses in Southfield Gardens and Station Rd, opposite Close's garage. We had a planning condition there for the installation of swift nest bricks in the houses, which you can see in clusters of three in certain properties, mainly in the apex of the gable ends. Now we are hoping that the swifts will use them but we need your help to keep watching out and see if anyone can spot them darting in. We have been visiting the houses to urge the residents, and anyone else, to let us know if they see any swifts going into any of the nest bricks.

Don't be alarmed if you see us staring at nest boxes in the evening

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when it gets dark! We will be testing a new method of trying to detect the occupancy of boxes, by using thermal imaging devices. They work by detecting the heat given out by birds if they are in a box, shown on the device as a glowing patch at the bottom of the box. But this only works when the material of the box itself has cooled down, ie there is a thermal difference between the box itself and any birds within, i.e. late in the evening after dark. Obviously, a box that is not occupied won't show any heat at all. The big advantage of this method, if successful, is that occupancy can be detected very quickly. The alternative is having to sit outside watching patiently for up to an hour, eyes glued to the box, to

catch sight of a parent swift darting in to feed its chicks.

We will be holding an Open Day at Lowgill on the morning of Friday July 4th as part of the national Swift Awareness Week (June 28th to July 6th), with panoramic viewing of our large colony flying around. There are over 70 events taking place all over the country. Even if the weather is not favourable outside there will be activity to view through our cameras. All are welcome but prior booking is essential. Contact details are below.

A reminder: If you find a grounded swift, pick it up gently and see if it is not injured. Go to an open grassy place to see if it will fly: stand up tall and put it in the palm of your outstretched arm. Let it take off in its

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own time, don't throw it. If it doesn't fly, or crashes down, put it in a shoe box to rest on some kitchen paper. Puncture holes in the lid to let air in. A vet may be able to advise you.

Contact us for more advice. It helps if you take a picture and send it. You could also try giving it cooled boiled water, with a cotton bud, stroked along the side of the beak. It often does take some in and dehydration is 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 01539 824043

WILDFLOWER MEADOWS Why do we need wildflowers?

Cumbria Wildlife Trust

Wildflowers meadows are an amazing habitat. A haven for wildlife that heralds the start of spring, they're an essential part of the UK landscape that's sadly diminishing every year.

By definition, wildflowers are our native flowers, that are unaltered by people. All of the flowers found in your garden have been bred specifically for certain features, but they all actually originated from wildflowers.

They are great for biodiversity

A single healthy meadow can be home to over 100 species of wildflowers, which in turn supports other meadow wildlife. For example, the common bird's-foot trefoil is a food plant for 160 species of insects, which in turn support mammals and birds such as shrews and lapwings.

Wildflowers provide bees, butterflies and other pollinators with food throughout the year. On a single day in summer, one acre of wildflower meadow can contain 3 million flowers, producing 1 kg of nectar sugar. That's enough to support nearly 96,000 honey bees per day. Over a third of the world's food relies on insects to pollinate them. Without insects, we'd need to artificially pollinate most of our favourite fruit and veg, which would be really time-consuming and very costly.

They can help with flooding

Established wildflower meadows have complex root systems, which makes the soil very stable. This helps to mitigate flooding by holding on to rain water, and stops nutrients from washing away.

They can help us fight disease

Native wildflowers can contain compounds which have made a significant contribution to modern

medicine. Flowers such as self-heal have antibiotic properties - there's a clue in its common name, as folklore has recognised its healing properties for centuries. And foxgloves contain a compound called digitalin that can be used to treat heart disease. These are just two of many examples and scientists are discovering more all the time.

They can help fight climate change

Grassland soils can sequester as much carbon as woodland and also reduces greenhouse gases, which can help us in the fight against climate change.

They're at risk

Since the 1930s, we've lost 97% of our wildflower meadows in the UK, which is a staggering amount and we need to act now to make sure they don't completely disappear.

AND VERY LOCAL OPPORTUNITY

National Meadows Day –
Bumblebee Walk Location: Bowber Head Farm,

Ravenstonedale, Kirkby Stephen, Cumbria, CA17 4NL

Join Cath Mercer, Cumbria Wildlife Trust's Grassland Conservation Officer and bumblebee expert for a walk through the delightful meadows at Bowber Head looking for various bumblebee species as you go. Learn about the different bumblebee species and get a chance to ID them 'in the field'.

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DEMENTIA

Alzheimer's Society

Over half of UK adults don't know one of the most common symptoms of dementia

Monday 19 May 2025

As one in three people living with dementia in the UK remain undiagnosed, we highlight the six key symptoms to look out for.

During Dementia Action Week we are shining a light on the six most common symptoms of dementia and encouraging people to seek help if they spot these signs in themselves or a loved one.

One in ten could not name any common dementia symptoms

Around one million people are living with dementia in the UK and a third do not have a diagnosis. Yet, our research reveals that over 60% of UK adults do not know that problems with vision can sometimes be a symptom of dementia – and one in ten could not name a single common symptom of dementia.

