

Sedbergh & District

LOOKAROUND

November 2025

Donation £1.50

Issue 448

We're now in the build up to Christmas and the New Year with lots of announcements in this edition, for the Christmas Fair below, Late Night Opening, Burns Night, from the

Y.F.C. and even the Spring Show.

And there's news too, about the Dental Practice, and the buses.

First though is Remembrance Day, on November 9th.



ST ANDREW'S CHRISTMAS FAIR



**The Fair is on
Saturday 29th November
10 a.m. until 2 p.m.**

**FATHER CHRISTMAS
TEAS, COFFEES, LUNCHES
CRAFT STALLS, PRESERVES, TOMBOLA,
BRAN TUB, TOY STALL, RAFFLE**



CLOSING DATE: 15th of every month for everything
S & D Lookaround 72 Main Street, Sedbergh LA10 5AD
Mobile: 07464 - 895425

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

CONTENTS

Articles

Book Town Quiz	20
Book Town Quiz - Answers	63
Burns Night Ceilidh 2026	7
Child Labour in the 19th Century	41
Christian Aid	10
Community Swifts	48
Dementia And Young People	61
Dental Practice	12
Dentdale Head To Foot	57
Energy Bills	62
Family Musings	47
Fifty Years Ago	43
Flower Festival	15
Hardship And Exhibition Funds	17
Ho Ho Ho!!!	12
Interfaith Week Meeting	7
Late Night Opening	15
Lawrence's Gran	53
Lizzi's Column	26
Local Young People's Fund	9
Notes From Dent Station	33
Of Meissen Men	13
Our Bridleway's Not For Horses	28
People Like Us	18
Photography Competition	51
Pickleball	6
Police Report	13
Poppy Appeal - R.B.L.	10
Present Collection	16
Public Transport User Group Update	32
Recognition Of Service	36
Recollections Of Sedbergh	38
Sedbergh Parish Council	25
Sedbergh School News	22

Articles (Continued)

Sedbergh Y.F.C.	5
Settlebeck News	21
Sight Advice Group	11
Skiddaw Forest	52
Spring Show Update	5
Ukraine Coffee Morning	10
W.I. Howgill & Firkbank	60
W.I. Killington	58
W.I. Sedbergh	59
Westwood Books	6
William Carus Wilson	46

Business Adverts

Able Memorials	27
Audio Lookaround	32
Black Bull	31
Cancer Care	57
Capstick Insurance	50
Carl Berry Window Cleaner	40
Chapel Gallery Hawes	17
Clean Machine	44
Cobble Country	39
Cross Keys	6
Cumbria Stoves	41
Dalesway Therapies	45
Dalton Woodland Burial Ground	28
Dawsons Fuels	38
Duncan Law Plumber	36
Firewood & Septic Tanks	48
G.J. Baines	9
H&M Craftsmen Kitchens	53
HARRISON 52 Interiors	61
Housing 21	35
Information Centre	43
J.J. Martin Funeral Director	29
Keldrigg Shutters	19
Lookaround Subscription	55
Lookaround Subscription Form	56
M.K. Conversions Ltd	51
Matthew Cook Stonemason	47
McGarry Solicitor	60
Parkin And Jackson	30

COVER PHOTOS
Remembrance Day
Colin Cowperthwaite

CONTENTS (continued)

Business Adverts (Continued)

Peoples Hall	-----26
Powells	-----22
Royal British Legion	-----20
S. Alderson Painting & Decorating	----46
Sedbergh Weavers	-----59
Sheila Shuttleworth Dressmaker	----47
Simon Parkin Carpets	-----15
Stephenson And Wilson Builders	----25
The Thirsty Rambler	-----21
Thomson Hayton Winkley	-----54
Tooby's Electrical	-----23
Treadwell Flooring	-----42
Vacancy - Cleaner	-----14
Western Dales Bus	-----24
Westwood Books	-----49
Woofs of Sedbergh	-----7
Wools Of Cumbria	-----18

Event Adverts

Christianity for Today? (16th-22nd)	-0
Christmas Fair (29th)	-----1
Grief share Open House (Tues)	-----52

Event Adverts (Continued)

Late Night Opening (3/12)	-----11
Medical Centre (12th)	-----58
Peoples Cinema (15th)	-----12
Sedbergh Town Band (9th)	-----8
Weekly Coffee Morning (Weds)	-----3

Other Information

Advertising In Lookaround	-----4
Bed & Breakfast	-----71
Bus Services	-----72
Car Parking Charges	-----66
Diary of Events	-----66
Eat and Drink in Sedbergh	-----67
Groups and Organisations	-----68
Lookaround Details	-----64
Lookaround Editorial Team	-----74
Public Information Contacts	-----80
Religious Information	-----77
Sources of Funding	-----70
Train Times	-----76
Useful Contacts	-----63

Weekly Coffee Morning St Andrew's Church

Every Wednesday 9:30am to 11:30am

Wed 5th November - St Mark's Cautley

Wed 12th November - St John's Hospice

Wed 19nd November - St Andrew's

Wed 26th November - Sedbergh Ladies N.F.U.

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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

CONTACT INFORMATION

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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

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

SEDBERGH SPRING SHOW 2026

Jane Fisher

Next year's Sedbergh Spring Show will be happening on Saturday 21st March 2026 – just an early shout out so you can put the date in your diary!

There will be lots of your favourite classes, and some new ones to start thinking about and practising. Get creative through those winter months to work on your entries. The full list of classes will appear in the Dec/January Lookaround so keep an eye out and grab your copy.

SEDBERGH Y.F.C.

Phoebe Wharton, Sedbergh Y.F.C.

Secretary

Sedbergh Young Farmers are back in full swing after kicking off their new YFC year at the start of September!

New members are always welcome — if you'd like to get involved, come along to one of our Wednesday evening meetings and see what YFC is all about!

We began the year with a visit to

Sedbergh Fire Station for a talk, tour, and team challenge. Since then, members have taken part in Southern District quiz rounds and hosted the annual darts, dominoes, pool and connect 4 competitions at The White Hart — a fun-filled evening enjoyed by all.

The club has also been keeping active, joining other YFCs for a Sports Night, visiting Rickerbys in Carnforth, and taking part in the County Sports at Kirkby Stephen, where members played hockey, dodgeball, and rounders. Most recently, we enjoyed a talk from Hector about his YFC travel experiences, which certainly inspired members to explore the opportunities available through the organisation.

Coming up:

Christmas Domino Drive, People's Hall, Sedbergh on Wednesday 10th December – 7.30pm

Everyone is very welcome to come along and join in a great evening of festive fun!



SEDBERGH TENNIS CLUB - PICKLEBALL

Heather Pakeman

Pickleball is growing in popularity all over the UK and is already widely played in USA, Asia and Europe.

Do you fancy giving it a go?

Sedbergh tennis club have been offering Pickleball on the outdoor courts over the summer but are now moving indoors for the winter.

Pickleball will be in the Hirst Centre at Sedbergh school (for over 18's only) on Wednesdays from 6 – 7pm. First session will be on Wednesday 5th November. We can provide bats and balls. If you come along and decide to commit, membership fees for the club are £40 for the year and an additional £20 for the hire of the courts through to March.

Pickleball is played with a bat and an airball. It is played on a badminton court with the addition of a 'kitchen line' close to the net. The ball cannot be volleyed in 'the kitchen'. The serve is underarm. Points are only scored by the serving team. If you are a tennis, badminton, squash or table-tennis player this is an easy game to pick up but all abilities and levels of experience are welcome.

Come and give it a go on 5th Nov.



OPEN Friday to Sunday 9.30 - 4:00

Pie Fridays

Open for **XMAS MENU** bookings
9:00am-4:00pm and 6:00pm-9:00pm

Facebook Cross Keys Cautley
crosskeyscautley1@outlook.com
015396 20284

WESTWOOD BOOKS November 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.

Upcoming Events

We are delighted to be hosting this autumn:

The Parallel Path with Jenn Ashworth – Saturday 1st November 7pm

Burnt out and longing for an escape, Jenn Ashworth emerged from lockdown with a compulsive need to walk - and to walk away. Armed with little more than the knowledge imparted by a two-day orienteering course and a set of maps, she embarked on the most epic of English walks: Wainwright's Coast to Coast.

