

Sedbergh & District

LOOKAROUND

September 2025

Donation £1.50

Issue 446

We are a little light on content this month. I'm hoping it's just an August syndrome and that the submissions will soon start rattling through for October.

So if you've always wanted to see your name in print this is your chance.

Or if you are looking for the chance to win £25 your opportunity is on page 18. *Ed.*

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

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

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Elisabeth Tomlinson

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Sedbergh and District

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Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 3rd September - St John's Garsdale

Wed 10th September - WDMC

Wed 17th September - Ukraine

**Wed 24th September - St John's Hospice
Cancer Care**

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

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- ◇ 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.
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- ◇ Further details may be found in the Lookaround Information Section.

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B & B and Camp-sites	= £2.00
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editor@sedberghlookaround.org.uk

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07464 895425

Address:

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

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

PAYMENT INFORMATION

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HEALTH ACCESS FROM SEDBERGH

Debbie Wilson/Ed Welti

It is nigh on impossible to attend hospital appointments from Sedbergh and surrounding areas using public transport. The first bus leaves Sedbergh at 10.18 arriving into Kendal at 10.51, it does not go via the hospital so unless you are fit enough to walk from the stop on B6254 near The Friends of Lake District HQ, you would need to travel into Kendal and get another bus out to the hospital. This means that you probably wouldn't be at the hospital before 11.30 and then of course you would need to make the journey in reverse mindful that the last bus back to Sedbergh is at 13.26 two days a week.

If you wished to attend an appointment at Lancaster Hospital then you would need to alight the bus at Oxenholme and endeavour to link with train times. You could if you were very lucky in theory board the 10.42 or more realistically it would be the 11.14 train, you would then need to travel from the station to the hospital and again you would need to make the journey in reverse.

One imagines that worrying about whether you will get to the appointment and home again will have a huge impact on how much a person would get out of the appointment, how many questions they feel able to ask, how much information they take in etc

The bus transport in the area is limited to a 16 seat minibus and this week 20 people have been turned away over two services on two separate days, so it really is

impossible to rely on the bus to get you to Kendal or Oxenholme for onwards travel!

The dire transport and medical situation in Sedbergh and area has been confounded recently with the temporary closure of the local chemist. Whilst it is only advertised as temporary there is a high likelihood it will be permanent. People are already being given paper copies of their prescriptions with a recommendation to nominate a chemist located elsewhere or use an online pharmacy. Many people who have repeat prescriptions will not use online, can no longer drive and have a low frequency bus service with limited capacity so are effectively cast adrift. Just this morning an elderly lady was taken to the chemist by her support worker to collect her prescription only to find that they are unable to fulfil it. She isn't online and had no idea there was a problem until she arrived at the Chemist. Her



Sedbergh Swimming Club

Sessions and lessons will
commence on

16 September 2025.

For further details about dates
and times please
see our webpage

www.sedberghswimmingclub.co.uk

Or email us -

Sedberghswimmingclub@gmail.com

support worker, who visits for a limited amount of time, was left to work out how to collect vital medication when the nearest chemist is now in Kendal or Kirkby Lonsdale.

We are in constant communication with Westmorland and Furness Council, our MP, Tim Farron, who has a special interest in Cumbria Public Transport, and whoever else we can find to talk to about this issue.

Please do continue to use the bus service we do have. Use the Monday and Friday Service if you can, or the later bus that runs around 11:50, especially on Wednesday when the 10:18 bus tends to be very busy or full. Only by showing that there is demand will we get an improved service.

CROSS KEYS CAUTLEY

Chris Clowes

So the day has finally arrived, 1st September, and I've handed the keys over to the more than capable hands of George and Marge Stephenson.

They have been farming the Cross Keys land for a very long time and it seems only right that they now move into the Cross Keys where they will continue to farm and develop the Inn their way, although I don't think too much will change. A bonus for all is they will utilise their own stock - so customers can be assured of the very best local beef, lamb and free-range eggs- so very much "farm to fork".

Following (finally) my second hip replacement I will be around for as much or as little as they need ! My

J. N. & E.

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hope is to continue with many of the fun events held over the years / a nice supper followed by a play , a reading or whatever ideas we come up with - I don't think we can ever repeat the excellent Burns Night - however there are lots we can do!

I really hope many of you will continue to support George and Marge. It is a daunting experience to start with but whilst I've been laid up recuperating they have proved they are more than able to carry on the tradition that is The Cross Keys Temperance Inn.

On a personal note the biggest big thank you to you all. You have supported and encouraged me after Alan died for which I am immensely grateful. After 45 years in this dale I feel Sedbergh is my home and the people living here and surrounding areas are my friends!

Thank you.

THANKS FROM MARY AIREY,

Mary Airey

Where do I start? Thankyou to everyone who sent cards, messages and gifts for my birthday in August. To all who came to my "surprise party" on the 9th. How did you keep so quiet about it? A day so full of memories, and the weather favoured us! A special thankyou to William, Joyce, Liz, Kevin, Chris and family for all their hard work in the organisation of it all, and yes, all their love and support. Not forgetting Dot and Jill, the kitchen staff!! And Steve the photographer. I am truly blest. Thankyou all.

NEWS FROM COGS

Steve Smith

Community Orchard Group
sedbergh You can find the Sedbergh Community Orchard on the north-facing slope with a large oak tree, between Winder Drive and the Back Lane sports pitches. Go down Vicarage Lane, and through the gate on the right to reach the Orchard.

[What3Words location ///
slanting.ditching.skewed]

COGS volunteers have worked hard to keep the Orchard looking good, and a great deal of weeding, strimming and raking has kept them busy. Particular thanks are due to Douglas Thomson and his family for their splendid haystacks, and to Ian Middleton for mowing and strimming.

The Orchard's apple trees are doing well after a warm spring followed by plenty of rain. There are about twenty apple varieties in the Orchard, on free-standing trees and on cordons. We're expecting a good

crop of apples this autumn, and they are there for everyone to enjoy, but –

· “How do I know if the apples are ripe enough to pick?” Good question! Here are some tips:

§ Ripe apples will come away with a gentle twist: it’s important not to damage the tree.

§ After a windy day there are often windfall apples on the ground. Choose the largest ones, wash them, then carefully cut away any bruised or damaged parts, and make a delicious apple crumble

§ Apple varieties ripen at different times. In late August and September try George Cave (eating apple) or Scotch Dumpling (cooking apple). In October, late varieties such as Spartan (wait until it’s gone purple) and Adam’s Pearmain should be ready.

A date for your diary – the 8th annual Apple Day will be on Saturday 25 October in the People’s Hall, starting at 12:00

COGS (Community Orchard Group Sedbergh) is a group of local volunteers who planted the Orchard in 2016.

The purpose of the Orchard is to grow apples and other fruit and herbs for everyone to enjoy. They are there to be used - feel free to pick your own rhubarb, gooseberries, blackcurrants and herbs.

COGS members help to:

- look after the Orchard at regular maintenance sessions
 - prune the trees to encourage fruiting
 - organise the annual Apple Day
- Why not join in?

If you would like to join COGS,



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please contact Ann Parratt 07443580960 or Jacqueline Smith 01539620760 for more details.

COGS membership includes membership of SLOG (South Lakeland Orchard Group), who offer workshops on pruning and grafting, expert advice on fruit trees, and discounts.

TWAM

Pam Dent

Thank you to everyone who contributed in any way to this year’s campaign for Tools With A Mission, from ribbon to rotavator, knitting needles to pruning shears. If, like me, you didn’t quite get round to clearing out the garage or the cupboard under the stairs, no problem – we anticipate organising another collection in April/ May next year. Meanwhile, don’t forget you can keep up with the latest news from the charity on-line at TWAM.UK On behalf of all those whose lives will be enriched by your generosity, thanks again from the TWAM team here in the Western Dales.



LATE NIGHT OPENING

Ed Welty

Late night opening this year will be on Wednesday 3rd December, from 5 to 8pm. In order to improve safety and enjoyment we are applying for a road closure in Main Street. If any businesses or individuals could make a donation to help fund this, and the event itself, it would be very helpful. Likewise, if you would like to help with organisation, or setting up the event, please let us know via the Information Centre. More details on what will be happening will be published in next month's Lookaround, and on Social Media.

WESTWOOD BOOKS

September Update

Heather and Paul Thomas

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.

Thank you for keeping us busy with lots of greetings card and stationery sales. Please do ask if there's something you are looking for that isn't out – we still have some items tucked away as we don't quite have space for everything on display.

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

Attendance at our storytime sessions has been low for the last month or two so please don't be shy, bring along your little ones for a short session to 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 Sunday 7th September and then Sunday 5th October.

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

The August book was Fake Heroes by Otto English. We had an absolutely fascinating discussion about this one, and opinion was very divided. The group gave the book 6/10 overall. Our next book will be You Are Here by David Nicholls. Our next meeting is Wednesday 10th September.

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



OPEN HOUSE

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Morecambe	01524 381820
Kendal	01539 735800
Barrow	01229 836926

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.

UKRAINE

Douglas Thomson

Ann, Sarah, Sandra and I are running a third coffee morning in aid of Ukraine. This one will be on at St Andrews on 17 September 2025. Last time we raised just over £700 which was used to send much needed medicines to Ukraine.

As before there will be a cake/food stall and a raffle. We already have enough donations for the raffle but contributions to the cake/food stall would be most welcome.

Not all the money raised was from the raffle and cake/food stall. On the day we received generous monetary donations which were very welcome. Also over the following few days I was delighted to receive donations (some anonymous) through my large letter box at Randall Hill which added to the total.

When you go to sleep tonight you may be wondering what tomorrow will bring. In Ukraine they wonder if there will be a tomorrow for them. They need our help.

CHRISTIAN AID IN SEDBERGH AND DISTRICT AUTUMN ACTIVITY

Anne Pitt on behalf of our ecumenical committee.

Our last event this year is going to be our autumn coffee morning in St Andrew's Church Room in Sedbergh, taking place on the 15th October. We hope to have the usual well supported cake stall and raffle, the merry group of regular attendees, and any visitors and others ready for a mid morning break. As Easter is early next year we have booked an early coffee morning on the 11th February just before Lent starts.