As well as causing problems with memory and thinking, dementia can also damage the parts of the brain involved in processing information from the eyes. This can cause problems judging distances, making out objects, or reading large font text. People may also misinterpret patterns or reflections.

The survey also found that less than two-thirds of respondents identified that problems with communication (61%) or mood changes (64%) could also be symptoms of dementia.

My wife's vision problems were a symptom of Alzheimer's disease



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Steve Howe (60), from Darlington, whose wife Leigh (67) has Alzheimer's disease, spoke about the importance of recognising all the symptoms of dementia, including sight loss.

Steve says, "Leigh started experiencing vision problems when she was just 57.

"Some days her eyesight was fine, and others she couldn't see at all. It took over three years and a serious accident before we received a

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



diagnosis of Alzheimer's disease.

"By then, the condition had likely been developing for around eight years, and we missed the opportunity to use treatments that could have helped slow its progress.

It's crucial that people understand vision loss can be a symptom of dementia, as early diagnosis is key to getting the support and treatments that can make a real difference.

"Since Leigh's diagnosis, I've been committed to raising awareness and supporting Alzheimer's Society, particularly through our local golf club's fundraising efforts.

"It's been heartening to see how the community has rallied around us, and it's given me hope that we can make a difference for others facing similar challenges."

Steve and his wife Leigh Corinne Mills, Interim CEO of Alzheimer's Society said:

"This Dementia Action Week, we're highlighting the six most common symptoms of dementia and encouraging anyone with concerns to use our free symptom checklist and seek help from their GP or other health professional.

"More than a third of people with dementia don't have a diagnosis, meaning they're missing out on the vital care, support and treatment they need. But it doesn't have to be this way. We understand that getting a diagnosis can be daunting, but we believe it's better to know.

Our research shows that 97% of people affected by dementia saw a benefit in getting a diagnosis. An early and accurate diagnosis helps people to live independently for longer, access existing treatments, and can prevent crisis situations. It also allows people to better understand their condition and plan for their future.

The six most common symptoms of dementia

Dementia is not a natural part of ageing. The six most common symptoms of dementia include:

- Memory loss – problems recalling things that happened recently
- Difficulty organising thoughts – struggling to make decisions, solve problems or follow steps
- Problems using words or communicating – difficulties following conversations or struggling to find the

right words

- Problems with vision – problems judging distances or perceiving object edges

- Getting confused about time or place – losing track of the time or date, or becoming confused about where they are

- Changes in mood or personality – becoming unusually anxious, irritable, or withdrawn.

Finding the reason for any changes can help those living with dementia get the right information, treatment and support.

It also helps people and those around them to understand the changes they are experiencing and maximise the time together with loved ones.

It also allows people to plan by putting in place lasting power of attorney, exploring care options, managing finances and accessing any benefits they may be entitled to.

PS we are very grateful for your support at our recent Dementia Coffee Morning in St Andrews.

DEMENTIA COMMUNITY

Myles Ripley

A small group of local residents have formed a team to organise activities to inform and support those living with Dementia and their carers. We have already organised a stall at the August Artisan Market on 23rd August. We will have information for all those interested in Dementia on that stall plus can advise on contacts that can be made to support those living with Dementia.

We hope to have a fund raising “soiree”, largely musical, and have

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booked the Sedbergh Songsters to perform but would welcome offers of any offering for the evening which will be in the darker months of the year possibly in St Andrews. All forms of music welcome.

In the past there has been a carers’ regular meeting but this has faded away; likewise a walking group. We hope that a meeting to discuss the way forward for the Cornerstone Church open mornings in July will afford us a chance to suggest some regular visits by speakers about Dementia and related topics.

We would welcome contact from anyone interested in Dementia both for advice but also for ideas for other events we could support.

SEDBERGH W.I.

Moira Folks

This month's report starts with regular activities that DIDN'T happen! The lunch club didn't meet in May because so many people were busy doing other things, while the walking group had to cancel their planned walk at Chapel-le-Dale on May 29th because the long spell of weeks of beautiful weather came to an abrupt end that day, blotting out what could have been a spectacular walk with great views among the Three Peaks of Yorkshire. That remains a pleasure to be enjoyed in late June!

Our most important planned event for June DID happen, however! Our summer outing to Raby Castle, organised by Ellen Morrison, was a



great success. I was very sad to miss it but delighted that Valerie Welti was able to write an excellent report about it for us – it has certainly whetted my appetite to visit the castle and gardens myself one day. Here is Valerie's report about the Raby Castle visit:

On Wednesday 11th June, twelve of us found ourselves sitting in sunshine on the picnic benches outside the Rose and Crown in the picturesque village of Romaldkirk, having enjoyed the wonderful scenery on the drive to Teesdale – an area unfamiliar to many in our group. We entered the 18th century stone inn through the rose-covered doorway for our lunch: not one that we could linger over for too long, as we were due at Raby Castle, not far from Barnard Castle, for a guided tour at 1.30pm.