Guided not just by Wainwright's writing but also by daily letters from her friend Clive - facing an epic journey of his own - Jenn's pilgrimage soon becomes more than just walking: a chance to reconnect and excavate, to re-engage with the act of caring for others and for oneself. But the walk's tricky terrain is not the only thing standing in Jenn's way. As days go by, her balance begins to fail her and the act of putting one foot in front the other becomes a new exercise in caution. When a vicious heatwave forces her to pause her expedition and gives her an opportunity to investigate the new limitations of her body, Jenn is confronted with a life-altering diagnosis - and a new path of self-

discovery.

Tickets are £5 and there is a free hot drink on arrival. You can buy tickets in the shop and online.

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

Our October book club was a little bit different – each person chose a book to read by an author who was attending the Death in the Dales Crime festival. We had a fabulous discussion about various books and authors, with a focus on the importance of place and getting the little details correct in crime fiction.

Our next book is Gods of the Morning by John Lister-Kaye, which we will be discussing on Wednesday 12th November.

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

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

WOOFS OF SEDBERGH

**Are looking for a part time/full time
DRIVER**

to do school runs.

**Morning and night, with
a possibility of some weekend work.**

**PCV licence would be useful but not
essential as training could be given.**

If interested, please call

015396 20414

BURNS NIGHT CEILIDH 2026

Jane Fisher

The organisers of last year's charity Ceilidh – raising over £2000 for St Johns Hospice and Kendal CancerCare are planning again!

We will be hosting another Ceilidh - at The Peoples Hall on Burns night, Sunday 25th January 2026. Again, we have booked Stridinging Edge – a fabulous Ceilidh band to lead the dancing, be providing supper and running a bar – all with a Scottish twist of course!

There will be more details in the December/January issue of Lookaround and tickets will be available after Christmas.

So, if you fancy joining us put the date in your diary, dig out your tartan and dust off your sporran, all proceeds will again go to charity! -

INTERFAITH WEEK MEETING

*Sally Ingham, on behalf of
Brigflatts Quaker Meeting*

During interfaith week on the evening of Thursday 13th November we invite anyone of any faith to join us at the Brigflatts Meeting House between 6.30pm and 7.30pm to share one thing they have found enriching from a faith community different to their own. This is not a discussion but more a sharing of inspiration and insights we have gained from other faiths in a spirit of respectful listening with silence and reflection in between each contribution. We are gathering in a space where Quakers have been meeting since 1674 and which retains many original features from this period.

At the heart of Quakerism is the idea that we should seek that of God in everyone. Early Quakers spoke of a divine light that enlightens every person and from this it is hard to believe that any one faith has a monopoly of the truth. And with love being at the heart of most religions, this urges us to avoid the damaging conflict that intolerance of others' beliefs can generate. The importance of understanding between different groups within the Christian community and those of different faiths is seen as critical in enabling us to live alongside each other in peace, and also an opportunity for mutual spiritual enrichment.

If you wish to join us and are unsure where we are located, from Sedbergh town centre travel towards

Kendal on the A684. On the outskirts of the town, just beyond Close's petrol station on the left, bear left onto the A683 for Kirkby Lonsdale. About ½ mile on from this junction the entrance to Brigflatts Lane appears on the left immediately before a lay-by on the right, Parking for the Meeting House is in this layby opposite the entrance to the lane down to Brigflatts. The Meeting House is about 150 yards down the lane – the second building on the left. Do bring a mobile with a torch facility or a torch as the lane can be dark. People can be dropped nearer the Meeting House if necessary. There is a place for cars to turn opposite the first house on the left.

We hope we may see you at the Meeting House..



Sedbergh Town Band

Remembrance Day Concert

Sunday 9th November 2025
7.30 p.m.
St Andrew's Church, Sedbergh

tickets £8 on the door
under 18s free

ALL PROCEEDS TO THE ROYAL BRITISH LEGION

LOCAL YOUNG PEOPLE'S FUND

Karen Bruce Lockhart

The Sedbergh School Local Young People's Fund exists to help support the young people from the parishes of Sedbergh, Dent and Garsdale, and civil parishes of Dillicar, Firbank, Howgill, Killington, Lambrigg and Middleton, and welcomes all applications for consideration. Where possible, applications should be made by the young person themselves (rather than by a parent)

Grants can be awarded by the Trustees as financial assistance (subject to available funds) to young persons (up to and including the age of 25) who are in need of financial assistance, and who have satisfied the Committee of the worthiness of their application, as follows:

1. Scholarships, Bursaries or Maintenance Allowances tenable at any School, University or other place of learning approved by the Committee.

2. Money towards the provision of essential clothing, tools, instruments or books, etc, to enable beneficiaries on leaving School, University or other educational establishments to assist their entry into a profession or trade.

3. Travel abroad in the pursuit of further education.

4. Costs that would not be covered by the Local Education Authority for social and physical training, including sports coaching, whilst in primary, secondary or tertiary education.

5. Support of study in Music or the Arts.

There will be a maximum of two awards per person.

Successful applicants are encouraged to acknowledge receipt

of an award by writing a letter of thanks to the Committee, c/o the Honorary Secretary, and where appropriate to give the Committee a short account of how the grant was used. Where appropriate a receipt should be produced.

Application forms can be obtained from the Tourist information office at 72 Main St or by email from mhm@sedberghschool.org

Entries for the next round of approvals need to be sent in by 9th November



- **Project Management**
- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Drains**

Unblocked/Cleaned/Repaired

Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

**POPPY APPEAL AND
REMEMBRANCE
Royal British Legion**

David Parratt

Talk in St Andrews Church to support the Poppy Appeal – 3rd November

Myles Ripley will be giving an illustrated talk in St Andrews Church on Monday 3rd November at 7.30pm regarding a visit to Svalbard as part of his High Arctic sailing adventure in August this year. Entry fee is £5 on the door with proceeds to the Poppy Appeal.

Remembrance Sunday – 9th November

The Sedbergh & District Branch hope that you can join us at 10.30 am on Sunday 9th November in St Andrews Church for the Remembrance Service and afterwards within the vicinity of the war memorial to remember those who paid the ultimate sacrifice in wars past and to re-commit ourselves to peace.

Regrettably, due to issues with road closures, there will not be a march past on completion of wreath laying. Only Finkle Street will be closed and the closure does not extend beyond the Back Lane junction. However, the closure of Finkle Street will ensure spectator safety and allow the public to assemble in the street. Marshals will also be in place. Wreath layers will assemble at the lower part of Finkle Street and on completion of laying a wreath, they will join their Standards and take up position on the lawn of St Andrews to the south of the war memorial.

Remembrance Concert – Sunday 9th November

A Remembrance Concert will be held in St Andrews Church on Sunday 9th November at 7.30 pm. Proceeds in aid of the Poppy Appeal.

Armistice Day – Tuesday 11th November

There will be a short ceremony at the War Memorial at 11.00 am on Tuesday 11th November to remember the anniversary of the signing of the Armistice at the end of the First World War.

UKRAINE COFFEE MORNING

Douglas Thomson

The coffee morning in aid of Ukraine held in St Andrews Church on the 17th of September raised £839.54. The money raised has been given to the Leleka foundation who send much needed medicines to Ukraine.

Many thanks to all that came along, or donated, in support the Ukrainians fight for their independence.

CHRISTIAN AID

Anne Pitt

Thank you to all who contributed to our 15th October coffee morning by helping, coming and donating. It was a quiet morning but even so we an interim total of £100 to send off. This has completed our fund-raising for this year. We will be having our next coffee morning on the 11th February in the new year. This is earlier than usual because Lent begins on the 18th February, Ash Wednesday, marking the start of Lent lunches as Easter falls on the 5th April.