In case the nature of Christian Aid is new to you, the following is the kind of activity it engages in through the work of its staff and overseas grass root local groups:

The work in Africa includes strengthening peace-building in South Sudan, promoting resilient farming in Kenya and challenging inequality in Sierra Leone. There is also work with women to increase their access to green and sustainable energy in Burkina Faso, Ethiopia and Malawi.

In Asia, programmes include promoting women's rights in Afghanistan, justice and peacebuilding in Myanmar and ensuring people can access the services they need in Bangladesh.

In Latin America and the Caribbean, help is given to promote gender justice in the Dominican Republic, El Salvador and Guatemala, peace-building in Colombia, and support for marginalised communities to adapt their livelihoods to climate change in Honduras, Nicaragua and Haiti.

Work in the Middle East includes defending people's rights in Israel and the occupied Palestinian territory, protecting women at risk of violence in Iraq and providing humanitarian assistance to refugees in Lebanon.

Christian Aid is also involved in all major disaster appeal work, so our support touches the lives of many trying to work their way out of difficult circumstances.

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SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope Hon Secretary

The Trustees will meet on Wednesday 17th September 2025 to consider small GRANT APPLICATIONS from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training. APPLICATIONS should be in writing and addressed to:

Honorary Secretary of the Trust
14 GULDREY FOLD
SEDBERGH
CUMBRIA
LA10 5DY

DENTDALE CHRISTIAN FELLOWSHIP FESTIVAL.

John and Sarah Woof. "Rhumes" Dent.

What a wonderful weekend we all shared together, blest, mostly, with glorious weather. Campers and visitors for the day met together in the big tent to worship, pray, listen and learn. Mel and Mike are so gifted, their music and singing has been much commented on and apparently appreciated. This year we held different groups for the older and younger children and these were again appreciated too. A Bible study on Proverbs and a puppet show both took place on Saturday. The Longton Family on Fri eve & Matt McVoy on Saturday eve all gave us food for

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thought and although Sunday dawned wet, by the time we finished our service the sun was shining again.

Food featured highly as ever, salads and pizza, jacket spuds and fillings, mounds of sandwiches and delicious curries. There was time to chat, to explore the village and to enjoy being together in God's presence. We are already thinking and praying about next year's Festival on the first full weekend in August.

SEDBERGH COMMUNITY FIRST RESPONDERS

Myles Ripley

Are you the hero next door? Would you be interested in becoming a Community First Responder for NWAS (North West Ambulance Service)? We are a small team of three at present and it would be really useful if we could enlarge the team to cover more hours in the day. We get an average of 4-6 calls per month.

What does it involve? We get called from the 999 service to local calls where we can look after the patient until the ambulance arrives. We do NOT get called to under 12s nor to road traffic accidents. We get trained to take observations – pulse, oxygen, blood glucose, blood pressure and temperature as well as giving first aid in the form of resuscitation CPR, dressings and defibrillation. You can volunteer as much or as little as you like with a minimum of 6 hours per month along with attendance at regular local training meetings.

What experience do you need? No

Jumble Sale

People's Hall

Saturday 26th October 2pm

Proceeds to the Air Ambulance

Refreshments.

Please support us with donations of jumble which are welcome on the day from 10am or call Sandra on 07815069394 to arrange a collection.

Please note that any donations not sold on the day may be passed on to other charities

previous first aid experience is needed, you just need to have a car to attend calls and be willing to do the job.

How do you become a CFR? You apply via NWAS (see link below) and go through an application process of interviews, references and DBS screening. Once accepted there is some online training followed on by hands on training at a course run by NWAS.

If you have questions, please do get in touch with us and we can meet up and give you a fuller description of what is involved. Please do consider it.

POLICE REPORT.

Mandy Coleman PCSO 5244

4/8 – 1 person arrested after a positive breath test in the area whilst driving.

13/8 – 1 vehicle uplifted under Section 165, no tax, insurance, the driver was also arrested for being disqualified.

Theft of lead and copper nails was reported in the area.

27/8 - Police drop in at the Community Office 10-1pm.

30/8 - We are having a fun day on Saturday 30th August down at Settlebeck, 11-3pm. Come along and see how our drones work. The dog section will be along at some point in the day, time is to be confirmed. Refreshments are by the WI and there will be a bouncy castle. We also have a number of agencies attending, South Lakes Housing, Kendal leisure centre to talk about water safety, CPR input and more. I will keep you posted on the Forum.

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

NOTES FROM DENT STATION

Friends of the Settle Carlisle Line

John Carey

It has been a busy summer so far at the Station and bookings seem to be holding up. The UK holiday market is tough as many visitors have reverted to going abroad and so there is no room for complacency! We are fortunate in that we have a somewhat unique offering at England's highest main line station. It is a somewhat unusual mix of tranquillity interspersed with the occasional train rumbling through. However, the frequent rerun of the Channel 4 programme 'Four in a Bed' always helps to stimulate interest, as indeed recently. The concept of the programme is based on bed and breakfast owners slogging it out to be voted as the best establishment. On this occasion Dent Station took on a change of identity and masqueraded as a B&B to mixed reviews. But, as they say, no publicity is bad publicity!

But as most will be aware, the Friends are first and foremost a rail user group. The railway has generally been behaving itself, that is, until we had a couple of major signalling problems in the Blea Moor area



**SEDBERGH
MEDICAL CENTRE**

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

Weds 17th September
Thurs 16th October
Weds 12th November



which caused chaos. Whilst the train operator can be largely absolved of blame, it is vital that any decisions are made are 'customer-focused' and that adequate information is provided or alternative transport provided. At Dent, the location precludes access by a rail replacement bus, although one did attempt such a journey in recent history only to have to turn back at Lea Yeat. Probably the only time that a full-sized bus has travelled over the Coal Road. But, as we know, the road is blocked to all vehicles at Dent Head and so, even a taxi alternative is currently out of the question.

The Settle Carlisle railway is, without doubt, a valuable public transport resource, the main shortcoming of which is perhaps the location of the stations at Dent, Garsdale and Kirkby Stephen. For when the railway was conceived it was as a mainline from London to Scotland taking the fastest then available route. As the east and west

coast routes were already taken there was no alternative but to drive a passage across the higher ground of the Pennines, making use of the Ribble and Eden valleys. The intermediate stations were of secondary importance, and the legacy continues to this day in that many of these are located away from sizeable communities.

Whilst not ideal for local connectivity, it nevertheless provides a transport chord up the eastern flank of the Westmorland and Furness unitary authority, an area with comparatively few regular bus services. Having attended quite a few public transport meetings including the new Westmorland and Furness Enhanced Partnership, I have pointed out on several occasions that the railway is already there and paid for so why not make better use of it? There seems to be a resistance towards integrated transport whereas in some other areas it has been embraced such as Cornwall and



North Wales. I should point out here that I am agnostic as towards whether bus or rail, I have a foot in both camps, but there seems to be a frustrating reluctance of authorities and bus operators to work together.

Even with our rail services effectively now in the public ownership, connecting rail and bus timetables has not got any easier. Any suggestion that train times might be adjusted to enhance connectivity are usually met with a brick wall. Meanwhile, commercial bus operators like to protect their market. After all, why transfer their passengers to rail? So, we do need joined up thinking and, perhaps, an overall transport plan rather than the fragmented public transport which exists.

I am not confident that the 'Enhanced Partnership' will deliver significant improvements for the bus services in the area in the short term for it seems to be predicated upon

improving those areas which already have services and, indeed, those of one dominant operator. Meanwhile, in some other areas of the country, councils are moving towards the 'Franchise' model of operating bus services. This is where routes are bundled up, profitable and less so, and tendered as a whole with the local authority effectively setting the network and the timetable. The authority then gains complete control, and the vagaries of commercial operation are removed. But it comes at a significant cost.

A major issue for Westmorland and Furness Council is the uncertainty of the Bus Service Improvement Plan money received from central government, and which is announced in each spending review. Subsidy for public transport otherwise comes out of the general grant awarded to each council annually from which they have to pay for all services we receive, social care being a large



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component. The authority is therefore naturally cautious as regards introducing new services which they may later have to withdraw. But it is arguably far better to be ambitious rather than the reverse. Public transport is, without doubt, a significant contributor to the local economy.

Anyway, back to Dent Station. We are fortunate that the S1 Western Dales Bus continues to provide a vital link to and from the station every Saturday. As well as bringing visitors in, this gives a fantastic opportunity for a day out in Carlisle, departing at 0958 from Sedbergh Post Office to Dent Station and then hopping on the 1047 train to Carlisle. This would

involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back to Sedbergh. The down side is that the lack of a slightly later return service restricts the potential for Sedbergh and Dent residents to travel to Leeds and back in a day. It is very much hoped that this facility can be reinstated. Please check www.westerndalesbus.co.uk for bus running and times including the current daily services between Kirkby Stephen and Kendal.

I should also remind of the Dales Railcard available to residents in the qualifying post codes which provides a one-third discount from tickets purchased on the day (weekdays after 0815) on the Settle Carlisle and

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Morecambe lines. The cards can be purchased (currently £10) from Skipton, Settle or Appleby stations with proof of address or by application to the Settle Carlisle Development Company via their website.

The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will also give details of any potential disruption. Meanwhile, 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 PTUG - COMPETITION WIN £25

Ed Welti

Here's a little competition and your chance to win 25 quid. It's quite easy, I'll give instructions at the end but you do need access to the internet and Google or some other appropriate browser via phone, tablet, PC, whatever.

First though you need to read some of my ramblings. And - it's all about public transport. There's a surprise!

Now I wouldn't have believed this when I began. I really had no expectation of it. I know that bus services took a bad hit in 2014 with the withdrawal of funding. For us, Woofs provided a service, but it wasn't what we'd had before, we lost that work/education support that early and late buses give, and moved on to having a 'shopping' bus. And we haven't had anything better since.

Then, with the rapid rise and fall of the 563, the transitory, publicly funded big bus, I got involved. Having seen the news and heard about the decline of rural transport I thought it was all a common problem. And it is, Barbon and Casterton, no bus since Woofs. Garsdale Street, and access to Garsdale Station, no bus from Sedbergh, since Western Dales pulled out. Dent wouldn't have a bus, except for the resilience and determination of Jock Cairns and the others who set WDB up.