Raby Castle is very impressive as its seven towers are glimpsed through trees on approach, being one of the most intact castles in the region and still lived in as a family home by the present owner, the 12th Lord Barnard. The castle has been in the possession of just two families. The Nevills (sometimes spelt Nevilles) fortified the 14th century castle, but had to forfeit the lands and

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the castle after supporting the failed "Rising of the North" in 1569 against the Protestant Queen Elizabeth I. In 1626 Sir Henry Vane bought the castle from the Crown, and it has remained in the possession of the Vane family ever since.

On our tour we experienced Medieval, Regency and Victorian interiors: all the rooms are well furnished with an extensive range of paintings and interesting décor. We went from the opulent Octagon drawing room with silk damask-lined walls, through more welcoming bedrooms and the Chapel still in use for family and guests, to the kitchens and servants' quarters used in previous centuries, with our guide highlighting the links of the family to

royal personages and key events in England's history; pointing out interesting architectural features and how successive owners put their own stamp on Raby Castle with collections, alterations and renovations. Incidentally, we were intrigued to spot the husband and wife who gave us a tour round Kiplin Hall on our WI summer outing last year on duty in the Entrance Hall of Raby Castle!

After our guided tour we were free to explore the grounds: either walking around the ornamental lakes in the 200-acre deer park where the red and fallow deer were resting in shade under the trees, or wandering around the 18th century walled garden, which has recently been remodelled

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by garden designer Luciano Giubbilei with Lady Barnard. It still has the iconic yew hedges with formal mazes alongside, but there is now the sound of water with a fountain and rill running down the centre, a grass amphitheatre, beds producing cut flowers and seasonal produce and areas with a more informal feel of a cottage garden. Members were keenly taking photos and identifying plants to get ideas for their own gardens, particularly from the newly terraced areas in front of the restaurant with a very effective purple and silver colour scheme. It was such a glorious sunny day that many members were glad to avail themselves of ice cream sitting in the Garage Café area (more relaxing and

pleasant than it sounds!). And then we drove home, having had a successful day at an interesting venue in wonderful weather.

Thank you very much, Valerie, for giving us such a good overview of your day. For anyone who would like to see Raby Castle for themselves, I do recommend looking at the Raby Castle website which has wonderful photos of the castle and extensive grounds and gardens.

'One Good Turn' by Kate Atkinson, the sequel to her prize-winning 'Case Histories' about the

detective Jackson Brodie, was discussed at the book club meeting at Angela's home on June 12th. A suggested secondary title is 'A Jolly Murder Mystery', which sets the tone

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for a humorous and action-packed story taking place in Edinburgh at the time of the Edinburgh Fringe Festival. There is a large cast of characters from the shadier echelons of society and some innocent bystanders caught up in the action, as well as the police trying to catch the crooks. A romantic strand runs through the novel too. Congratulations to the author for a clever and entertaining romp of a novel! Average score: 7.3/10. Many thanks to Janet Hornby who provided a fine spread of cheese scones, lemon drizzle cake and – this was a first – small fruit buns with piped pink icing round them, encircling a rice paper top printed with flowers and ‘Sedbergh WI Book Club’!

Our next WI meeting in the People’s Hall committee room will be held on Wednesday 9th July at 7.30pm when we shall be hearing from Susan Millard on ‘Researching and Writing an Historical Novel’. 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.

The following week, we are holding a Coffee Morning on Wednesday 16th July in St Andrew’s Parish Rooms from 9.30 to 11.30am in aid of our chosen charity for the year, St John’s Hospice in Lancaster. £1 admission for coffee and biscuits; there will also be a raffle, cake stall and book stall plus a special stand from St John’s Hospice itself. Any contributions will be gratefully received!

HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

We met at Firbank Church Hall on Thursday 5th June where Sarah welcomed members and our speaker for the evening, Angela Joyce, who had come to talk to us about writing and self-publishing a novel.

Angela, a shy only child who loved reading, grew up in Plymouth before moving to Bristol where she worked at the university as a librarian and lecturer. It was only 3 years ago that she and her family moved to Cumbria, even though her husband is originally from here.

Angela had always had an inkling that she wanted to write, so during Covid she began to do this, taking writing classes on Zoom, having 1 to 1 mentoring which helped her put more feeling, passion, dialogue, and humour into her writing. Her novel ‘The Rydle Year’ was partly based on her experiences growing up in Plymouth in the 1970’s, and the coming of age of a couple of 12-year-old girls without all of today’s technologies/smartphones, etc. Drafts of the novel were sent out to various people to get feedback.

After resting the novel for 12-18

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months, Angela decided to self-publish with the help of an editor and designer, promoting it through book launch parties and listing it on Amazon. In total it took about 5 years to complete and Angela has now started on her 2nd book.

Cath thanked Angela for a most interesting talk and for bringing back memories of our own childhoods.

The raffle was won by Pauline, and the competition for a pretty mug was won by Liz with Sarah second.

A short business meeting followed our usual Jacobs join, where Sarah updated us about the zoom AGM meeting at Selside and the group meeting at Casterton. Our meeting concluded by wishing Dilys a very happy 90th birthday for the following week.

Our next meeting is a member's night on Thursday 3rd July. Visitors and new members are always welcome.