SEDBERGH SIGHT ADVICE GROUP OCTOBER MEETING REPORT

Keith Birbeck

Members of the South Lakes Sedbergh Sight Advice group met on Tues 07 Oct in the Peoples Hall for the monthly meeting. Following a review of recent guidance and notifications regarding sight degradation or loss, we were treated to a very interesting and informative talk from Andrea Blude the Home Instead Engagement Coordinator. Andrea gave a wide-ranging talk about 'scam awareness', from defining what is a scam, the impacts of scams and actions we can all take to minimise being caught out ourselves. Detailing the most

common types of scams, namely Doorstop, Mail, Phone, Online, Relationship, Identity and Investment, she outlined examples of each and what to look out for, for each one. In addition, she gave many practical tips on how to better avoid scams and actions to take if you believe you are being, or have been scammed. Concluding with a question-and-answer session, Members shared their own experiences. A thoroughly enjoyable and thought-provoking talk, Members warmly thanked Andrea. We will be holding our next meeting Tues 04 Nov. The group welcome new members from the Sedbergh community; if interested call Keith Birbeck 07557 871961 or Susan Harper 015396 206613.

Sedbergh

LATE NIGHT SHOPPING

STREET ENTERTAINMENT
SANTA'S GROTTO
(BOOKING FROM 20TH NOVEMBER)

**TOWN BAND
CAROLS**



3RD DEC
5PM TIL 8PM



STREET FOOD
ORGAN RECITAL
MARKET STALLS
SHOPS & PUBS OPEN



SEDBERGH INFORMATION CENTRE: 015396 20125

SEDBERGH DENTAL PRACTICE

Ben Haughton

In October 2025, after 18 years, I have decided to hand over the ownership of Sedbergh Dental Practice. This was a difficult decision, but hopefully will allow for further development of the practice in the future to help adapt to the demand for dental services.

I wanted to reassure patients that there aren't any significant visible changes planned to the practice or patient care. All of the existing clinicians are continuing with the same work they have been doing, but hopefully it will help us to increase the numbers of available appointments and start to reduce the waiting list we have for new patients.

The new owner, Jamini, has a young family and will initially be working on a part time basis.

I would like to thank all of the patients who have supported the practice over the last 18 years, and I look forward to continuing this relationship under the new ownership.

Thank you again.

HO HO HO!!!

Sedbergh TIC

Christmas preparations are well underway at The Information Centre. As I write this and by the time you are reading it, we shall have all our Christmas Stock available. As well as the Charity Christmas Cards and Sedbergh Calendars, we now have 2026 diaries, plus a lovely collection of Christmas decorations.

Also new for Christmas 2025 is a range of Sedbergh branded baubles,



Invites you to watch...

The Hundred-Foot Journey (PG, 8+)

On Saturday 15th November at 7.30pm

The Penguin Lessons (12)

On Saturday 24th January 2026 at 7.30pm

At the People's Hall, Howgill Lane, Sedbergh

Adult - £7 Child - £3

Family - 2 adults & 2 children (under 16) - £15

Bar & Refreshments - Doors open 6.30pm

Advance tickets at Sedbergh Tourist

Information Centre

Or Cash Only on the door.

A fundraising event for the People's Hall.

biscuits and notecards. We have expanded our range of the popular Eco Chic products to include items for your four-legged friends. We have a wide range of new games and small gifts which would make ideal stocking fillers.

If you are looking for locally made presents, then we have several items from Sedbergh Soap including gorgeous gift sets. We have delicious local honey and a range of jams as well as many craft items.

Of course, now we stock newspapers and magazines, you'll be able to pick up your essential TV guide when purchasing your cards and presents so there is no reason to miss the Christmas Strictly!

OF MEISSEN MEN Wensleydale Arts Society

Jenny Howard-Vyse

The amazing fairytale of how Meissen porcelain - Europe's first manufactory of 'true' porcelain – was discovered; the men involved, the design precursors of its first creations, its inspired inventions and continued history right into the 20th century; its influence on later factories throughout the world, from the 18th century to the present. We meet Augustus the Strong and the slippery alchemist Johann Friedrich Boettger as he saved his neck by coming up with something better than gold....

Speaker: Lars Tharp.

Since his 1986 debut on the BBC Antiques Roadshow (and all series since), he has spoken widely, within and beyond the UK. With over 40 years of experience in ceramics and other areas, he aims to combine several compelling narratives with enthusiasm and humour. Born in Copenhagen, he studied Archaeology at Cambridge and joined Sothebys where, as a director and auctioneer (1977-1993), he specialized in Chinese and European ceramics. Today his consultancy devises and curates exhibitions, advises on the acquisition, care and disposal of ceramics and other fields. He also speaks a lot; many of his most popular talks concern the vast universe of clay and ceramics as well as the world and works of William Hogarth.

Lars will speak at The Wensleydale Arts Society's next meeting on Tuesday 25th November at 2pm,



held at Tennants in Leyburn, DL8 5SG. There is plenty of free parking, a cafe and restaurant. All welcome.

Details <https://theartsociety.org/wensleydale>

POLICE REPORT

PCSO Mandy Coleman

There is nothing to report crime wise for the area of Sedbergh.

Parking is still an issue in the area of Sedbergh, we have complaints around parking on pavements. Can we remind all residents to be mindful of the elderly community who do struggle if you have parked on the pavement. Those with prams or wheelchair users are forced onto the road. This is being monitored by not only us but the traffic enforcement officers.

Operation Lantern is the

Constabulary's dedicated operation to target rural crime within Cumbria. The operation aims to prevent and disrupt serious and organised rural acquisitive crime that occurs in our county.

The operation sees officers from multiple departments working together such as officers from Neighbourhood Policing, Roads Policing Unit, CID, Dog Section and more work together to tackle the issues that you in the rural areas suffer with. You will see more of us out and about throughout the night, should you be out in the early hours.

One of the highlights of Autumn is Halloween and bonfire night, both are great fun for all ages. However, Halloween certainly isn't the time to throw all your safety knowledge out of the window. If you have children who are trick or treating, make sure they are visible in the dark, with a glow stick or a torch. If the older ones are out on their own then please advise your teens, to treat others how

they would expect others to treat their parents or grandparents. Anti-social behaviour does happen on these night's and we are aware of this, and patrols are stepped up.

Firework safety, we always recommend going to an organized event rather than trying to set up your own, but if you do choose to have your own, make sure your family and guests are well away from the fireworks, and you are not wearing flammable clothing, stay sober! wait for that beer until afterwards!

If you are giving sparklers to children, this is a lot of fun, but make sure they know how to handle them, wearing gloves and again non-flammable clothing, keeping a bucket of water to place the sparklers in when done.

The next Police drop in will be Wednesday November the 19th 10-12 noon.

Amanda.coleman@cumbria.police.uk

Adam.roberts@cumbria.police.uk

Sedbergh Parish Council VACANCY: Self-Employed Cleaner

Sedbergh Parish Council is seeking a **self-employed contractor** to carry out the **daily cleaning and maintenance** of the public toilets located on Main Street, Sedbergh. This is a **contracted role**, not an employed position.

Hours: 1 hour per day, all year round (except Christmas day)

Cleaning may be completed at your convenience, with the facility being **opened daily by approx. 8.00am and locked at approx. 5.00pm**

Contractor Responsibilities

This is a self-employed position. The contractor will be responsible for:

- Managing their own time and method of work (within agreed opening/closing times)
- Providing their own public liability insurance
- Ensuring cover during holidays or absences, with notice provided to the Council
- Cleaning products and consumables will be supplied by the Council

This opportunity would suit someone **reliable and local**, who is able to work independently and maintain high standards of cleanliness and care.

Payment:

£19.00 per hour, paid monthly upon submission of an invoice and time sheet to the Clerk of the Council

To express interest or request a copy of the draft contract, please contact:

Janey Hassam, Clerk to the Council

Address: 72a Main Street, Sedbergh, LA10 5AD

Email: clerk@sedberghparishcouncil.gov.uk

Closing date for applications: 24 November 2025

Thank you for your interest.



LATE NIGHT OPENING FLOWER FESTIVAL

St Andrew's Church Sedbergh

Barbara Hartley

The much loved Flower Festival at our Christmas Late Night Opening on Wednesday 3rd December will be held again this year in St Andrew's Church Sedbergh.