I decided to start trying to find places similar to Sedbergh, who either didn't have a service or had a limited service like ours. Then I could go and talk to them, and maybe

establish some common ground, assess if we were being treated better or worse. I made myself a list, using AI to begin with. All towns within 50 miles of Sedbergh – population between 1500 and 4000. Now I find AI increasingly useful, but it is also unreliable.

I had to tell it to add more, what about this or that place? It's always politely apologetic yet effusive "You were so right to pick me up on that." Having exhausted AI and checked the map I then included a few others for interest, not using the population criteria but the situation. For example, Middleton-In-Teesdale, in among the hills, some tourist interest, not the Lakes or hard core Dales, 10 miles or so to the nearest big town.

Slaidburn, likewise.

The list was 21 towns and villages long. I didn't fix it or exclude anything I found. And you know what? All of those places had a train station or at least one bus route that ran through them with buses before 9:00am and after 5:00pm. A standard route, and timetable, Monday to Friday. Except 2. Sedbergh and Alston. And Alston I added manually because I knew it didn't have a decent service. But it has less than half our population and the big nearby city is Carlisle 20 miles away.

This caused me some consternation. I really didn't want to believe how badly neglected Sedbergh is. I've tried other random places – Grassington, Allenheads,

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I've been through the Cumbria A-Z looking for places. As far as I've found so far, there is nowhere.

The competition, then, is to find me one or more towns with a population between 2000 and 4000, either with no bus or train service, or a service more limited than ours. That might be tricky to assess, and I'll let Debbie be the final arbiter if there is any decision to be made.

So, find yourself a town. If it has a train station on a Network Rail line it almost certainly won't qualify, less than 4 trains a day might, if there are no buses. No trains - Google "Bus Services" for the town. I have been using this site - bustimes.org. Open the timetables. If there are lots of services stop now! Count the services that start or go through the town at the most obvious stop. Don't forget to count each way. Multiply by the number of days the service runs for. Add up all routes. If you get to 24 and there are more services to count give up. Sedbergh has 24. If you draw at 24 or have less, send it in, it's a contender.

Whoever finds the town nearest to Sedbergh (according to Google Maps) wins. If there's a draw it's whoever put the entry in first. Oh, and I'll give you the Lookaround donation back too, £26.50.

To save you some time here are the places I've looked at already. Alston, Ambleside, Appleby, Arncliffe, Askam-In-Furness, Bentham, Bowness, Grange Over Sands, Hawes, Ingleton, Kirkby Lonsdale, Kirkby Stephen, Leyburn, Longtown, Middleton-In-Teesdale, Milnthorpe, Settle, Silloth, Slaidburn.

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Gerry Cotter

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1. What is the title of Salman Rushdie's book that caused the fatwa to be issued against him?

2. Name the Scottish economist who published *The Wealth of Nations* in 1776.

3. 'They sought it with thimbles, they sought it with care; / They pursued it with forks and hope; / They threatened its life with a railway-share; / They charmed it with smiles and soap.' This refrain is repeated several times in an 1876 work described by its author as 'An Agony in Eight Fits'. What is the title of the work and who wrote it?



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4. Who wrote *A Streetcar Named Desire*, *Cat On A Hot Tin Roof*, *Sweet Bird of Youth*, and *The Night of the Iguana*?

5. His surname was Alighieri and he lived from c1265 to 1321. His major work, one of the great masterpieces of world literature, is in three parts. By what name is he known and what is the title of the work?

6. Between 1937 (the death of the author) and 2007, Great Ormond Street Hospital in London received royalties from which famous work?

7. What connects *The Pilgrim's Progress* by John Bunyan, *De Profundis* by Oscar Wilde, and *Mein Kampf* by Adolf Hitler?

8. What is the title of Ian Fleming's first James Bond novel?

9. Sir Arthur Quiller-Couch (1863-1944) was a prolific writer and critic who is mainly remembered for *The Oxford Book of English Verse 1250-*

1900 and other anthologies. He wrote much of his work under a pseudonym that could not have been shorter, and which has a slight connection to the previous question. What was it?

10. This imprint of children's books began publishing in 1914. In the 1960s, the company produced the *Learnabout* series of non-fiction books and also launched the *Key Words Reading Scheme* that was used in primary schools. The distinctive logo has undergone a number of changes over the years whilst retaining the main element. The imprint is now part of the Penguin Group. What is its name?

11. In the crime stories by Val McDermid, what is the occupation of Tony Hill?

12. 'Good-night, good-night!
Parting is such sweet sorrow / That I shall say good-night till it be morrow'.
From which Shakespeare play do these lines come?

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FIFTY YEARS AGO

Colin Cowperthwaite

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

New Faces

Settling down to the new term after
the summer recess, there are fresh
faces among the staff as well as
pupils at Sedbergh Secondary
School. Acclimatising to Dales life
after East Anglia is the new
headmaster, Mr David Fletcher, who
has come to Sedbergh from
Hadleigh, Suffolk. Mrs Christine
Williams, who has been acting
headmistress, is now on leave; and a
newcomer is Mrs D.C. Taylor, who
formerly taught at a school in Leeds

and whose husband runs an outdoor
pursuits centre at Dent, for Leeds
pupils. At Garsdale the headmistress
of the Primary School, Mrs Adrienne
Roberts, has enrolled for a course to
teach higher education, and her
place has been filled by Miss Dilys
Evans, a native of Sedbergh, who
formerly taught at Sedbergh Primary
School.

Trippers upset Sedbergh Farmers

Footpaths are for walking on and
not for picnicking. That was the view
of farmer Roger Ladds at the NFU's
Sedbergh branch meeting. He told
the meeting, which had been asked
by Sedbergh Parish Council to make
observations on local footpaths: "Isn't

it time footpaths were to walk on. People should not be allowed to stop, and if they have dogs they should have to keep them on a lead. There should be penalties for people stopping on the land". Said Les Robinson: "I have a lump of ground near Lune Bridge. This past three weeks it has just been thick with folk. And if you say anything to them, all you get is abuse". One suggestion was that picnic areas should be set up at certain specified places and the picnickers should stay in these areas. Mr Robinson said: "They've got to climb over your hedge and you get a hole in it in the finish". He added: "Some folk think they have a right to go here, there and everywhere". Other farmers told of gates being left open or of the litter problem. The meeting decided to ask the Parish Council if they would meet a representative from Sedbergh NFU to discuss the problem.

Deepdale Chapel

At the Sunday School Anniversary the preacher was Mr James Law. Mr and Mrs Law gave duets with accordion accompaniment. Children taking part were Susan Greenwood; Helen, Stephen and Ian Middleton; Jill, Michael and Lynne Oversby; Richard, Clive and Amanda Stanley; and David Haygarth. They were trained by Mesdames Haygarth, G. Greenwood, and Miss Middleton.

Safe Driving by Sedbergh Postmen

Seven Sedbergh post office drivers with a total of 110 years of safe driving were rewarded for their good driving record at a presentation on Tuesday. Head postmaster for the

Lancaster area, Mr F.A. Taylor, presented a silver cross award from the Royal Society for the Prevention of Accidents, and a pen and pencil set from the GPO, to Mr H.W. Bracken who has had 25 years' accident-free driving with the post office. Other drivers to receive awards, together with the number of years they have driven without accidents, are: J. Elvey (21 years), J. Raw (19), D. Abbott (17), R.D. Conchie (14), J. Moxham (8), and T.E. Haygarth (6).

Neighbours save Garsdale Barn Hay

Neighbours and friends worked into the small hours when fire threatened a hay barn at Lindsay Fold Farm, Garsdale on Monday night. Their efforts saved the barn and about 800 bales of bought hay belonging to Mr Winston Taylforth. But most of the farmer's own crop of about 30 tons was destroyed by smoke and water. Mrs Agnes Taylforth rallied the neighbours when smoke was spotted coming out of the barn roof at about 7pm. By the time firemen from Sedbergh arrived, about 20 people had started forking the smoking hay onto a tractor and

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trailer. They helped dam a stream to provide the fireman with water for damping down. A relief crew from Kendal was sent to the farm to stand by, but apart from sparks and a few small outbreaks of flames, there was no serious blaze. It was 2.30am before the last neighbours left the farm, and well after breakfast before the firemen were satisfied it was safe to leave.

Secondary School

With teacher David Lord at the wheel of the school's own minibus, a group of pupils journeyed to Ingleton recently, where they enjoyed pony trekking. Two parties of second-year pupils were taken to see some of the Settle to Carlisle railway,

accompanied by Mr G. Taylor, warden of the Outdoor Pursuits centre at Scalegill Centre, Cowgill. A group of fourth and fifth year pupils, accompanied by Mr B. Hinton and Mr D. Lord, recently spent one week at Hause End Outdoor Pursuits Centre.

'Add Howgills to National Park'

The magnificent Howgill Fells between Sedbergh and Tebay should be included in the Lake District National Park. Three years ago, this was suggested by the Friends of the Lake District. And now, in their latest newsletter, they repeat that they believe this would be the best solution, giving the maximum degree of planning control. The Howgills were originally divided by the former

county boundaries, so that the northern part lay in Westmorland and the southern part in the West Riding of Yorkshire. Now the entire range lies in Cumbria, but the southern part remains part of the Yorkshire Dales National Park, and the northern part is without any special planning protection. The Friends point out that there are five possible courses of action to give the fells this type of protection. These include adjusting the Yorkshire Dales National Park boundary to include the whole of the Howgills, and including the northern part in the proposed North Pennines Area of Outstanding Natural Beauty. But the Friends believe that the best course would be to make the fells part of the Lake District.

Lifelong Link with Farming and Methodism

A staunch Methodist and a member of the farming community all his life, Mr William Armitstead, The Myers, Joss Lane, Sedbergh died recently aged 79. Mr "Willie" Armitstead was born at Burrow and at an early age he moved with his parents to Ireby, where they farmed Ireby Old Hall. He attended school at Leck and later was employed on the family farm. In 1918 he married Miss Bessie Harper of Barbon, and in 1922 they went to Lockbank, Sedbergh, where he farmed on his own account. Two years later he took over Borrett Farm, Sedbergh, which he farmed until health reasons compelled premature retirement in 1944. He became well known as a milk producer and retailer with daily rounds in Sedbergh. He also became general manager and a director of

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Harper's Auction Mart, and remained on the board until the mart was taken over by Hellifield Auction Mart. A staunch Methodist, he had held almost every office open to a layman in Methodism. He was a regular preacher on Sedbergh and other circuits; a trustee of the Sedbergh church; a society and trust steward; press secretary for Sedbergh and district Methodists for many years; and a trustee of the former British School. Following the death of his son James in a flying accident in South Africa in 1945, he endowed a bed in his name in the National Childrens Home at Bramhope, near Leeds. His special interest was the Local Preachers' Mutual Aid Association, of which he was local secretary for 40 years. A keen motorist, he was proud of his record of more than 60 years' safe driving, having driven his car until five weeks before his death. Mr Armitstead is



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survived by his wife and two sons.