KILLINGTON W.I.

Wendy Fraser-Urquhart

The second Tuesday in each month is the time for our regular meeting. After a night of heavy rain, the day dawned bright and sunny and remained so for the rest of the day. Our happy group were also bright and sunny and pleased to welcome our speakers, Caroline and James Morgan. It is always specially rewarding to hear speakers with a local connection and today that could not have been stronger as both had been teachers at Sedbergh School for 30 years until their retirement. They, and their children, had been keen cyclists for all of their lives together and spent many holidays exploring long routes in Britain and Europe. At Christmas 2019, one of their presents was a book entitled "Epic Bike Rides of the World". What a challenge!

On July 15th 2024, they set off on their chosen epic, to cycle from Lion's

Gate Bridge to the Golden Gate Bridge, or in other words from Vancouver in British Columbia, Canada, to San Francisco in California, USA, a mere 1,460 pedalling miles. They had flown out from England complete with their bicycles [in huge boxes], and all things needful for a simple camping life. Their cycle ride took 65 days. Nights were spent in "Hiker—Biker campsites" costing 10 dollars for an overnight pitch, and occasionally, when the weather was appalling in a roadside motel. Hazards they encountered were speeding, huge trucks laden with enormous logs; bears; and difficulties finding shops to buy food. Joys and rewards included magnificent coastal scenery, making

new friends with friendly people, and a great sense of achievement at fulfilling an ambition. Our thanks to them for sharing their rare experiences with us.

Then time for delicious tea, cake, and lots of crack, catching up with friends. Just what the doctor ordered! Discussion of business followed. Health and Safety issues were discussed to ensure that we are complying with all of the present-day rules. We planned our future activities. Early July will be a busy time with our meeting on 8th July followed by our annual Tea Party on 15th July, so we have decided that our Annual Outing will be a visit to Sizergh on September 3rd to view the house, gardens and have lunch.

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Birthday wishes this month were proffered to the sprightly pair of Pat Allen and Joyce Cox. I scarcely dare to tell you that I won the raffle again AND Susan Sharrocks once again won our competition. I swear that it is all open and above board! The next chance for other members to win will be at our July meeting at 2-00pm on Tuesday 8th in the committee room of the People's Hall. Our speaker will be Archie Workman whose presentation is entitled, "In the Gutter"! I have just noticed that the competition is for "An interesting stone or rock". Now, perhaps I should warn you, most people have lovely bunches of flowers around their houses while I have piles of all sorts of rocks!

DENTDALE, HEAD TO FOOT Annual Summer Outing to Keswick

Andrew Povey on behalf of DDHF

The clouds parted and the sun came out just as Head to Foot set off from Dent by minibus (courtesy of Western Dales Bus Company). A brief coffee stop at the Rheged Discovery Centre was just right to break the journey. This is an interesting place to visit.

On arrival at Keswick everyone made their own plans. There is plenty to see and do in this very attractive Lake District Town. Some explored the many individual shops, in the pedestrianised main street. Some ventured to the Lake, a short walk from the centre, either to stroll by the lake, take a trip around the lake by boat or even venture out in a canoe!

Lunch was taken in a range of the many cafes/pubs/restaurants available in Keswick. The sun stayed out so everyone could wander at leisure with coffee/tea breaks at a range of the many cafes available. A good day out, enjoyed by all.

Our next meeting is on SATURDAY 5th July 2025 at 2pm; everyone is welcome. This will be our Strawberry Tea in the School Hall in Dent. Delicious strawberries and cream and home-made scones! This event raises some funds for the community Christmas lunch.

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

For further information please call Andrew Povey on behalf of DDHF 07881655166

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2025 HERITAGE EXHIBITIONS

Sedbergh & District History Society

A small group of History Society members have produced a series of heritage exhibitions over the last few years. They can be seen on the Society web page if you are interested.

This year we have produced two exhibitions, the first which has been seen on several occasions in the school was to celebrate 75 years of Settlebeck and the second is to celebrate 500 years of Sedbergh School.

The Sedbergh School Exhibition was hosted by St Andrews Church in Sedbergh during June but an expanded display will be shown again in the Community Exhibition room at Farfield Mill (next to the café) between 23rd July and 5th October. The exhibition traces the history of the School from its founding by Roger Lupton in the C16 through good times and not so good times to the present day.

We hope as many of you as possible will come to see it. If you live away from Sedbergh, the Society will be uploading it to their web page towards the end of the year.

MORE DENTDALE HISTORY

Colin Cowperthwaite

Extracts from a booklet entitled 'Dentdale and Garsdale', written by Ron and Lucie Hinson in 1959.

In the churchyard at Dent is the old Grammar School, which at the moment is unused, having ceased to be a school in 1897, though there have been suggestions that it should be turned into a museum. A Board of Governors still meets, and monies associated with the school are still available to help with the education of local children. It was in 1603, during the first year of James I's reign, that Dent received a charter for a school, and its construction and endowment reflects the prosperity and generosity of dalesfolk at that time, plus the demand of the people of the dale for better educational facilities. Here worked a master and an usher. Today, Dent and Cowgill schools have aided status, which means they have not been taken over by the County Council, and are run by local Boards of Managers. Yet every school day, children leave the valley by special bus to attend the secondary modern school at Sedbergh. Some children attend the Queen Elizabeth Grammar School at Kirkby Lonsdale.