If any Sedbergh local businesses, organisations or individuals who have not taken part before would like to take part please email me before Wednesday 12th November at barbara@garsdaledesign.co.uk and you can be sent details. You don't have to be a flower arranging expert and the displays in past years have ranged from single flowers to larger arrangements. You just need to love flowers!

Those who have participated before should already have been sent details but if not, my apologies, and please can you email me and I will send them out to you.

LATE NIGHT OPENING

Ed Welti

Following on from the announcement in the September edition of the date for Late Night Opening (3rd December – make sure it's in your diary), the committee have been working hard and are now ready to announce the schedule and entertainment for this year's event.

The committee have applied for a road closure in Main Street, although this has yet to be officially confirmed by Westmorland & Furness Council

Our local shops and pubs will be open and there will be a Craft Market in St Andrew's. Please note that some of the stalls may only take cash.

Food and puddings will be available from Noolek's Thai Food, Fiery Mama, Ohh Crumbs Crumble and Coffee Bug.

Drum Nation will be headlining, and the programme is as follows on page 17.



SIMON PARKIN
— CARPETS —
CLEANING, FITTING, SUPPLY

simonparkincarpets@gmail.com

Contact: 07973704664 / 01539620585

 @SimonParkinCarpets

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Programme for Late Night Opening.

17:00 Craft Market opens in St Andrews
17:00 Start of procession, Drum Nation leads down Main Street
17:10 Santa turns on lights
17:15 – 17:30 Drum Nation at Sedbergh Information Centre
17:30 – 19:30 Santa's Grotto at Sedbergh Information Centre
17:30 – 18:00 Church bells
18:00 Drum Nation at Westwood Books
18:00 – 19:00 Organ recital in St Andrews
18:15 – 19:00 Town Band at bus shelter
18:15 – 19:00 Live Nativity in church yard
18:30 – 19:00 Carol singers in church yard
19:00 – 19:15 Drum Nation – bus shelter to end Main St
20:00 Craft market finishes

This year Late Night Opening and the White Hart Club will be participating in the Salvation Army Christmas Appeal and collecting presents in the run up to Late Night Opening. Full details of what you need to do, what you can donate and the time frame are on the previous page (page 16).

Look out for more information and adverts for Late Night Opening on social media, the Visit Sedbergh website (Sedbergh.org.uk) and the December edition of Lookaround. Tickets to see Santa will be available from 20th November from the Information Centre.

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

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We keep well in touch by text and by phone.
We visit their homes and they visit our's –
On certain occasions give whisky and flowers.

We worry about the state of the world
And social media where insults are hurled.

For youngsters today the future looks bleak;
The country feels poor and the economy is weak.

When we go out on our walking the street
We try to be pleasant to all whom we meet,
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For more information, visit our website:

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BOOK TOWN QUIZ

Gerry Cotter

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

1. Captain Cat, Organ Morgan, Myfanwy Price, Mog Edwards and Evans the Death appear in which 1954 drama? And who wrote it?

2. Vladimir Nabokov is famed as the author of *Lolita*, but in what branch of natural history was he very eminent?

3. Name the author who wrote the *Pax Britannica* trilogy (1968-1978) about the British Empire, as well as portraits of cities including Venice, Oxford, Trieste, Hong Kong and Sydney.

4. 'Anthem for Doomed Youth', 'Futility', 'Dulce et Decorum est' and 'Strange Meeting' are some of the best-known works of which poet?

5. Who wrote *Titus Groan*, *Gormenghast* and *Titus Alone*?

6. Marianne North, Margaret Mee, Marjorie Blamey and Rev William

Keble Martin were artists who specialised in which field?

7. Dr Aziz, Cyril Fielding, Mrs Moore and Adela Quested are the main characters in which 1924 novel, regarded as one of the great works of twentieth century literature? And who wrote it? It was filmed in 1984.

8. Whose autobiography, published in 1971, was called *The Moon's A Balloon*?

9. Who wrote *Out Of Africa*?

10. *All My Sons*, *Death Of A Salesman*, *The Crucible* and *A View From The Bridge* are works by which playwright?

11. His forenames were George Gordon. At the age of 17 he played in the first Eton v Harrow cricket match in 1805 (for Harrow, who lost) despite having a club foot. He was described by Lady Caroline Lamb as 'Mad, bad and dangerous to know.' Who was he?

12. In which comic novel, published in 1889, are the main characters named Harris, George and J? The subtitle was 'To say nothing of the dog'; what was his name? And who wrote the novel?

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SETTLEBECK NEWS

Sarah Campbell, Headteacher

Settlebeck School is celebrating a strong Ofsted report having been rated "Good" in all areas following its May 2025 inspection. This marks a significant improvement from its previous rating and reflects the school's commitment to high standards and student well-being.

Inspectors praised the school's nurturing and inclusive environment where pupils feel safe, supported, and proud to belong. The report highlights the broad and ambitious curriculum, which supports all learners to achieve positive outcomes, including those with special educational needs.

Behaviour and attitudes were described as respectful and positive, with pupils showing kindness and courtesy throughout the school day. The school's focus on reading and literacy, and the personal

development programme were also commended.

Inspectors recognized the school for its strong staff support and professional development, creating a culture where staff feel valued and proud to work.

"We are delighted with the outcome of our recent Ofsted inspection. The report reflects the dedication of our staff, the enthusiasm of our students, and the strength of our school community. Every day, our staff go above and beyond for our students, and our young people rise to the challenge with kindness, curiosity, and determination. We are proud to be recognised as a nurturing and ambitious school where every student is supported to thrive and staff feel valued. We remain committed to continuous improvement and ensuring the best outcomes for all our learners"

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The 50 Objects continue with Robertson House which was converted from the School Sanitorium through the generous gift of an Old Sedberghian's widow. The 38th was the introduction of netball and the 39th Object is the Astroturf and pavilion all added when the girls came. The 40th is The Lupton Scholarships, founded entirely by generosity of the School community. Since its inception in 2012 30 pupils have benefited from the scheme. The 41st Object is Melanie Hyder's gold medal for winning the Wilson Run, when she set the Girls' record and ran with the leading boys.

Sedbergh has been nominated for

the Town & Country School House awards in the Social Mobility Champion category. Since WW2 1500 pupils have benefited from scholarships and bursaries to attend the school, and the Lupton scholarships which are funded entirely by donations and pays the full cost are a leading example of this, with five or more pupils benefiting at any one time.

During the School summer holidays OS Olivia Chatterley, whose parents teach at the Prep, was married in the School chapel. OS Ewan Dowes completed the Steve Prescott National Three Peaks Cycling Challenge for charity. This involved cycling 450 miles and climbing Snowdon, Scarfell Pike and



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On 23rd September the School walked to the top of Winder in the evening, and at about 8.30 pm enacted the Torch Light Procession down the fell that had to be cancelled at Midsummer due to lightning. This was followed by the School singing O Valiant Hearts at the Cloisters, and the Headmaster read the message sent by the King congratulating the School on its 500th Anniversary.

Following the Blacklock rugby games on 11th October (see below) a splendid dinner was held in Powell Hall, the principal speaker being OS John Spencer former Captain of England.

The Old Sedberghian Club held a 500 Anniversary dinner in the Long

Room at Lord's Cricket ground attended by 160 Old Sedberghians, parents and former parents, staff and former staff and friends of the School. OS cricketers George Hill (Yorkshire) and Tom Aspinwall (Lancashire) entertained them. The Sedbergh School whisky was launched at the dinner

On Friday 3rd October, Andy Swinscoe, award-winning cheesemonger and co-founder of The Courtyard Dairy, gave a fascinating session on the craft and culture of cheese.

There is to be no Guest Carol Service this year in the light of the York Minster service.