Dales Train runs again

The Dales Train again ran between Leeds and Appleby on Saturday, and received great patronage. Leaving Leeds, it picked up travellers from the industrial towns who were enabled to ramble through the countryside. From Appleby southwards, it transported Dalesfolk who were able to visit the Yorkshire towns between Skipton and Leeds. The train has been commissioned by the Yorkshire Dales

National Park under the auspices of the North Yorkshire County Council, and buses connected with Dent, Sedbergh, Hawes and Keld. It is expected that the enterprise may be repeated next year.

Dent's Bobby to get a New Role

Dent's resident policeman is no longer to be regarded as the local bobby, a meeting of the village's parish council was told recently. Due to the proposed reorganisation of local police, Dent's policeman will have his duties organised with the larger Sedbergh section for a three-month trial period. Chief Inspector Walter McMurdo explained to the meeting that police regulations, limiting working hours, no longer allowed split shifts. This was the fundamental reason for the change, he said. The Chief Inspector stressed that if policemen at local stations were not available, a call to Kendal 22611, or in emergency 999, would mean that all police in the area would be informed and the nearest would be sent to deal with the caller. Two points arose when the meeting was opened so that the public could question the Chief Inspector. It was hoped that the police would bear in mind that 30,000 people visited Dent every year during the holiday periods. It was also felt that radio communications in the area were poor, and as a result difficulties would arise when police have to be contacted by radio. Also at the meeting, considerable concern was expressed about the very bad condition of the Barbondale to Deepdale Green Road, and access roads to it.

THE YEAR THAT CHANGED THE WORLD: 535/6 A.D.

Karen Bruce Lockhart

It was worse than a year – more like eighteen months of winter. The sky became grey and overcast. The sun, such as could be seen, had a bluish tinge and the moon could hardly be seen even when full. The sun threw no shadows. “a winter without storms, a spring without mildness, and a summer without heat” (Cassiodorus). The crops did not ripen. Snow fell in Mesopotamia and the next year it snowed in China in August. Famine and flooding hit Europe, Arabia and China, Japan and Korea, while a drought that lasted 32 years hit parts of South America. Both rainfall and flooding and drought devastated China. Yellow dust fell in China like snow. Birds died in the prolonged frost. Tree rings in Britain demonstrate that growth almost stopped altogether and did not recover for ten years. The tree rings also show that Mongolia and Siberia suffered the worst climatic condition in 1,900 years.

But at the end of the eighteenth month, Nature had not finished with the hard-hit population. It was at this time that plague – the bubonic plague or Black Death – burst upon the scene for the first known time and on a world population weakened by famine, failed crops, drought and superstitious fear. There was no build-up of resistance to this new disease. The result was probably worse than the Black Death in the 14th century. It is recorded that the population of the thriving city of York fell to as little as 400 people. John of Ephesus

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travelling in the Middle East and Asia Minor saw utter devastation, including a city near Egypt reduced to seven men and one boy. Eighty per cent of the population of China north of the Yellow River was said to have died.

All this led to break down of the martial and civilian systems all over the world. In the Roman empire, the population had no money to pay taxes, but the tax collectors had died in any event. Huge sums had to be paid to invading barbarians fleeing the steppes (where there was no food to be had) to bribe them to stay away. Armies lost their officers to organise such soldiers as remained, which left the empire exposed to the invading hordes. This pattern was repeated all over the world.

Over the next 40 to 100 years or so the continuing effect of these disasters changed the world organisation. Country after country disappeared and dynasties fell. The Barbarians moved in on the Roman empire which faced almost total economic and military disaster by the end of the century. The vast Yemen civilisation collapsed as the Marib

dam (one of the Seven Wonders) burst with insufficient resources to repair it. Islam sprang up and spread rapidly as the Roman empire withered. In the Far East, civilisations collapsed in Japan, China and Korea and reformed to ultimately take their modern boundaries. The busy ports in the south of Africa, Opone, Essina and Toniki vanished without trace. The great empire of Teotihuacan in modern Mexico collapsed as did the Mayan city of Tikal. New civilisations grew up in the plains of North America. In South America civilisation such as the Nasca who built the lines in the desert disappeared in the 6th century. New "superstates" grew up in their place such as the Huari and Tiwanaku.

But no one knows precisely what was the cause of this year of disaster. Ash found deep in the glaciers of the Alps and the ice of the Antarctic confirms that it was probably a volcanic eruption, but which volcano (or volcanoes) has not been identified. Possible candidates include mountains in Mexico, the East Indies (cf Krakatoa) and Iceland. Other suggestions include an asteroid or meteorite. However, apart from the darkening of the skies, it does not necessarily need to be a volcano to cause such devastation. In 1876-78, 15 to 20 million died in China, central India, Morocco and north east Brazil from drought followed by cholera.

Would the UK or the USA be able to hold their borders against the hordes fleeing such a disaster in modern times?

WOOD END, IN GARSDALE STREET

Colin Cowperthwaite

The following information was compiled by the late David Bracken, detailing the history of the houses in the 'village' of Garsdale, known to all locally as 'The Street'.

Formerly known as Low Row in many records, the first definite mention of Woodend is in 1635 when Edward Dawson lived here. In 1686, James Dawson (Robert's son?) was here. There may have been two dwellings because, in 1696, William Fawcett lived here when his daughter Isabella was baptised, and in 1700 Richard Shaw had James baptised. In 1718 John Metcalfe bought Wood End, and before 1759, Jane Nelson lived here.

In 1770 James Braithwaite left the house to his son Nelson. From 1783 to 1788, John and Esther Nelson lived at the cottage nearest the church with children Frank, Betty and John, but in 1785 Catherine Thompson, daughter of James, died here at the age of 12. In 1814 William and Ann Guy lived here when their son George was born. There were probably two cottages at that time because in 1813 Thomas Handley died here, also in 1824 Isabel Handley and William Bell. In 1825 Betsy Handley died here at the age of 22 and also an infant, John Handley. John Davis also died at Low Row later that year.

From 1823 to 1826, shoemaker Watson and Betty Handley lived here when their sons William and John were born, then from 1828 to 1831 wheelwright William and Mary Handley lived here with children

Thomas, Mary, Margaret and Nancy. In a separate dwelling lived William and Jane Haygarth when their daughters Mary and Jane were born in 1831 and 1832, then Thomas and Bella Haygarth lived here in 1836 when their son William was born.

In 1841 John and Elizabeth Blackburn lived here with their daughter Fanny, and there was one uninhabited dwelling. In 1844 Margaret Harper, daughter of Thomas, married John Willan from Garsdale Hall from here. In 1851 Charles and Jane Burrow were here with grandson John Pullan and lodger Richard Greenbank. At a separate dwelling (possibly at North View, or above his workshop next to the chapel) lived Thomas and Mary Handley with daughter Agnes. They also had a son John who was baptised in 1846. Thomas was a master shoemaker, and he had another Thomas Handley (cousin?) as apprentice.

In 1861 Margaret Willan and her daughter Nancy lived here. In 1871 railway stonemason Samuel Bright lived here with his wife Frances and children Martha, Joseph, Albert and Fanny. He let out two rooms: stonemason Nathaniel and Alice Dobson in one; and Jonathan and Jane Brunskill and their son William in the other. The west cottage was a separate dwelling where Margaret Haygarth lived with her daughter Agnes Willan (from her first marriage). She had two lodgers: surgeon James Inman, and railway labourer Robert Storer. There must have been a serious housing shortage at the time of the railway construction.

In 1881 Richard and Ann Sutton lived here with children James, Richard, Robert, William and Bella. In 1891 Elizabeth Kirkbride lived here with son William Bell. In 1901 George and Barbara Dinsdale lived here. Wood End was probably two separate cottages for most of its history until the 1980's. In 1938, one was unoccupied and Mr Johnson lived in the other.

In the 1950's and 60's, Alan and Doris Harper and their son Roger lived in the first cottage. Roland and Ivy Metcalfe lived in the second with their daughters Eva, Irene and Nancy. The property has been in constant use as one larger dwelling, under various owners, since the 1980's.

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ON THE NATURE OF LABRADORS

© *Dave Smith*

It was August 1994 when I sat in the living room one evening, staring at a rather unpleasant greasy stain beside the TV cabinet on our new beige carpet, pondering over whether or not it would ever be possible to remove it after countless previous attempts.

The stain had appeared a couple of weeks before when Sioni, the greedy, smelly, repulsive Labrador who shared our home, our life and an ever increasing proportion of our income, escaped into the next-door-neighbours' garden. There she was delighted to discover a large ice-

cream carton full of liquid. My wife, keeping a lazy eye on her from nearby, assumed that the subsequent deep slurping noises were Sioni slaking her thirst on rain-water, even though the slurping persisted for some considerable time.

It wasn't long before Jenny, the neighbour in question, carrying her baby, popped out to see if the two pints of old rancid chip fat, which she'd left outside her back door to cool in an old ice-cream tub, had solidified enough to dispose of it in the dustbin. She was naturally perplexed to discover the total absence of the noxious liquid; in fact the container was not only empty but spotlessly clean! Where could all that



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fat have gone?

As Jenny was sharing this conundrum with my wife, who still had no idea what depths of depravity her little sweetness had stooped to, the greedy creature was staggering back into our house feeling mighty pleased with herself. After all it was not every day that such a rich and delicious opportunity presented itself within slobbering distance of our back-door.