It is believed that a church stood at Dent Town in the eleventh century, but the main work was carried out on the development by the Premonstratensians to about 1219. The large building seen today was rescued from neglect and ruin by the dalesmen. It had fallen into this state after the Dissolution. A sum of 2,700 pounds was spent on restoration

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work in 1889-90, and during the past ten years the vast sum of 4,000 pounds has been expended to preserve the building for the future, and more work remains to be done. When the present vicar, Dr. S.G. Bennett, arrived in Dentdale a decade ago it was necessary to have buckets in the church in wet spells to catch water which dripped from the roof. This sturdy building is dedicated to St Andrew. Until about 1785, when the tower was re-built, and the roof was slated because of the worn state of a roof of lead, there was a roodscreen and a rood-loft here. The present pulpit is the top portion of an old three-decker. Magnificently carved pews were removed, some of which can be seen preserved in the

north and south aisles. From 1926 until 1950 there was a dairy at Dent specialising in the production of cheese, the making of which was originally a farmhouse craft. Owned by Messrs. Dinsdale, who have a grocery business, it is now to be found in larger premises near Sedbergh, where cheese production continues when there is an abundance of milk. Farmers in Dentdale keep both Rough Fell and Swaledale sheep, and the cattle are mainly shorthorns, traditional breed of the dale country. Today, black polled cattle are also kept for beef production. The stock is taken to the markets at Sedbergh or Hawes. Dentdale has a reputation, too, for the quality of its poultry, and

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especially for the eggs which are bought by outside firms for hatching purposes. Most of the hens are free range, for deep-litter and battery systems have not found favour in these parts. The valley once possessed five mills, of which Rash Mill - a sawmill - is the sole survivor.

Attractive and, some say, more ancient than Dent Town, is the tiny village of Gawthrop, though both were settlements of the Danes. The village green at Gawthrop was formerly a dam, for the village had a corn mill. There is a field path to Gawthrop (pass through an iron gate just beyond the Congregational Church, which was erected in 1835). Alternatively, you can travel by road, for the highway between Dent and

Kirkby Lonsdale passes through Gawthrop and then makes its way down steep-sided, remote Barbondale. Because it is never straight for long, and is hedge-bordered, the road from Dent through Deepdale is also a pleasant route for walking. Eventually it begins to climb, leading over, shadowed by Whernside, to the reaches of Kingsdale and the small cluster of buildings which is Thornton-in-Lonsdale. In Kingsdale, among a belt of trees lying near the road, is Yordas Cave, which can be visited by anyone who has an electric torch - and old clothes. Wellingtons are the ideal footwear. The cave is 180 feet long, 48 feet wide and 80 feet to the highest point of the roof. A shallow

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stream passes through it, originating at a waterfall in the Chapter House, a smaller chamber. Deepdale Foot was known to the Romans, for one of their roads - the Craven Way - came down from Whernside at this point.

Whernside Manor, a Georgian house owned by Sir Albert Braithwaite, was formerly "West End", inhabited by members of the well-known Mason family. On the estate today is a fine herd of black polled cattle. The road to Sedbergh from Dent is sufficiently open that one can admire the fells around the dale - Rise Hill, dominating the skyline to the north, eventually giving way to Helms Knott and Frostrow Fells; with Coum Scar across the river. An eye-catching sight to the right of the road is an Elizabethan-style mansion called Gate. It was actually built in Victorian times by Robert Burra, who added it to an older house. Well worth visiting is one of the spectacles of this part of Dentdale - a waterfall in Brackensgill

which flows down a scar face from a height of around 500 feet. It is reached by crossing the river at a point where the water is spanned by a wooden bridge. A farmyard lies beyond. Cross a field to the woodland in which the waterfall lies. Opposite Gate, too, is Rash Mill. In its time it has been a mill for corn, then carding and spinning. It is now used by joiners.

NO HANDS AND NO LEGS

Karen Bruce Lockhart

Matthias Buchinger was a renowned artist who specialised in micrographs – a Jewish form of calligraphy where tiny letters form a picture. The letters are so small they cannot normally be read with the naked eye. In a self-portrait very close examination will reveal that the curls in his wig are formed by the complete text of seven psalms and the Lord's Prayer.

He also played several instruments, was an expert at cards and bowls. He could perform tasks such as threading a needle, carving wood, and shooting. He was a magician.