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international debuts in the British & Irish Junior Running Championships bringing home medals for England and Scotland

The English Schools Fell Running Championships took place on Lupton field with 350 competitors. Both the senior school and the prep took part bringing home a collection of 4th, 5th and 9th in the Years 7 to 9, and second behind the reigning British Champion in the Girls' Year 10/11 race and 5th in the Boys' race. In year 12/13 Boys the School's best runner was unable to compete due to injury but a 9th place was won in the Girls' race. In the overall team competition Sedbergh finished second behind Giggleswick

Tennis

Harry in the Prep was awarded Cumbria Junior Tennis Player of the Year

Rugby

The 1st XV played Denstone on 13th September and won 78-14. The played Clifton College and won 54-34. They lost against Kirkham 7-18 but won against St Peter's York 33-5.

On 11th October Blackrock School from Dublin brought over in the region of 150 boys to play 9 games of rugby at every level in the upper school in celebration of the 500 year anniversary. Blackrock won all except the 2nd XV games. The 1st XV game was close but Sedbergh finally lost 24-29.

Netball

The U14A team won the South Lakes Tournament

Hockey

The School Ladies Team won 9-0 against Carlisle Thirds in the North West Women's Division Three North

Sailing

A team of three competed in the National Toppers Team Racing Championships coming 10th in a field of twenty-two

Shooting

The rifle team spent a week in Jersey competing in the Jersey Open. They gained the 4th and 5th position in the 3 position competition, the first time Sedbergh had competed in that competition

Future events

Half Term ends 2nd November

1st XV v Northampton away 2nd November

Bonfire and Fireworks 5th November 6.30 pm

1st X v Warwick home 8th November 1 pm

Remembrance Sunday 9th November 10.45 am

The Armed Man - A Mass for Peace' 9th November 7.30 pm

1st XV v Wellington College 19th November 6pm Broadstreet Rugby Club

Les Miserables 27th-28th November

1st XV v King's School Macclesfield away 26th November 2 pm

1st XV v Millfield home 3rd December 2.15 pm

Christmas Carol Service York Minster 8th December 6.30 pm

End of term 12th December 2 pm

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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 9 October 2025, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next scheduled meeting is 7.30pm on Thursday 13 November 2025 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh. Meetings are generally held on the second Thursday of each month.

Westmorland and Furness Council

Members noted several ongoing matters with Westmorland and Furness Council, including the Mayoral led authority for Cumbria review, local election delays (2027) and Community Governance Review. Also noting the final recommendations for the Local Government Boundary Commission for England review, which would see Sedbergh become a single member ward, with Garsdale and Dent. Currently, Sedbergh, Dent and Garsdale are combined with Kirkby

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Lonsdale.

Parking charges 2026-2027

Members had previously agreed an increase to the resident parking permits to £80.00 per annum (with effect September 2026), with holiday accommodation/business to £140.00 per annum. Members additionally agreed a moderate increase for pay and display parking at both car parks, with effect April 2026. Prices had last been adjusted in 2024 (biennial).

Other matters

Various other matters were discussed, including, parking review, planning matters, new market traders, finance, contractor review and various correspondence.

If you have any queries, or wish to contact Sedbergh Parish Council, please email at clerk@sedberghparishcouncil.gov.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.gov.uk

LIZZI'S COLUMN **Pharmacies and Buses!**

Lizzi Collinge MP

Over the last few months, I've been in close contact with residents, local organisations, and the Integrated Care Board (ICB) regarding some of the challenges your community has faced with access to essential services. I want to provide a clear update on the situation and share how I've been working to ensure better outcomes for local people, both now and in the future.

Many constituents contacted me about the failures at Jhoots Pharmacy. I write this after a follow-up meeting with the ICB and I'm pleased to report that they are actively exploring measures to prevent similar disruptions from occurring again, especially in rural areas like Sedbergh. This is an encouraging step forward. I emphasised to the ICB how huge the impact has been on the community and how I expect them to have plans for situations such as these. My caseworker has also spoken directly with a representative from the Community Pharmacy in Windermere and, as I write this, the preparations for the takeover are progressing well. They hope the pharmacy will reopen soon, once the standard protocols and checks by the ICB have been completed.

In Parliament, I have liaised with other colleagues and MPs who are experiencing similar issues with Jhoots pharmacies in their constituencies. Together, we have written to the Minister for Pharmacies, Stephen Kinnock MP, to

highlight the scale of the problem and to press for stronger safeguards to protect local pharmacy services in the future. I also asked a question directly to the minister in Parliament.

It's been genuinely heartening to witness the way local councillors, residents, and neighbouring pharmacists have come together to support the community during this difficult period. Their cooperation and goodwill have shown the very best of what the Sedbergh area stands for. Thanks to their efforts, we're now seeing a positive resolution for local people after what has been a deeply distressing experience for many.

Recently, I've also been supporting a local co-operative facing unforeseen business costs. I've

raised these concerns directly with the utility company involved and will continue to push for fair treatment. I hope to visit soon to see their progress firsthand and to discuss how we can continue to back small, community-run organisations.

Transport remains another key concern. I'm very aware of the ongoing issues with poor bus services in the village and have been in regular contact with Westmorland and Furness Council to raise residents' concerns about service reliability and availability. I'm also working closely with the Sedbergh Bus Users Group, who are doing excellent work to advocate for the town. Nationally, the Government has just announced a bus franchising

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pilot in Westmorland and Furness as part of improving rural transport.

The council will receive up to £500,000 for the pilot during 25/26 to explore how franchising could improve connectivity, boost passenger satisfaction, and support local rural communities. This funding will help the council develop the necessary capacity to navigate the franchising process effectively.

The programme will gather intelligence about different franchising models and share best practice across authorities. Most importantly, the pilot will help identify the most effective approach to managing bus services in the area. I'm really pleased to see this after lobbying Government for support for rural buses and after writing to Westmorland council back in May urging them to take up the full powers new Bus legislation will give them.

I'll continue to push for reliable local services, fair treatment for community organisations, and sustainable transport links that help rural residents stay connected.

Please don't forget, if you need my assistance you can contact my office via email on lizzi.collinge.mp@parliament.uk or leave a message on 01524 566 015. I prioritise contacts that are constituents needing direct help – if you have a query about a local or national policy I will reply as soon as I can but you will have to wait a bit longer. Every month I get thousands of emails so I appreciate my constituents' patience as I prioritise helping those in need.

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OUR BRIDLEWAY'S NOT FOR HORSES

Paul Benson

Bridleway ref no 525016 is the only bridleway linking the Garsdale and Dent valleys. As everyone will know, it is a public right of way for both horses, cyclists and walkers alike. We moved to Garsdale in 2017 with our three horses and had our eye on the existence of the bridleway when making our decision to move to the area. Potentially many others were aware of the facility and over the years have sought to travel over to Cowgill and beyond via the route. Indeed, it is understood that the path has huge socially historical significance in its former use as a 'Coffin' route for the transfer of the deceased to/from either valley.

Jump forward to 2024 and I reported to the Parish Council that, alas, the bridleway is far from usable for horses and walkers/cyclists do struggle. Aware of shared feelings on this in the valley I met with the YDNPA rangers to seek a resolution. The Rangers conceded that the precise route was poorly sign posted and the problems that existed

included a very boggy, unmarked and impassable (for a horse) steep section just south of the gate at the top of the Dandra Garth woods. Problems were noted to then continue as you attempt to navigate the upper stretches. Firstly, there is a small but fairly deep stream that presents a bit of a challenge for some horses and cyclists (not necessarily the walker), then we came across a boardwalk section which had collapsed into the mud. Efforts had evidently been made in the fairly recent past to place stone slabs (as stepping stones) across parts of the uppermost boggy terrain but alas the bits in-between had taken up the bogginess

There is no doubt that all these problems can probably be navigated by the walker if you don't mind getting soggy socks and a cyclist can potentially pick up their bike and navigate for short sections on foot. But for the horse rider the issue is impossible, and the bridleway is realistically closed to horses.