Free meals do avail themselves from time to time if you're a Labrador with a nose capable of identifying one out of the million molecules that waft past your twitching nostrils every few seconds. That one molecule having been previously attached to a half-eaten, then discarded bag of chips in

a nearby litter bin, or to a rotting old sandwich embedded in an adjacent hedge, or to a pile of animal excrement 50 metres away across the next field and worst of all to that two-month-old bloated sheep's corpse which, to a Labrador, is an open invitation for a quick nibble and a great opportunity to roll around on it. Such treats do occur fairly regularly to Labradors and it only requires a surreptitious backward step, a sideways shuffle and a full-pelt gallop, ignoring all commands to return immediately, to claim a few gobbled mouthfuls before the arrival of the breathless, cursing master.

My wife and Jenny were by this time musing over how much sweet little babies and Labradors have in

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common, while Sioni was creeping lip-lickingly across the kitchen, when suddenly – retch! – a yellow stream of warm rancid chip fat splashed across the IKEA kitchen rug.

‘Never mind, better out than in - think I’ll just pootle out into the hall.’ Retch! ‘Oops – never mind, that hall carpet should cope, after all it is new and reputed to be stain-resistant. Feeling a bit queasy so perhaps I’d better have a lie down in the living room on my special, expensive, dog bed.’ Retch! ‘Oh dear – never mind, lucky it missed the bed!’

And so, there we have it, another anecdote to add to my wife’s collection of ‘aren’t Labradors adorable, and rather amusing?’ tales, or alternatively in my experience, horrendously nauseating expensive liabilities.

Though, if pushed, I have to admit that I did love her dearly – just occasionally.

This author is part of the Sedbergh Scribblers group, which meets once a month at the People’s Hall. If anyone is interested in finding out more about the group or joining us please contact Dave Smith on 07722006858.

SEDERGH SCHOOL

Karen Bruce Lockhart

During the summer holidays the school came to the rescue of seven Ukrainian children who had each lost one or both parents in the war. Their trip had been organised by the Children of Charity Fund through Brightseeds which organises free places for Ukrainian children at residential educational programmes in the UK. These were suddenly left without accommodation at the very last moment when the original host school withdrew. They stayed three weeks and received accommodation, meals, care, tuition and activities.

In the first four weeks of the summer holidays the international summer school took place as usual. It involves far more than academic work and includes activities such as visits to cities like York and Liverpool, musical expeditions, rock climbing, creative activities, bouncing on nets through the trees, and much more. In addition, the Sedbergh courses welcomed over 1,000 children during July and August.

Three new World War 1 casualties have been identified and are being added to the Cloisters and the Book of Remembrance in time for the Remembrance ceremonies in November. They are Captain James Fisher, Examiner Humphrey M Thompson and Rifleman George Windram.

Continuing the list of 50 objects to celebrate the 500 years of the school was the Rev Canon Austin Boggis’s ice axe. He was chaplain from 1928 to 1976 and was an enthusiastic mountaineer. The ice

axe accompanied him on many expeditions, including the summit of the Matterhorn. A point of interest as it has also accompanied his father to the summit in 1903. The next object is the book of President Roosevelt's addresses. The president compiled a special volume which he sent to select world leaders. Sedbergh School holds the United Kingdom's copy. Churchill gave it to his friend Brendan Bracken who left his library to the school. Three more in this series are the Water Colour collection which was set up in World War II instead of plaques in the chapel; the We are Seven Album, a book chronicling the 5 years that 7 friends spent at Sedbergh; and HMS Pinafore and subsequent Gilbert & Sullivan operas. Finally at the time of going to press was Guldrey Lodge which became the music school in 1956

Jan van der Velde OS served on the OS Committee for 42 years. He has served as Development Director since 2023 while studying for a Marketing Degree at Manchester Metropolitan University but is now returning to the world of business as a consultant. The school is sad to see him go.

The School has been shortlisted for Independent School of the Year for sporting achievement

A Level results were 86% A-C (against the National average of 76%). 82% secured their first or insurance university choice.

Rugby

The U17 and U18 squads flew to South Africa in mid-summer holidays

to play Bishop's Diocesan College, Paul Roos Gymnasium, Grey College and Wasps Rugby Club, Edenvale. They lost to Grey College 36 -3. They won 26-10 against Rgby Travel Academy

Hockey

The girls started their US tour exploring Washington, and the 1st eleven won their match against Stevenson University, while the 2nds lost to H2O

Running

Year 11 pupil George has been picked to represent England at the British and Irish Junior Mountain Championships in Wales on 13th September

Future Events

Lancashire v Northamptonshire
One Day Cup 11am 5th August
Pre-Season Rugby Festival
26th August
Year 9 Pupils arrive 30th August

Term starts 31st August 6 pm
OS Arnhem Tour 3-8th September
Choir Battlefields Trip 5th September

Year 11 Battlefields Trip 5th September

Great North Run 7th September
1st XV v Denstone College 2.30 pm

Torchlight procession up Winder 25th September

Scholar's Recital 28th September 5.30 pm

Night at the Movies 3rd October 7.30 pm

Blackrock rugby matches (9) and Dinner in Powell Hall 11th October
Half Term 17th October – 2nd November



SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

This short report covers the Council's normal monthly meeting. Held at 7.30pm on Thursday 14 August 2025, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next scheduled meeting is 7.30pm on Thursday 11 September 2025 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Parking Strategy/Survey

Members had recently attended a meeting with Westmorland and Furness Council regarding the recent parking report and ongoing project to potentially relocate coach parking to New Bridge layby (to allow increased parking spaces at Joss Lane car park). Feasibility around alternative drop/off pick up for coaches will now be considered further. Regarding resident parking proposals, and

whilst it is acknowledged that parking is a premium in some areas of Sedbergh, it was noted that a resident only parking scheme was not always a practical solution. Ultimately, for example, overall car parking spaces are often reduced due to parking restrictions/bays being formally marked. Also, that only no.2 permits would be allocated to householders, which can then cause issue with carers/visitors attending etc. Solutions continue to be investigated and further updates will be reported at a future meeting.

Other matters

Various other matters were discussed, including forthcoming overnight closures on the M6, planning, finance, and various correspondence including comments on the general appearance of the cemetery at Busk Lane (and closure of the toilets), general parking/delivery issues at Main Street, Sedbergh (and elsewhere) and initial plans for the road closure for Remembrance Sunday (9 November 2025).

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

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

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LIZZI'S COLUMN

Lizzi Collinge MP

This month has included a visit to the new(ish!) Rawthey Meadows housing development in Sedbergh. It was great to see new housing with a real mix of tenures and many reserved for local people. One resident kindly allowed me to look around his home and the developers talked me through the energy efficiency measures installed. The housing crisis extends into our villages and needs bespoke solutions, with quality small developments done in harmony with the local environment.

This month has also seen action on cleaning up our water and sorting the complicated, and failing, regulatory system. When I speak to

constituents across Morecambe and Lunesdale, the state of our rivers, lakes and seas comes up time and again. People are rightly angry. After years of inaction, sewage has been pumped into our waterways with near impunity. Water companies have raked in profits, paid out bonuses and dividends, while families across the country face rising bills and dirty waterways.

This is important across the country but especially so here where we have so many rivers and streams. That's why I am pleased that the Labour Government is taking bold action to clean up the mess.

We are abolishing the failing Ofwat and launching the biggest overhaul of the water sector since privatisation. For too long, water regulation has

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been a confusing maze of overlapping bodies with Ofwat, the Environment Agency, Natural England, the Drinking Water Inspectorate all pointing fingers at one another while pollution soared and customers suffered. That ends now.

The new single, powerful Water Regulator will bring clarity, accountability and above all, results. It will take on the responsibilities of all four existing regulators, with one mission: to protect our environment and put consumers first. Five key recommendations from the Independent Water Commission are being fast-tracked through Parliament. Under Labour, regulation won't be toothless. The new

watchdog will have the authority and the backing to hold water companies to account.

And it's not just about cleaning up rivers. It's about keeping prices down for customers.

Last year's water bill hikes were unacceptable. Our reforms include a new Water Ombudsman, a legal champion for the consumer. This ombudsman will be your free, single point of contact to resolve disputes with water companies and get your money back when things go wrong, whether it's leaking pipes, incorrect bills, or supply issues.

After 14 years of neglect, the Government is taking action. We're investing £104 billion to rebuild our ageing sewage infrastructure—one of

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the largest infrastructure projects in British history. That means new pipes, upgraded treatment works, and a future where our rivers and seas are no longer dumping grounds for corporate negligence.

And we're backing it up with tough new rules. Water company fines will now be reinvested into local clean-up projects, and water bills are being ringfenced to force companies to spend on upgrades, not dividends.

The goal is clear: cut sewage pollution by half by 2030 and make our waterways the cleanest since records began.

This is about protecting nature, yes, but it's also about fairness. It's about ensuring that families in Sedbergh never have to pay more for less. That our children can swim safely. That local wildlife can thrive. That we can all take pride in our rivers and coastlines once more. The clean-up has begun, and it's long overdue.

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SEDBERGH W.I.

Moirra Folks

With safety issues stressed everywhere these days, the leader of each individual walk undertaken by our walking group tries out her chosen route a few days beforehand. The wisdom of this procedure was exemplified by Ellen's trial run for their recent walk! Anne Pitt takes up the tale: 'In July the walking group went on a hastily arranged short walk as a couple of other walks had been checked out in advance and it was found that certain sections were impossible due to overgrown public footpaths (head height brambles and nettles totally blocking them!); fields of cows with calves or frisky bullocks – not to be attempted, especially when walking with dogs as some of our members do; and electric fences across some paths – highly dangerous! These obstacles incurred very lengthy diversions for poor Ellen, making the routes totally unsuitable for the group. Instead, the group went on a walk starting at Hutton Roof Village Hall, going through the village to follow the Limestone Link footpath up through tall bracken-lined paths to come out on Hutton Roof Crag. There were good views from the higher-level section crossing the limestone pavement and then descending to join the lane crossing over from the Lune Valley. This lane took the group back to the village church where there is a World War I Memorial to the Fallen. Foremost of the names inscribed was that of a former vicar of the parish who had served as an army chaplain and who had been awarded several bravery

medals including a Victoria Cross. After returning to the Village Hall, a short drive took the group to a welcome lunch stop at Casterton Golf Club.' Many thanks to Anne for her report – and to Ellen for saving the others from risky paths and long detours by her painful trial run!