He was born in Germany near Nuremberg on 3rd June 1674 when his arms ceased above the elbow and his legs at mid-thigh. His arms had small fin like appendages at the end with which he managed these tasks. In his thirties he was 29 inches tall. His parents are said to have tried to conceal him as much as possible but despite this he became very accomplished – even performing tricks by sleight of hand (without hands). He became known as "The



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Perhaps even more surprisingly he had between eleven and fourteen legitimate children with a total of four wives. He was reputed to have had at least 70 mistresses and dozens of illegitimate children. He played on the hautboy, a strange flute in consort with a bapipe, dulcimer and trumpet, and indeed designed instruments to play all sorts of music (and presented one to George III). He advertised himself as writing, drawing coats of arms, and portraits. He boasted he could play cards and dice at which he was said to be unbeatable, perform tricks with cups and balls, corn and livebirds, and to play skittles or nine-pins “to a great nicety”. He could comb and oil his long curly wig, load

and fire a pistol and “did never fail of hitting the mark”. He made the oldest existing model in a bottle – of miners underground.

His portraits were highly prized, as were his commissioned drawings, architectural renderings, family trees and religious texts. Many of these were decorated with mirrored and upturned writing as well as micrographs. In a portrait of Queen Anne baroque spirals are revealed to be three tiny entire chapters of the Book of Kings.

He performed at fairs, but also before the Great and the Good including three successive German Emperors. He followed George I to England where the king gave him £20 but not the hoped for



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appointment. He travelled throughout England, Scotland and Ireland but eventually settled in County Cork. He died there a wealthy man in 1739 – but other sources say he died in poverty.

FIFTY YEARS AGO

Colin Cowperthwaite

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

Language Degree

David Bamford, 31-year-old Sedbergh School teacher, on Friday received a B.Phil. Degree in languages at St Andrew's University. A married man with one child, Mr Bamford, of Bainbridge Road,

Sedbergh, has taught at Sedbergh School for six years. But he decided to study for his B.Phil. back in 1967, when he graduated from St Andrew's. He chose as his subject the Aranes district of the Central Pyrenees. And he spent a year in France before taking up his position at Sedbergh. Mr Bamford is keenly interested in drama, and is president of Sedbergh Theatre.

Joint Effort

The grounds and gardens of Ghyllas, Cautley, were thrown open on Saturday afternoon for a joint charitable effort on behalf of Cancel Relief and the chaplaincy of Dr John Maitland at Ngora Hospital in Uganda. Dr Maitland is the CMS link



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called out to a youth in a distressed condition at Cautley Spout. Patrick O'Hea, a 15-year-old schoolboy from Stoneyhurst College, Blackburn, suffered exposure and was taken to a doctor, and was given a hot bath. Patrick, a member of his school's Combined Cadet Force, was properly clad and equipped, and was walking with a group of adequate fell experience. He had though been suffering from a common cold for some days before fell climbing in the Howgills.

Church Concert

The first of a monthly series to be held throughout the summer, of concerts in the parish church, was held on Sunday evening and was organised by Granville Morris. Mr Morris led a small chamber orchestra, and a brass ensemble was directed by Ian Hamilton. Sedbergh School boy Simon Cook was organist, and the solo oboist was Canon A.T.I. Boggis.

The late Mr J.V. Wood

The funeral took place last week, at St Andrew's Church, of Mr John Victor Wood, of 9 Howgill Lane, Sedbergh. Mr Wood died in hospital at the age of 79. Born at Old Hutton, he was at one time a dairy owner in Liverpool, but was later employed as a signal man on the railway at Kirkby Stephen, and prior to retirement had been a painter for many years with a Sedbergh firm of cabinet makers. During the First World War he served as a corporal with the South Wales Borderers in France, and was wounded twice. He enjoyed angling and amateur dramatics, being at one time a member of Sedbergh Theatre

missionary with Sedbergh. The meeting place was by courtesy of Mrs Jane Spencer, who, with her family and friends, helped organise the event in conjunction with the Missions Committee of Sedbergh Parish Church. A volunteer transport shuttle service operated between Sedbergh and Cautley, and generous co-operation from the weather ensured a good attendance. Bring and Buy and refreshment stalls did a roaring trade at both afternoon tea and coffee evening sessions, and special items were auctioned by Mr David Vigar. Proceeds amounted to about 184 pounds.

Exposure Case

Sedbergh Fell Rescue team were

Group, and also a tenor soloist in functions at Kirkby Stephen. In August 1925 he married the former Miss Sarah Burrow at Kirkby Stephen, and they had two daughters. One lives in Ottawa, Canada, and the other in South Africa. The service was conducted by the Rev. E.P.E. Long, and interment was at Sedbergh Cemetery. Mr Wood is survived by his wife, two daughters and five grandchildren.

Camp Meeting

The recent annual Frostrow camp meeting was held at the chapel this year, and the preacher at both afternoon and evening services was Mr Staley of Stainmore. Mrs Staley gave recitations and the organist was Mrs C. Baines. Making her 75th

consecutive attendance at the meeting was Mrs Agnes E. Cornthwaite of 123 Maryfell, Sedbergh, who attended her first camp meeting as a babe in arms, and has never missed one since.

Conservatives

Sedbergh Conservative Association welcomed the Skipton division Parliamentary Conservative candidate, Mr John Watson, to a meeting held at the Bull Hotel recently. In his address Mr Watson said that he intended to meet members of various groups, get to know the constituency and its problems, and in view of the fact that the area largely depended on agriculture, to meet members of the farming communities.