I was subsequently told by the YDNPA rangers that the cost of rectification of all these issues sat within the region of £50k (a huge overestimate in my professional opinion!) and they just didn't have the funds to deal with all the issues. They advised that they would try to rectify (where existing budgets allow) the signage, the boardwalk and the stone slab section but the lower boggy section just north of the woods would remain unresolved. In effect the bridleway would remain 'obstructed' and effectively closed to horses (as it remains today)

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The YDNPA do however have a statutory duty under the Highways act to maintain public rights of way and remove any 'obstructions' (irrespective of affordability). They do need to balance the funds and maybe stretch any works over a number of years, for affordability, but their legal obligations remain. In the face of such intransigence I submitted a s56 notice to the YDNPA in August 2024. This formally requested the park to confirm that (1) they accept that they are the authority delegated to maintain the route and (2) that they are taking measures to rectify the problem. On the 27th August 2024 the YDNPA accepted this and issued a 'counter notice' confirming, very clearly, that they accept all responsibility for the management of the path and have a duty to maintain it.

This at last moved us forward.

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They very soon made progress in restoring the collapsed boardwalk and a meeting was held with the YDNPA rangers on site where they investigated the original path line through the boggiest section by spiking with a rod. The path was identified (they hit rock) and they proceeded to commence excavation in early August 2025 to remove the overlying peat. The idea was to create a peat bund on the upper side of the path to prevent water from over-silting the path in the coming years. Unfortunately the excavation works pretty soon ground to a halt when they failed to uncover any evidence of a path. Work was stopped just 5m into the field from the gate. It is likely

that the path had been washed away over years through neglect and subsequent under use. I argued for stoning up and any discussion on this was denied. YDNPA then took the unprecedented step of claiming that they believed that the path was in no poorer a condition than it had always been and any work would constitute 'Enhancement'. As their acknowledged obligation is to Repair and maintain only, this seemed to be a nifty side shift to avoid carrying out any work.

We are therefore at a standstill. YDNPA saying they are not required to enhance with me arguing that the Bridleway should, as a bridleway, be reinstated to a 'passable' condition.

YDNPA have to acknowledge (as they cannot realistically deny) that the path was at some point passable (albeit maybe with some difficulty) and I argued that it should be reinstated to at least a passable state as a minimum (They are currently reviewing this argument)

It should be pointed out that I had highlighted a possible alternative solution to the Rangers and they are currently in discussions with the landowners of the woodland adjacent to the boggy section to see if a permissive bridleway could be agreed to bypass the worst section (The woodland managers Tilhill have confirmed that they have also been approached).

Our MP Lizzi Collinge has recently

reviewed the issues with the YDNPA rangers and sympathises with the Rangers endeavours and my evident frustrations. She gets to the point in asking me to seek empirical evidence that the path was not always in the poor condition we see today.

Our Councillor Hazel Hodgson has also been copied in on the issue but, from her initial feedback, clearly needs further guidance in understanding the issues at hand before forming any meaningful opinion. Currently she is suggesting downgrading the Bridleway to a Footpath!??

So...I ask as Lizzi has requested. Does anyone have empirical evidence of horses riding (or perhaps driving) the bridleway




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PUBLIC TRANSPORT USER GROUP UPDATE.

Ed Welti

Those of you who participate in the Sedbergh Forum, and alternatively those who keep an eye on local news, BBC or otherwise, may have seen that the government have allocated £500,000 to Cumbria to enable a pilot of rural franchising for buses. That splits into £250,000 each for Cumberland and Westmorland and Furness under the new organisation of local authorities. Rural franchising is a different model to the current way buses are subsidised in Westmorland and Furness

John Murray, the Westmorland and Furness Transport Portfolio holder,

came to the Sedbergh Economic Partnership meeting on Friday 24th October to talk about this, and the situation with buses in Sedbergh and District. Cumbria was one of five authorities to apply for the pilot scheme. The money has been received, and how it will be spent will have to be decided before the end of the financial year in April 2026. There is certainly no guarantee that this money will go to our area, and to put it into perspective, the £250,000 will only be enough to finance one route, and undoubtedly other places will receive consideration too. Council Officers are currently working on the framework for the establishment of the pilot.

This is not the only money which will be available for buses, the next tranche of Bus Service Improvement Plan money will also come through later in the year. It is hoped that the changes we are seeing will allow services to be established for more than just a single year, so that travellers for work and education can depend on a service staying in existence for an extended period. After a lack of transparency over the process last year we have been assured this time a points system will be established to help with the clarity of the decision making process.

We need to keep up the pressure to try and ensure that we are not forgotten or ignored again. If you haven't yet written to the Council, or too Lizzi Collinge stressing our need for better buses please do.

And speaking of Lizzi, see her column on page 26 for a little more detail on the franchising pilot.

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NOTES FROM DENT STATION

*John Carey, Friends of the Settle
Carlisle Line*

I was reminded that autumn is now well and truly upon us as I battled through the wind and horizontal rain from the station platform to reach the front door during Storm Amy. Possibly the first of several such occurrences over the next few months. We do seem to have increased awareness now that storms are all named but, of course, climate change may well be a factor. Meanwhile, we hope that we have done all of the necessary work to secure the house for the winter as there will be little chance now. It is indeed a challenge as the west-facing elevation takes a battering from the weather at 1150ft elevation.

There has been some excellent news in that the hard work by the 'Cowgill Escape Committee' seems to have paid off and the council have, at long last, engaged contractors to

rebuild the collapsed road at Dent Head in a surprisingly fast time. Why it has taken so long to get to this point is a good question. But we should have road access via Dent Head again before the worst of the winter. Well done to all involved and it just shows that persistence pays off!

On the railway, the trains had largely been behaving apart from the odd glitch. However, my optimism was brought back to ground with Storm Amy whilst, on this occasion, not the fault of the railway. To their credit they did run all services without pre-emptive cancellations, albeit with delays whilst trains waited for flood-water to dissipate. Meanwhile, the West Coast Main Line services fared less well with services suspended for a while.

However, it won't be long before the dreaded autumn leaf fall takes its effect. We might joke about it, but the leaves break down to form a Teflon-like coating which considerably





reduces adhesion of wheels to the track. Thus, trains can have difficulty in starting and even braking. I'm told that drivers are trained in wheel slip, but this can nevertheless be quite alarming when it happens. The answer is the rail head treatment train which projects high pressure water onto the track often appearing as a strange consist of tankers with locomotive at each end, once a day in each direction.

I wasn't allowed to say too much about it until now, but on 20th August, Avanti West Coast Trains ran a 10-coach Eversholt multi-mode train from Preston to Carlisle via the Settle-Carlisle route with a lucky few on board to test the suitability for future diversion traffic. I must say that it was a smooth ride although the views out of the smaller windows were not quite as good as the usual Northern 158. But, as many will know by now, Clifton Bridge, carrying the West Coast main line over the M6 near



Penrith will be replaced in the first two weeks of January 2026, during which time there will be closures to both motorway and railway. The plan is to keep passengers on trains, albeit with extended journey times and there will be a shuttle of up to 8 trains a day each way running in between the Northern service trains. The success or otherwise will inform decision making over the remaining 10 years of the West Coast Main Line upgrade and so these may become a regular sight. I am indebted to Andy McClurg for the photos of the train passing Dent Station having slowed to the rather pedestrian 30mph due to the foot-crossing.



Whilst a massive benefit in emphasising the strategic importance of having the Settle-Carlisle as a potential third route to the north, we have also raised concerns as to possible implications the diversions may bring to the regular stopping services in the event that things go wrong and the infrastructure fails. We know only too well that this can happen, particularly in the winter months. Also, with the West Coast programme being over 10 years duration, any paths created for the diversion trains could potentially be unused for 90% of the time which

might constrain development of our passenger services. But the truth is that this should really have been planned a while ago and improvements carried out which might have had legacy benefit.

That said, Network Rail appear to be attending to drainage and land stabilisation at critical points such as above Dent Head, possibly in anticipation of the additional traffic. Rumour has it that the signalling may well be replaced over the next few years, although in what form we do not know. It may be assumed that this could hasten the retirement of the mechanical signal boxes. Funnily enough, the Victorian technology is largely reliable although labour intensive; it is the electric bits that

connect to it that are often the issue!

Public transport in Sedbergh has become quite an emotive issue in recent times and the realities of access to services and employment for those without a private car have been brought into sharp focus. We have heard of several employment vacancies in the area for lack of public transport to bring workers in. In addition, it is disappointing to hear of passengers being turned away for lack of capacity. Indeed, the arguments for a regular service with a full-sized bus should be quite compelling and this matter has, hopefully, found its way to the top of the council agenda.