On Wednesday 16th July we held our charity coffee morning in St Andrew's Church for St John's Hospice, our special charity for the year. We would like to thank everyone who generously came to support us in this venture, which raised £256 for this much-loved hospice.

Three days later, several of our members were back in the church for St Andrew's Summer Fair on a rota

system, helping on a St John's Hospice stall where the hospice provides mostly handmade items for sale. It was a very wet afternoon and not very busy, but we gather it had been busier in the morning.

Valerie is acting reporter for the next two events. On Thursday 24th July, four members enjoyed lunch on the outdoor terrace at Blackwell – the Arts and Crafts House, Bowness-on-Windermere. After viewing (and admiring) the architecture and craftsmanship of the original features and furniture inside this beautiful home, designed for the Holt family between 1898 and 1900 by Hugh Baillie Scott, we were fascinated by an exhibition running till October 5th called 'Alchemy of Colour'. Here we



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learnt about Annie Garnett, a pioneering textile designer and local entrepreneur. We then returned to the terrace to enjoy drinks and cakes in the sunshine, overlooking Lake Windermere and the beautiful Coniston Fells: what a great view to round off the afternoon!

On the first Thursday morning of August, seven members met for coffee and chat at Anne Symons' home, and they also took the opportunity to continue preparing our Celebrity Sheep, 'Hewe' Fearnley Whittingstall, along with items for his healthy menus, ready for display in the window of Jhoots Pharmacy in Main Street for the Sedbergh Sheepfest weekend, around 23rd August.

On Wednesday 13th August, Malcolm Johnson – dressed in his wedding suit and stacked heels! - gave us a very lively talk entitled 'Charting the Seventies' which resembled a wild gallop through a decade that we all remember to some extent. Interleaving photos of singers and excerpts from pop songs, challenging our minds to remember the faces of singers and groups, as well as political events – the first policeman killed in the Irish Troubles in 1971, Bloody Sunday in Birmingham where 11 people were killed in 1974. The 1970s were years of industrial unrest with strikes taking place among the miners, firefighters, and bakers. The refuse collectors' strike was especially unsavoury. In



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1978 even the BBC went on strike just before Christmas and got away with it because they 'couldn't' let the viewers down with all those Christmas Specials awaiting transmission! The 1970s was the worst decade for economic depression; inflation was up 25% and mortgage repayments shot up. Abba sang 'Money, money, money'. Money changed too! Valentine's Day – 14.2.1971 – was D-Day when Britain went Decimal and things seemed to be cheaper than they had been because they cost fewer pennies. Not true! In 1973 VAT was introduced on April Fool's Day! The Queen's Silver Jubilee in 1977 seemed like the silver lining in cloudy skies with street parties and other festivities but punk

rockers got into trouble. Other significant events included the First Women's Liberation Conference, the First Glastonbury Festival, the First Pyramid Stage, and the First British win in the Eurovision Song Contest, Brotherhood of Man singing 'Save your kisses for me'. In sport, the British Lions beat the NZ All Blacks; Virginia Wade won Wimbledon. And in politics, a dynamic new Prime Minister came to office in 1979: Margaret Thatcher... Ellen thanked Malcolm Johnson for his excellent talk. The audience had obviously enjoyed the talk, judging by the lively reception, toe tapping and humming that had accompanied Malcolm's words.

I was disappointed to get an email from Carlisle Library in late July to tell me that our chosen book for the next month was not available, and that they would be sending a biography, 'The Invention of Nature' by Andrea Wulf instead. This turned out to be a blessing in disguise! The full title was, 'The Invention of Nature – The Adventures of Alexander Von Humboldt – The Lost Hero of Science'. It was the winner of the 2015 Costa Biography Award and it had excellent reviews. Most of us found these accolades to be well deserved. Humboldt was a German from Prussia whose dream was to get to South America and travel to survey the landscape, to collect rocks and plants and to send them back to Britain. Andrea Wulf, the author, has entered into Humboldt's travels and way of life with all its drawbacks so vividly that we can easily relive his travels. Most surprising to us was that his survey revealed that

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deforestation was a problem and that climate change was creating problems; this was in the 1800-1804 period! The book is beautifully illustrated with colour plates showing some of the mountainous scenery through which he walked and the difficult, mountainous terrain. Humboldt described the scenery and revelled in all aspects of his surroundings and wrote a detailed diary, eventually completing an account which influenced many people, Charles Darwin among them. In 1829 Humboldt also completed a journey across Russia. I've just given you the bare bones of Humboldt's extraordinary life but as well as botanical and geological surveys he got involved with political figures such as Simon Bolivar. It may be that Humboldt's reputation suffered because he was a German and after WW1 and WW2 anti-German sentiment was such that Britain and America did not want to celebrate a great German mind, the reason for Andrea Wulf's assertion that Humboldt was 'The lost hero of science'. Our scores varied between 5 and 10/10, averaging 8.5. Most of us found the book fascinating.

'Great Scientific Disasters' is the subject of our next meeting in the committee room at Sedbergh People's Hall. It will be held on Wednesday 10th September at 7:30pm and the speaker will be Dr J.F.R. Mcleen. New members and guests are always welcome. For further details, please contact our President, Louise Atkinson, on 07885 378883, or our Secretary, Lesley McCrie, on 07930 177423.

HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

Sarah welcomed nine members and one visitor, Andrea, to our meeting at Firbank School Hall on Thursday 7th August.

As our planned speaker for the evening was unable to attend, Jacqui stepped into the breach. She gave an amusing and interesting talk about her life, growing up in Widnes, moving to Frodsham, then eventually relocating to here. She described the variety of jobs she had undertaken which included working for the NHS, dinner lady, dog groomer, writing and illustrating a newsletter, and best of all, a learning and communications facilitator, and tour guide at Norton Priory in Runcorn. She gave us a detailed history of the Priory and enthused about the joy she had working with the children there. Jacqui was thanked by Sarah for giving us a most enjoyable talk.

The raffle was won by Jacqui, and the competition for an item of lace was won by Liz with Bridget second.

Plans for our summer outing to Winton Park Gardens on Sunday 10 August were finalised.

Our usual Jacobs join concluded the evening.

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

Wendy Fraser-Urquhart

Another absolutely splendid speaker today, well worth sacrificing an afternoon in the glorious sunshine to hear. The title of Philip Burley's presentation "The History of Puzzles", might have sounded quite ordinary but it proved to be anything but. The tables in our meeting room were set out with series of smart cardboard boxes, each marked with an individual, strange symbol, the meaning of which was not to be revealed until the very end of the various activities which ensued. Because there were quite a few midsummer absentees today we were able to share these one between two. Phillip started by making us think about all the different types of puzzles we had ever encountered and then adding several more. I have to admit that although I always intend to make full notes on what is happening so that I can write an accurate report, I often become so engrossed in what is going on that I have to rely on my memory, or "forgettery" as one might call it. Here are some of the types: Put together puzzles; Pen and paper puzzles; Solitaire type puzzles; Jigsaw puzzle; Twisty puzzles; Opening (boxes) puzzles; Maze puzzles; Strange item puzzles; Vanish puzzles; Sliding block puzzles; Folding puzzles..... Our cardboard boxes contained examples of many of these. We spent a great fun but very frustrating afternoon trying to solve them. The "noises off" were very revealing! Our speaker had been a keen

puzzler since the age of ten, and we learnt about the history of puzzles from 4000 years ago to the present day. Fascinating. Make sure that you book Philip to speak to your group. Dilys offered him a very sincere vote of thanks. A luscious tea then miraculously appeared. Thanks, as always, to the hostesses on duty. They always do us proud. Which reminds me to tell you about another lovely occasion – our Annual Garden Party, on July 15th, hosted by Sally, with the help of our social secretary Joy and the rest of the committee. This was held on one of the worst weather days of the year so we were blessed to have the privilege of being in Sally's lovely home again. We should perhaps rename it House Party and then the weather gods would send us a beautiful day!

Our meeting concluded with the usual business and organisational matters. The raffle was won by Dilys, and the competition for something connected with a game you can play at home resulted in a 3-way tie between Barbara Maunder, Joy Cox, and Margaret Denton. Two further outings are planned. The first is a lunch outing to Daisy Clough Tea Room on Wednesday 17th September, and the second on Wednesday 1st October to Sizergh Castle for a guided tour followed by lunch. Our next main meeting will be at the People's Hall at 2-00pm on Tuesday 9th September, when Terry Bond will tell us about Lancaster Castle. The competition is for a copy of your favourite recipe. Do join us for fun, friendship, a good tea, and to learn a little something!



SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

September is sadly quiet without swifts. It has been a remarkably good year here, a situation mirrored all over the country as well. But house martins and swallows are still around, and because it was an early season for most of them, they have finished their second broods. You can see them gathering on wires getting ready for their migration. While staying in Somerset in August were delighted to see what was over 100 swallows chattering on some telegraph wires.

The final departure of our swifts at Lowgill was both early and surprisingly sudden – they all left us on July 31st and the skies fell silent again. This is yet another early record, as we'd normally expect to see some parties swooping around until at least the first 10 days of August. Even more surprising was that many parent swifts left as soon as their chicks had fledged – as it was such an early breeding season, we had expected them to stay on for up to 2 further weeks, as many usually do. However we have to

realise that once they have finished breeding there is no particular purpose in staying on any longer over here.

There are always some later breeding pairs so you may well have still seen some over Sedbergh. In the final few days in the nest the chicks often are not fed much by the parents, if at all, as they frequently have to lose weight before they actually go. The dedicated enthusiasts who rehab fallen swift chicks notice that they stop wanting to be fed when they are ready to leave.

At Lowgill we had a worrying situation once again with our late breeding pair that had 2 chicks, close to fledging date, when the sparrow hawk reappeared. We even photographed it as it boldly perched on a wall at the back of our cottage. That day one of the parent swifts did not return to the nest. Was it taken by the sparrow hawk? Or had it departed before the chicks fledged, which does happen occasionally if they are due to leave anyway? Then the other parent also did not return so we suspect that the sparrow hawk may have caught it too. This is very

distressing as it could mean loss of one of our breeding pairs for future years. Once a sparrow hawk has perfected its technique of how to take swifts, which are not an easy prey, we fear it could well come back again next year.