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Hosepipe Ban for Sedbergh

The North West Water Authority is issuing a prohibition notice banning the use of hosepipes in Sedbergh from today (Friday). "We have had to apply for the order because water stocks and flows into supplying streams for Sedbergh are depleted as a result of the continued dry weather", said an Authority spokesman. "Sedbergh is the only place in the country affected as yet. We urge people not only to stop using hosepipes for watering gardens and cleaning cars, but also to use water with discretion", he added. "Sedbergh's water supply comes from a number of streams feeding into a service reservoir. The authority

is also appealing for a Drought Order to enable it to supplement supplies from other sources". A month later, the Gazette reported: Sedbergh is back to its original water supply from its reservoir this week, but only because water in the River Rawthey is too murky to pump into the mains. A spokesman from the Water Authority told the Gazette: "We've stopped taking water from the river until it clears. The storms of the last few days have brought down a lot of soil. The recent rain has not had a remarkable effect on the level of the town's reservoir. It was only filling up slowly. The ban on hosepipes at Sedbergh was still in force".

BUY NOW, PAY LATER DEALS

Karen Evans. South Lakes Citizens Advice

I have just discovered that my brother has got into debt and is having to use a food bank because he has no money left after his monthly payments. He told me it's because he bought some furniture on a 'Buy now, pay later' deal which he thought was really good, but he didn't realise how high the interest payments were going to be when they kicked in. How can I help him?

Suggest to your brother that he looks on the Citizens Advice website, or contacts his local Citizens Advice, for help on dealing with debt. He is not alone in being caught out by BNPL (Buy now, pay later) deals – over 10 million people use them but they are totally unregulated. The government itself calls it a "Wild West" situation.

Citizens Advice has been campaigning for the past few years for BNPL products to be brought into regulation, and new legislation has now been announced. From next year, BNPL firms will need to follow consistent standards — so shoppers will know exactly what they're signing up to, whether they can afford it, and how to get help when things go wrong.

That means upfront checks to make sure people can repay what they borrow, fairer and faster access to refunds, and the right to complain to the Financial Ombudsman — bringing BNPL in line with other credit products.

In the meantime, encourage your brother to get help, because debt can

be managed once you know how to tackle it.

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. Bleak House
2. The Flower Fairies
3. Francis Chichester
4. Anton Chekhov
5. Arthur Conan Doyle
6. Herodotus
7. A Handful of Dust – Evelyn Waugh
8. William Wordsworth – the cuckoo
9. Cricket / music
10. W B Yeats
11. Ken Follett
12. Cold Comfort Farm – Stella Gibbons



PERSONAL MESSAGES

MARJORIE FISHWICK.

My grateful thanks to the stall holders and shoppers (especially Rosemary, Martin and Janey) for their kindness and concern shown when I fell in Joss Lane car park on May 21st.

EDITORIAL

Could I add the congratulations of Lookaround, to those already expressed elsewhere, to Jock Cairns on his MBE. It was truly well deserved, without his work western dales villages would have become more isolated, and those who have to use the bus more disadvantaged. I wish the national government would realise that rural bus services fulfil a social and economic need, and should be financed accordingly.

All of which got me thinking. On one hand we have had a series of governments which have spent an ever increasing amount of money on HS2, and each time they increase the funding they announce how much less fit for purpose it will become. On the other hand there are people who work with limited resources yet get things done.

It seems to me the world should be organised from the bottom up, not top down. Large organisations, including governments, should be closely regulated and openly transparent, while small organisations and individuals should have more responsibility and more freedom. *Ed.*

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.

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 11/03/2026
 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.

JULY 2025

02	WIK - Garden Party	TBA
05	Dentdale Head to Foot "tea" (50)	DMH
05	945 Quiet Day	StMC
08	1400 WIK - My Life in the Gutter (48)	PH
08	1930 Domino Drive	FCH
09	1930 WIS Researching historical novel (44)	PH
10	1300 Medical Centre Closed	MC
10	1930 Sedbergh Parish Council (32)	PH
14	Thunder Cricket vs Southern Vipers (Feb)	SS
16	930 WIS Coffee Morning (44)	StAS
16	1100 pmrgca support group	FM
17	Accessible Walk Aysgarth (Jun)	Aysgarth F
19	1000 Dent Methodist Coffee Morning (May)	DMC
21	1000 Western Dales Mission Club (1)	PH
24	Metro Bank One Day Cup (Feb)	SS
25	Western Dales Mission Club (1)	PH
26	1000 Artisan Market (Jun)	Main St
26	1000 RBL at Artisan Market (10)	Main St

AUGUST 2025

01	Dentdale Christian Festival (9,32)	Rhumes
03	Womens Cricket Lancs V Cumbria (22)	SS
03	Dentdale Christian Festival (9,32)	Rhumes
05	1100 Cricket Lancs v Northants (22)	SS
12	1400 WIK - History of Puzzles	PH
12	1930 Domino Drive	FCH
13	1930 WIS Charting the 70s	TBA
16	1000 Dent Methodist Coffee Morning (May)	DMC
23	Sheepfest (23)	Sedbergh
23	1000 Artisan Market (Jun)	Main St
23	1000 RBL at Artisan Market (10)	Main St
25	1100 Dent Gala (Jun)	DMH