Anyway, back to 'Dent Interchange' (as I like to call it), we

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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 and supporting the local economy, 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. Please check www.westerndalesbus.co.uk for bus running confirmation and times including the current daily services between Kirkby Stephen and Kendal.

I should also remind as to the Dales Railcard, available to residents in the qualifying post codes and which provides a one-third discount from tickets purchased on the day (weekdays after 0815) on the Settle-Carlisle and Morecambe lines. The cards can be purchased (recently increased to £15) from Skipton, Settle or Appleby stations with proof of address or by application to the Settle Carlisle Railway Development Company via their website.

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

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RECOGNITION OF SERVICE

pp Neil Howarth

(Letter of gratitude to Neil's father upon cessation of service in November 1945 from Berlin....)

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RECOLLECTIONS OF SEDBERGH IN THE MID 19TH CENTURY

Colin Cowperthwaite

More memories of the town, as documented by Mrs Julia Green Vigour between 1840 and 1860. Her father was a master at Sedbergh School from 1831 until 1869.

In the days of my youth at Sedbergh not only women, but men and children were seen with their wooden "knitting sticks" girdled round the waist, working away hard as they tramped along the street with their watering cans hung on their elbows on their way to fetch water at the so-called "spouts". Except at the spouts, there was no way of getting water for the majority. There were a few private

pumps among the better houses, and there was one old-time "draw-well" within a mile; there was also a strawed pump at the western end of the town. Joss Lane Spout, at the foot of the Lane, was the most central; the water seldom ran fast, indeed sometimes it was only a running trickle, if that - and sometimes its water was turned off by the owners of the land between the town and Winder, whence the little runners sprang. I well remember the lament "He's turned t'wather off again", and they would have to repeat their efforts when it was turned on again later. Crowded groups were nearly always there, biding their time.

A feature of that date, it seems to



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me, was the patient “taking what came” with never a grumble, and very lively were the jokes and badinage. I was keenly anxious to hear what I could, by scrambling up the wall of the adjoining field where we played, and I do not recall a single instance of complaining or squabbling. I have known people wait their turn for an hour and yet be most kind and considerate in giving place to others, nor do I think absorption in the bump knitting was the reason for the patience shown, though the caps grew apace. The Terrace had its own pump and getting water from it meant going up two flights of stone steps, and then sixty yards to the pump in the backyard. Many years later, in her forty-first year of service, an ancient

domestic of my father’s was terribly upset when workmen, putting in a bathroom in the Terrace, tested the water pipes and to her mind wasted the water, and declared that “In all t’forty years I’ve lived here there was nivver as mich wather wasted as this one ’effernoon”. It was thought a wonderful thing to have a bathroom like the one in Thorns Hall and the one at Ingmire.

Some men, chiefly disabled in some way, or elderly, were good knitters, and with knitting stick fitted into a strap round their fustian coats, passed along several times a day; they were the recognised water-carriers and would come a quarter of a mile with the empty water cans on their arms, stopping on the way at

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open doors to exchange a greeting. Water-fetching was a slow business in dry weather; I remember frequently seeing a bucket take quite an hour to fill at the Joss Lane Spout, and so sure were the drawers of being "done by as they would do" that I have seen a can left to fill when it could, and even a suggestive companion to it, empty, in hopes of the good offices of some kindly follower.

Once a fortnight the "Bump Master" came over from Kendal and it gave a life to the old town to see the women carrying the coarse coloured caps to "liveroop" and then returning with brilliantly coloured packs like pedlars' packs. It was said that the caps were exported, after being milled, to the sugar plantations in the West Indies.

The wooden needles were made by the men from sticks cut from the hedges, usually costing 1/2d the set. The big skeins of yarn were wound on four lathes, with peg holes

in the end for the yarn, and a pivot in the centre of a stool like a milking-stool and went merrily round as the winder sat at work.

At the foot of Castlehaw Lane where it meets Long Lane was another of the town spouts, and opposite stood the cheerful old blacksmith's forge, with its ringing strokes ever sounding on the anvil, and the cheerful blaze and roar of the fire. It was the most picturesque place in Sedbergh, and I for one was sorry when it disappeared to make room for the police station. On the north side of Long Lane, fixed against the wall, there was a small stone and there was an old story about it, that every New Year's night at twelve o'clock that stone moved away and a large black dog came forth and roamed about Thorns Hall and Settlebeck until dawn, when it returned, and the stone was as before until next New Year.

It was surely a great loss to Sedbergh when the old Market Cross was no more. One night, in February 1853, some of the "scholar lads" managed to break bounds and carried out some of the wildest freaks, such as tearing off the handsomest of the door knockers in which, at that time, many householders took pride. Dr Batty's defied damage; there were two front doors, each with short round knockers of wrought iron, made to withstand time and wear; they may

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be there still: the same rag-tag-and-bob-tail scholars also took off the ball of the cross. I never heard what became of it, and it was never replaced, and ere long the whole structure of the Market Cross disappeared, leaving just the open square. On the west side of the Square there were some very ancient cottages, mostly of timber with verandah balconies. Most corner houses were "upper and lower" dwellings, the upper house being reached by a flight of wooden steps outside, some not even possessing a handrail. I know there was one such in "John Jackson's" yard, exactly opposite the Joss Lane spout, and I remember how we disliked the two spinster sisters who lived there, for they always spied on us and, worse still, "told tales" if they saw up either venture across to the spout or dabble in the cattle troughs higher up in the field!

CHILD LABOUR IN THE 19TH CENTURY

Sedbergh History Society

Richard Cann

Child Labour in the 19th Century

A talk with the above title was given to the society by Dr Winstanley. He based his talk on various censuses. The average age of the population was much younger then than now with a greater proportion of children. When considering child labour some questions need to be considered; what is a child, what is work, how many children worked and what are the geographical and temporal variations? Also specific types of work such as in mines, in agriculture, etc have to be considered.

At what age did you cease to be a child; at what birthday or at puberty or at the legal age of consent. Is work a bad thing for children? it provides discipline, helps family finances if paid and helps the family if not paid but working at home. In the 1851 census the average percentage of 5-9 aged children working was 2% for boys and 1.4% for girls but there were regional variations. Bedfordshire being the highest with 11.9% for boys and 21.5% for girls. Far more of the 10-14 age range were working, the most being 51.6% of boys in the West Riding and 50.6% of girls in Bedfordshire. Agriculture was the most frequent job for boys and domestic service for girls. Liverpool had a low percentage as there was a lack of mills and dockyard work was too physical for young boys. As a result, there were complaints about the bad behaviour

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of unemployed children in the city. In the 1911 census for 14- year- olds the vast majority were working with Oldham top for boys and Blackburn for girls. The seaside towns were at the bottom. In the 1911 census for Westmorland agriculture came top for boys and domestic service for girls.

The jobs that children did depended on where and when they lived. In London there was concern about boys going up chimneys to sweep them and there was a Commons report on the subject but outside London a survey in 1817 showed that very few boys were employed in this. In agriculture young children were employed in tasks such as bird scaring and keeping sheep.

Their use in large work groups was not allowed by an Act of 1867. They could become farm servants from about the age of 12 but there was always the clash as to whether they should get paid for doing that or staying at home and working on the family farm for free. Parishes had to support pauper children and there was the desire to move them out of the parish or get them working to lessen the cost. One way this could be done was to apprentice them. Most were apprenticed locally but some were sent quite a distance away. For instance in the 1870s Liverpool apprenticed several boys to Stott Park Bobbin Mill. Textile mills were a common place for children to work and the conditions were bad. However, the Factory Act of 1844 stipulated that children had to receive schooling. Those aged 8-12 were limited to 6.5 hours a day plus 3 hours of schooling. Those aged 13-14 could work full time if they had reached a certain educational level. Children worked in mines usually not on the coal face but doing jobs like hauling and door opening. However, the Act of 1842 banned boys under ten and girls from working underground in mines. Some children worked in services such as being telegraph boys or newspaper sellers.