In East Anglia there is a church that had over 50 pairs of swifts breeding in the bell tower in special boxes - can you imagine how wonderful the screaming parties around the church were on July summer evening ! As a result of sparrow hawk attacks, the colony has been devastated, with only single figures of breeding swifts remaining.

Next month we will be able to summarise and do a round-up of the breeding success of our swifts this year. There has also been a lot going on in terms of our national activities. And we hope to explain more about the thermal imaging survey, to monitor nest occupancy, that we have been part of.

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

BAT FRIENDLY GARDENING

Bat Conservation Trust

Many people enjoy spending long summer evenings sitting in their gardens, watching as daylight turns to dusk and bats begin to fill the night sky.

These small and fascinating creatures often live in close proximity to us, using our gardens as an important source of food, water and shelter. As their natural habitats become more scarce, our gardens are playing a more important role in securing a future for bats.

Bats are a sign of a green and healthy environment, so creating a garden that's good for bats will also be good for people.

Many of our UK bats have seen a significant decline over the last century. Bats are four of the eleven mammal species native to the UK classified as being at risk of extinction.

When thinking about how to help bats in your garden or green space, think bed and breakfast. Bats will need somewhere to live that's safe (e.g. bat boxes/access tiles to roofs, or natural roosts like trees) and a good quality feeding resource nearby. Since all UK bats come out at night to eat insects, consider features such as water and plants that attract a range of nocturnal insects,

Create a variety of food sources

All UK bat species eat insects so a garden rich in insects is great for bats. The main secret of attracting bats to your garden is to make insects available all year round. See below some things you can do to attract more bat food in your garden:

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- Extend the flowering season to make sure there is food from early spring (when bats come out of hibernation) to late Autumn (when bats are building up their fat reserves in preparation for going into hibernation).

- Plant nectar-rich plants, trees and shrubs.

- Plant pale, night-scented flowers which will attract insects at night.

- Build a pond or another water feature.

- Create a compost heap to attract insects.

- Leave hollow stems for overwintering insects.

- Build a bug hotel.

- Leave a patch of grass uncut and turn it into a wildflower meadow.

- Provide a variety of plant heights and flower shapes to create structure.

- Let your garden go a little wild.

- Avoid bringing chemicals in.

Provide a safe roosting space

Bats do not make nests, but choose various places throughout the year to roost. Bats roost in houses, both new and old but some species prefer hollow trees, or caves.

In buildings they often shelter behind hanging tiles and boarding or in roof spaces. Some things you can do:

- Retain natural features that could be used as roosts.

- Put up a bat box or a bat access tile.

Another important thing to consider when creating a haven for bats is keeping cats indoors at night. Cats don't eat bats, but they do like to play with them. If bitten, a bat is unlikely to



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survive as cat's saliva can cause an infection. Cats are also very clever and can easily find out the entrance/exit to a bat roost and will return to it to catch bats as they leave the roost.

Bats are nocturnal animals that have adapted to a life in darkness, partly to avoid predation during daylight hours from birds of prey such as peregrine falcons.

Artificial lighting near bat roosts or their access points constitutes an offence as it may cause bats to abandon the roost. Lighting should also be avoided in areas where bats eat or pathways used between these sites. This way dark skies and habitats can be protected for bats and appreciated by people.

FAMILY MUSINGS.

Sarah Woof

I love the school holidays, always have, from a house full of our children's friends to one of our grandchildren and friends! No matter the biscuit tins are always in need of a refill, or the squash doesn't last out, no problem that toys are scattered in every direction and as for the noise levels ... I often think the neighbours must wonder just what we are doing!

A few weeks ago, hubby and I and both dogs set off for auction with a trailer full of cows to sell.

Unfortunately, we never got to auction on that occasion, but the main thing is we were all safe. So, if you were held up by a pickup fire on Blackhorse one Thursday we

apologise. You may well have been inconvenienced, or you may have found the release of the cows to a safe farm yard quite entertaining.. someone asked if they were part of a 'drove'. To all who helped, from the chap from Dent who urged us to 'get out" (my similar plea had fallen on deaf ears amidst arrangements being made for the cows!), to the passing AA man, the local farmers, and especially Sedbergh Fire Service, thank you all. The pickup sadly was declared ruined and carted off a few weeks later, in the meantime it sat at our farm a reminder of how blessed we were to get out safe.

The best of plans can change in moments, sometimes things we can sort out but sometimes not. As I write



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this, students are opening their A level results. There will be great joy and also disappointment. None of our grandchildren are old enough to be getting exam results, for some of them the main job is taking 'Sheep' to agricultural shows to be judged. Again, joys and the other. Such is life, we have to take the rough with the smooth and meantime do our best and be kind.

FARMER: "NOW STOCK CAN THRIVE"

Andrew Fagg

A community-led Farming in Protected Landscapes-funded project in the north-west of the Yorkshire Dales National Park has turned local sheep farmers into passionate advocates for planting hedgerows and small woodlands.

When retired project director Drew Woodward set out in 2018 to make his home parish of Crosby Ravensworth much more wooded, local farmers were "a bit suspicious".

Now he says farmers are knocking on his door asking for the assistance of the organisation he chairs, the 50-member volunteer-run Crosby

Ravensworth Parish Tree Group.

This year the Tree Group has secured Farming in Protected Landscapes (FiPL) grants of £10,883 to further increase the resilience of local farmland through tree planting and hedgerow creation, which will take the total support from FiPL since 2021 to nearly £96,000. The grants are paid directly to farmers, who then reimburse the Tree Group.

Matt Jenkinson of Woodfoot Farm in Crosby Ravensworth met Drew Woodward last month (see picture) to assess half a kilometre of hedgerow planted by the Tree Group four years ago.

Mr Jenkinson said grass growth and sheep were benefiting: "We've had five projects done and number six is in the pipeline. It really is working hand in hand with agriculture. This area [we are standing in], before it was done, there was very little shelter. At the end of March, early April, if an east wind kicks in it really does knock things back and we've seen that this hedgerow has offered a heck of a lot more shelter. Stock are doing better because of it.

"This part of the farm is an area split into two productive meadows that we take two cuts a year off. And then a pasture. Before, the boundaries were single line fencing. It was an aging fence and we would get lambs getting through and mixed up. Now we've got the advantage of two solid boundaries and a hedge between and we're getting very few mix ups – and stock can thrive.

"What we're trying to do is break field parcels down a bit more. We're

seeing better grass growth because of that and from a farming point of view we're utilising the green stuff that comes out the ground better because the ewes manage that parcel better and utilise the whole area of the field rather than have a bigger field with two acres in the corner that the sheep don't really go to.

"The parcel just over the wall there is the next project. We're going to split it. They [the sheep] would always graze the bank but never the bit by the river, so we're going to split the field so we can shut them on to the bank, manage that, then shut them on to the river, to manage that.

"And you can see the trees in crates there [field trees protected by

wood posts and rails]. That was a particularly wet area of the field and slowly the trees are improving it and we're getting better soil health and we can manage grazing a lot better.

"From my point of view I'm not having to fill out forms to get the grant, or do the planting work, or the claim forms. It gets done. It's taken care of, by local folk who are invested in the area, working with local farmers, getting local funding. We're all pulling together to improve our environment.

"We see the benefits: there's more biodiversity knocking about, more birds. The hedges link things up. The fell is a SSSI [Site of Special Scientific Interest]. The Lyvennet running down the next gill there,

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that's SSSI. Now we've got the connectivity, stitching it together."

Mr Jenkinson added: "The other point is that we can put these hedgerows into schemes to get paid for laying them and maintenance through the Sustainable Farming Incentive, though it's not a vast amount."

Drew Woodward, the Chair of the Crosby Ravensworth Parish Tree Group, explained how the organisation began, and how attitudes to it have changed rapidly.

He said: "It started in 2018, as all good things do, with a beer in the Butcher's Arms [in Crosby Ravensworth]. We'd been away on holiday in Scotland and were delayed by a storm. When we got back here

there were a lot of mature trees down, which were being cut up and being used for firewood. There was a group of four of us bemoaning the fact that nobody ever replaces these trees, we just steadily get fewer trees in the landscape. That was the seed which grew the Tree Group, which has now planted precisely 6768 native trees, mostly in small plantations in corners of fields in areas farmers consider non-productive, on top of 7500m of hedging [at six trees per metre] – and we have more to do this coming season.

"When we first started knocking on doors, most of them wouldn't know me and they would be a bit suspicious and would take a bit of

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persuading to allow us to plant trees on their land. The world has changed. Now I have people knocking on my door, wanting to know whether we can plant them a hedge or plant them a small woodland.

“Ultimately it’s all about funding of course, and FiPL has provided us with the funding, without which we wouldn’t have been able to do anything like as much as what we’ve done.”

Asked why he and others in the Tree Group had put in so much volunteer effort, Mr Woodward, who is 73, said: “Restoring and maintaining our landscape is important. It’s just doing the right thing.

“Most of us in the group will never see the trees into maturity, although the hedges are already starting to look good. It’s a fairly boring thing when you are planting a hedge. The species mix is that in every metre we have two rows of three trees and those six trees will consist of four hawthorn, one hazel, and one other. The other tends to be dogwood, dogrose or field maple. We get them from Thorpe Trees nursery near Wetherby.

“I’d be surprised if we weren’t still doing this in five years’ time. My real target is to get involved in laying the hedges that we planted in our early years, that would be very satisfying, and that could start from next year.”

The Crosby Ravensworth Parish Tree Group has planted trees on about 20 holdings since 2019, mostly for upland farmers but also on land owned by the Parish Council.

Mr Woodward was keen to acknowledge all the funders of the group.

He said: “The Farming in Protected Landscapes programme has been our biggest funder. We’ve received total grants of £145,961 in the first five years, of which £84,757 has come through FiPL. Our first grant was £10,000 from the Yorkshire Dales National Park Authority’s Sustainable Development Fund; that got us kick started. We’ve also had grants from Eden District Council, the County Council, Westmorland and Furness Council. We’ve had money from Tesco, Yorkshire Dales Millenium Trust, and PBS International for carbon off-setting. It’s all been gratefully received.”



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FiPL is a grants programme for England's Protected Landscapes, funded by the Department of Environment, Food and Rural Affairs and administered in the Yorkshire Dales National Park by the Yorkshire Dales National Park Authority.