SEPTEMBER 2025

05	1400 Dentdale Head to Foot quiz	DHTF
09	1400 WIK - Lancaster Castle	PH
09	1930 Domino Drive	FCH
10	1930 WIS Great Scientific Disasters	PH
17	1300 Medical Centre closed	MC
20	1000 Dent Methodist Coffee Morning (May)	DMC
24	1100 pmrgca support group	FM

OCTOBER 2025

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

18	1000 Dent Methodist Coffee Morning (May)	DMC
24	1930 Tattie Pie and Bingo	FCH

NOVEMBER 2025

05	1100 pmrgca support group	FM
07	1400 Dentdale Head to Foot	DMH
08	1930 Sedbergh WI Demystifying Dementia	PH
11	1400 WIK - AGM & Social Time	PH
11	1930 Domino Drive	FCH
12	1300 Medical Centre Closed	MC
12	1930 WIS A little bit of art	PH
15	1000 Dent Methodist Coffee Morning (May)	DMC
29	1230 Soup & Pudding lunch	FCH

DECEMBER 2025

06	Dentdale Head to Foot Lunch	DMH
09	WIK - Christmas Lunch	TBA
09	1930 Domino Drive	FCH
10	WIS Christmas dinner	TBA
20	1000 Dent Methodist Coffee Morning (May)	DMC

JANUARY 2026

13	1930 Domino Drive	FCH
14	1930 WIS Antarctica and Scotia Sea	PH

FEBRUARY 2026

10	1930 Domino Drive	FCH
11	1930 WIS St Johns Hospice	PH

MARCH 2026

10	1930 Domino Drive	FCH
11	1930 WIS AGM	PH

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

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 Craggstones Wood, before a final stroll across the base of Winder. (Walk 11)

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

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

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.

PEOPLES' HALL HIRE RATES

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	Mr Colin Brunold - 07762 217385
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Phil Johns - 07807 909860
Bridge Club -----	Mr Alison - 015398 24666
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
Cornerstone Community Church -----	William Allen - 015396 20194
Crickets Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 07855 102930 / annemcclurg@btinternet.com
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill – Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	Stephen Troughton - 015396 21109
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
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Rev'd Andy Burgess - 015396 20018

GROUPS AND ORGANISATIONS (CONT)

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 -----	Evelyn Pardoe - plantmoretrees3@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 / vscssedbergh@gmail.com
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Louise Atkinson - 07855 378883
Young Farmers - Sedbergh -----	Club Secretary - sedberghyfc@hotmail.com

*Groups are currently being updated—TBAs will be removed in the coming editions.
If you would like to add or update your group please let us know.
New groups are marked with an asterisk *.*



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

BUS SERVICES

NOTE.

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

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

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

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

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

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

FULL TIMETABLES FOR EACH DAY FOLLOW BELOW AND ON SUBSEQUENT PAGES

S1 MONDAY

S1 FRIDAY

Kendal Blackhall Road to Sedbergh Maryfell via Oxenholme and return

From 31st March 2025

	Mon&Fri	Mon&Fri	Mon&Fri
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 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 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

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

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

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
July 2025

	Time	6th	13th	20th	27th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC	Joint service with HC	Holiday Club Celebration @ People's Hall
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Morning Service 4pm- Messy Church		Holiday Club Celebration @ People's Hall
St. Mark's, Cautley LA10 5LZ	9.30am			MP HCx	
St. John's, Garsdale LA10	10am	HC		SW	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm				HC
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm		Songs of Praise		
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service			
Holy Trinity Howgill LA10 5JD	9.30am		Outdoor HC		
St. John's Firbank LA10 5EF	2.30pm		Outdoor HC		
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC
St. John's, Cowgill LA10 5RJ	2.30pm	Afternoon Service		HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	All-Age Service		Morning Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	1st			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	Wednesday	2nd	9th	16th	23rd/30th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00				30 th - Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer HCx- Holy Communion by Extension			MP- Morning Prayer SW- Service of the Word		
Quakers contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane
Health Centre, Station Road
Telephone Box, Millthorpe
Dent Village Car Park (opp Memorial Hall)
*Access Codes to the Defibs are supplied
on contacting Ambulance Control on 999*

First Responders IN EMERGENCIES CONTACT THE EMERGENCY SERVICES

The numbers below are for information on
volunteering only

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

POLICE

101 or 999

Email: 101@cumbria.police.uk

Crimestoppers 0800 555 111

Community Officers

Mandy Colman - 07773 181425

Amanda.coleman@cumbria.police.uk

Adam Roberts—07773 217740

adam.roberts2@cumbria.police.uk

DENTAL SURGERY

Main Street 015396 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street

01539 713150

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

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - 015396 20406

MARKET DAY

Wednesday

Last Page Update:

April 2025