Member Champion for Natural Environment at the Yorkshire Dales National Park Authority, Mark Corner, said: "The Farming in Protected Landscapes programme is making farm businesses in the Yorkshire Dales National Park more resilient, while conserving and enhancing the natural environment. The Crosby Ravensworth Tree Group, working on behalf of farmers, is a particularly inspiring case study of what the FiPL programme is achieving and the legacy it is creating."

THE EMOTIONAL IMPACT OF A DEMENTIA DIAGNOSIS

Dementia UK

When someone is diagnosed with dementia, it is natural for both you and the person to go through a range of emotions, including feelings of shock, distress and hopelessness. Understanding why you are having these feelings, and how to manage them, can help you both to come to terms with the diagnosis and face the future with more confidence.

What emotions might you feel? Every person affected by dementia will have a different emotional response to the diagnosis. However, some of the emotions you might feel include:

- shock, particularly if the diagnosis was unexpected

- disbelief – especially in the case of young onset dementia (where symptoms develop before the age of 65)

- relief – for example if you now have an explanation for worrying symptoms

- stress/anxiety
- feelings of being overwhelmed
- helplessness/hopelessness
- fear about what the future holds

- a sense of isolation or loneliness
- grief/loss
- low mood/depression
- resentment, for example if the diagnosis is having an impact on your work, family life and other activities

Your emotions may change from day to day – or even hour to hour. At times, you may feel you are managing well; at others, you may feel that you cannot cope. What matters is that you understand that these feelings are normal and know where to find support.

How a person responds to a diagnosis of dementia can depend on many factors, including: • their age – it can come as a bigger shock for younger people, who may be less prepared for a dementia diagnosis • the strength of their family network and other relationships • how effectively their family communicates • their beliefs and fears about what will happen as dementia progresses

UK • their ability to accept the changes dementia can bring, and to adapt their life to cope with them • their usual coping strategies for managing problems and distress • the impact on their lifestyle, eg employment, hobbies, socialising, looking after children • any spiritual or cultural beliefs • stigma around a dementia diagnosis • cognitive changes (changes taking place in the brain) that affect how the person understands and processes information • personality and behaviour changes caused by dementia.

Some people with dementia experience significant anxiety and/ or depression. This is more common in people with certain types of dementia that affect the emotions, such as frontotemporal dementia. You may notice signs such as: • low mood • withdrawing from other people • loss of interest in their normal activities • difficulties at work • tearfulness • irritability • difficulties with attention and concentration • agitation • sleep problems • needing constant reassurance.

If the person with dementia is struggling to cope with the emotional impact of their diagnosis, it is important that they have support. The type of support will depend on factors like their stage of dementia, their ability to communicate, and their willingness to accept support. Family and friends can often provide a great deal of comfort and reassurance, but you may wish to speak to their GP or dementia specialist about other support they can access, for example from a Community Mental Health

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Team. Support groups can also be helpful, giving them a space to share experiences and form important social connections.

Some people with dementia experience thoughts of suicide or self-harm. This may be related to changes in personality and behaviour, or to difficulties in accepting their diagnosis. If the person is expressing or showing signs of these feelings, contact their GP straight away. If you believe they are in immediate danger, go to A&E.

The family and friends of a person with dementia will also be affected by their diagnosis. They may feel a degree of relief, as they now understand what is happening to the person. But they may also

experience sadness, grief, anger, depression and fear. It is natural to go through a range of emotions, both positive and negative. Some people are shocked when someone close to them is diagnosed with dementia and have difficulty accepting it. This can be particularly true if the person is younger. A diagnosis of young onset dementia can be especially challenging for family and friends and cause additional worries, such as whether the person will be able to continue to work, how it will affect the family's finances, or the impact on their children or teenagers. The diagnosis may also come as a shock if the person's symptoms do not seem 'typical' of dementia. Many people assume that memory



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problems are the main symptom of dementia. But while that is the case for some people (particularly those with Alzheimer's disease), there may be other less recognised symptoms such as: • difficulties with language and communication • changes in personality • difficulties with problem-solving and decision-making • hallucinations or delusions.

These different symptoms are particularly common in people with young onset dementia, and in those who have a rarer type of dementia (which are more common in younger people, although they can occur in older people too). Guilt is a very common emotion when someone close to you is diagnosed with dementia, and this often becomes more intense as their condition progresses. For example, you might resent the impact your caring responsibilities are having on your work or family life and then feel guilty about feeling this way. Or you might

feel guilty if you are struggling to cope with caring and are considering getting extra support.

Feelings of grief and loss are also common. Changes in personality and behaviour in the person with dementia may trigger a sense of grief for the person they were before their diagnosis, or you may feel a sense of loss of the future you imagined together. This is known as 'anticipatory grief'. The person's loss of memory may also trigger grief as they may forget people who they are close to and the experiences they have had together. If they are aware that this is happening, it could be very upsetting for them, and for their family and friends. It could also be confusing for young children who may not understand why the person does not remember them.

Family and friends may try to hide their emotions to avoid upsetting the person with dementia. This can lead to difficulties in communicating with

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each other and may cause disagreements about coping with the person's symptoms or making decisions in their best interests. It is important to have support when someone close to you is diagnosed with dementia, and as their condition progresses. This could be informal support from other family members or friends, talking therapies like counselling, and/or joining a support group where you can share experiences. If you work, you may be able to access support through your employer, such as through an employee assistance programme (EAP) or carers' network. It is especially important to seek support from your GP if you are having persistent symptoms of depression or anxiety as these can often be managed through medication and/or therapy.

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Linda Wilkinson, Citizens Advice

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Next, if you are on a low income or receive benefits, you might be able to get your council tax reduced. The council will ask you details about your income and your circumstances, to work out your entitlement. You may also be eligible for additional support if you've reached State Pension age.

Even if none of the reduction criteria apply to you, the council can still make a 'discretionary reduction'. They'll normally only do this if you can show that you're suffering severe hardship.

Contact South Lakes Citizens Advice for more help if you are still having problems.

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. The Satanic Verses
2. Adam Smith
3. The Hunting of the Snark – Lewis Carroll
4. Tennessee Williams
5. Dante – The Divine Comedy (The three parts being Inferno, Purgatorio and Paradiso)
6. Peter Pan
7. They were all written in prison
8. Casino Royale
9. Q
10. Ladybird Books
11. Clinical psychologist / psychological profiler
12. Romeo and Juliet

PERSONAL MESSAGES

MARY AIREY

See page 7 for Mary's message.

Sedbergh and District Lookaround

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EDITORIAL

The drawn out decline of the Sedbergh Chemist is a long sorry saga and distressing for customers and staff alike. And it's probable demise can't be long delayed now. It shows how much remote or indefinable owners care about customers, communities and staff. Every time they focus on the interest of shareholders or the expansion of the company before they care about anything else.

Support small and locally owned businesses as much as you can. The nearer the owners live to their outlets and customers the more likely they are to care.
Ed.

PUZZLES (SOLUTIONS ON PAGE 60)

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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.

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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.

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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.

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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

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CONTACT DETAILS

See page 4.

Lookaround Editorial Group

PUZZLE SOLUTIONS

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

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

USEFUL CONTACT DETAILS

Age UK South Lakeland	Sight Advice South Lakes
030 300 30003	01539 769055
Electricity in any area	South Lakes Citizens Advice Bureau
105	03444 111 444
Medical in any area	South Lakeland District Council
111	01539 733 333
Pension Service Surgery	Western Dales Community Bus Service
Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265	wdbusops@gmail.com 07541644524
Police in any area	Yorkshire Dales National Park
101	0300 456 0030
Report Grey Squirrels	
sedberghredsquirrels100@gmail.com	

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

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

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

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

DIARY OF EVENTS

Dates are held up to 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.

SEPTEMBER 2025

05	1400	Dentdale Head to Foot quiz	DHTF
09	1400	WIK - Lancaster Castle (42)	PH
09	1930	Domino Drive	FCH
10	1930	WIS Great Scientific Disasters (37)	PH
11	1930	Sedbergh Parish Council (32)	PH
16		Swimming Club Sessions Start (5)	SS
17		British School Grant Trustees Meet (12)	TBA
17		WIK Daisy Clough Tea Room (42)	Daisy Clou
17	930	Ukraine Coffee Morning (10)	StAS
17	1300	Medical Centre closed	MC
20	1000	Dent Methodist Coffee Morning (May)	DMC
24	1100	pmrgca support group	FM

OCTOBER 2025

01		WIK - Sizergh Castle Trip (42)	Sizergh
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 (10)	StAS
16	1300	Medical Centre Closed	MC
18	1000	Dent Methodist Coffee Morning (May)	DMC
24	1930	Tattie Pie and Bingo	FCH
25	1200	8th annual Sedbergh Apple Day (7)	PH
26	1400	Air Ambulance Jumble Sale (13)	PH

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
17	1930	Domino Drive	GVH
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

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.

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.

	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!

NUMBER 57

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.

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 -----	Keith Birbeck - 07557 871961 / keithbirbeck@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
16.46	16.46	20.20	17.33	17.33	..
18.15	18.15	..	19.38	19.38	..
19.45	19.45	..	21.22 (G)	21.22 (G)	..

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
September 2025*

	Time	7th	14th	21st	28th
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	Harvest Festival 4pm Teatime Church 6pm- Choral Evensong
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Action for Children Service 4pm- Messy Church		Harvest Festival
St. Mark's, Cautley LA10 5LZ	2.30pm			Harvest Festival	
St. John's, Garsdale LA10	10am	Morning Service		Morning Service	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Action for Children Service		Service
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service			
Holy Trinity Howgill LA10 5JD	9.30am		All-Age Service		
St. John's Firbank LA10 5EF	2.30pm		Harvest Festival		
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	Morning Service		All-Age Harvest 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	2nd	9 th	16th	23 rd
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP		HC-BCP	
	Wednesday	3rd	10th	17th	24th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	18.30		Meeting for Worship		Meeting for Worship
	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00				Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer)			MP- Morning Prayer		
Quakers contact Pam Coren 015396 22586 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,
Emma Fairley, Amelia Dore, Daisy Coupe,
Ella Capstick, Therapist/hygienist.

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street

01539 713150

https://www.cumbria.gov.uk/libraries/locations/sed_lib.asp

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - 015396 20406

MARKET DAY

Wednesday

Last Page Update:

September 2025