To sum up children in general had difficulty in finding work and little of that was full time except for those working in their families. Some though worked long hours and could suffer abuse. At the end of his talk Dr Winstanley answered questions and was then thanked.

FIFTY YEARS AGO

Colin Cowperthwaite

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

School Presentation

A cleaner with 24 years service at Sedbergh County Secondary School, Mr Frank Pennington of 34 Fairholme, retired recently. To mark the occasion he was presented with two book tokens by Mrs Christine Williams on behalf of the staff, and the children presented him with a book.

Bonfire Night

The annual bonfire night and firework display, promoted by Sedbergh Gala Group, was held last Saturday at Howgill Lane, and

despite appalling weather conditions, attracted a large crowd. Attendance figures were down on last year and considerably below that of the year before, but gate receipts amounted to 112 pounds and all the side shows did good business. Both the dances which concluded the evening were well supported.

Armistice Day

An Armistice Day service was held at Sedbergh Parish Church conducted by the vicar, Canon D.A. Rogers, and the Rev. H.S. Hills. The preacher was Monsignor T. MacDonagh, and the lesson read by Mr Ian MacDougall. Banners were presented by the men's and women's section of the British Legion, and the Guide flag was carried by Linda

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Dobson, escorted by Patricia Harris and Bryony Smith-Saville. The Brownie Pendant was carried by Carol Leighton, escorted by Diane Bowman and Anita Norman. Organist was Mr W.L. Smith. At the laying of the wreaths ceremony, the Combined Cadet Force of Sedbergh School paraded, and also provided buglers. A collection taken in aid of the Earl Haig Fund amounted to 30 pounds.

Dent Meals on Wheels

Last week was an historic occasion in Dent, as the first meals-on-wheels was taken from the School canteen and delivered to eight local persons. 15 volunteers, two each time, take the meals round two days a week.

Couple to live at Cautley

Miss J. Pennington and Mr L. Bain

were married recently at County Hall, Kendal. The bridegroom is a farmer, and his bride, the daughter of Mr and Mrs F. Pennington of Fairholme, Sedbergh, is employed by Riggs Cafe in Kendal. The bride wore a dress of white nylon and her bouquet was of pink roses and white carnations. Her attendant was the bridegroom's aunt. A reception followed at the Bull Hotel, and the couple will make their home at Glenroyd, Cautley.

The late Mr. J. Shannon

The funeral took place last week at Sedbergh Parish Church of Mr John Shannon, of 64 Maryfell. He was born at Hawick in Scotland, and came to Kendal with his parents when a child. They lived in Captain

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French Lane, and his father was employed at Mealbank Mills. After leaving school Mr Shannon also entered the textile industry, being employed in woollen mills near Edinburgh, and later at Bradley's Mill at Millthorp, Sedbergh, until it was destroyed by fire. Latterly he had been with Goodacres at Kendal until his retirement a year ago. During the last war he served with the RAF, and was one of the first to touch down in Germany. In 1939 he married Miss Sylvia Pattinson of Sedbergh, who survives him, as does one brother and a sister. The service was conducted by the vicar, Canon D.A. Rogers, followed by cremation at Lancaster.

Garsdale Primary School

Garsdale Primary School held a very successful bring and buy sale on Saturday in aid of school funds. The event, which was organised by staff and children, was opened by Mrs Armstrong, and an added attraction was a videotape of the recent TV documentary film on nearby Grisedale, which was shown by Mr B. Hinton. Proceeds of the sale amounted to 80 pounds.

Junior Guild

At the Junior Guild meeting on Tuesday, Veronica Brown introduced Mr Chris Bennett, of Sedbergh School, who showed a film of "The Ten Lepers" and also acted as pianist for the evening. He was thanked by Jane Souter and Leslie Brown, who also kept the register. The lesson was read by Jeanette Ferguson.

Tenants' Association

A meeting of the Sedbergh Tenants' Association was held recently in the Masonic Hall, when

the secretary, Mr J. Ashburner, was in the chair. All three Sedbergh members of the SLDC attended, but the chief housing manager, Mr Pye, was absent. Mr G. Mounsey spoke to the meeting about the Rediffusion situation with the tenants. Members wanted to know why Sedbergh council tenants should be forced to pay for a service which many of them do not require - namely piped television, when other council estates in the South Lakeland area were not subject to such a ruling. Coun. C. Iveson agreed to take the matter up with the SLDC housing committee. Another matter causing concern was the traffic flow on Maryfell, and a proposal for a one-way system was carried. Coun. J. Dawson said that, as a governor of Sedbergh County Secondary School, he would do his part to help this proposal, and suggested that the Association secretary write to the Highway Authority about the matter.

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WILLIAM CARUS WILSON

Karen Bruce Lockhart

William Carus Wilson is the gentleman after whom Carus House is named. He founded Casterton School, was a respected clergyman, an editor of a magazine and a writer of children's stories. He published *The Children's Friend* which continued a magazine of "grim morality" which continued until 1930 although in a somewhat milder form. He published children's and other books on religious and other themes such as slavery. In retirement he became involved with drunkenness among soldiers and encouraged soldiers to consult him. However, he is probably best known nowadays as the inspiration for the cruel and hypocritical founder of Lowood School in Charlotte Brontë's *Jane Eyre*, Mr Brocklehurst, having been in charge of the school when Charlotte was a child there.

He was born William Carus in 1791 but later added the name Wilson when his father inherited an estate, Casterton Hall, on condition he took the name Wilson. When he graduated from Trinity College

Cambridge he was refused orders due to his extreme Calvinism, which beliefs may explain the view that Charlotte later appears to have taken of him. However, he was ordained the next year and became Vicar of Tunstall and later Rector of Whittington. He donated the land on which Holy Trinity Casterton stands and founded the church.

In 1823 he founded the Clergy Daughters' School at Cowan Bridge, which later moved to Casterton and is now Sedburgh Prep, to assist clergymen of limited means educate their daughters. He must have been well respected as the patron was the Archbishop of York, and one of the benefactors was William Wilberforce.

Charlotte did not mince her words in her description of Mr Brocklehurst in *Jane Eyre*. Among other character destroying descriptions of Mr Brocklehurst she wrote:

"He starved us when he had the sole superintendence of the provision department, before the committee was appointed; and he bored us with long lectures once a week, and with evening readings from books of his own inditing, about sudden deaths

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and judgements, which made us afraid to go to bed."

After the publication of *Jane Eyre* he considered suing for defamation but on receiving a letter of explanation and apology from Charlotte decided against this. She said she had exaggerated the description for literary licence. In any event the novel was published with the author named as Currer Bell and the connection to Casterton was not obvious at that stage.

However, Charlotte did report having heard an elderly clergyman saying he did recognise the school and its founder, and that he said Wilson "deserved the chastisement he had got"

He was married to Anne Neville and had five children, two girls and three boys. The girls, of course, also make a brief appearance in *Jane Eyre* to demonstrate his hypocrisy as they wore silk and feathers in the height of fashion while the orphans were inadequately clothed. He had three brothers including one of the same name who died the same day William was born. Wilson died in 1859 aged 68.

FAMILY MUSINGS

Sarah Woof

Those who know me well or have known me all my life, and my apologies if you are affected by both, know how much I love Cornwall! The county, the people, certain places, the beaches, the sea and so on. We went there in September and rented a static caravan with absolutely gorgeous sea views. But no provided bedding. We and one dog, Tilly, went by train with 3 changes going south and one coming north. We all survived. And had a thoroughly enjoyable time.

Although my family, and close friends, think it is an impossible feat for me to travel light, after all I always have a bag with me, I did. We both did travel light. And we survived. The bedding was 'interesting' and had to be tied on as 2 things were nylon and slipped off each other as we slept. Tilly had to settle without the usual boundaries of a crate, and I think probably thought 'it morning' when we were only having a wee visit to the smallest room during the night.

One day we walked to my beloved Pendower, where I spent so many happy times growing up, and from where came the inspiration to write

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about those holidays which won me a holiday voucher last year. We walked on the fine sand, watched the sea, ate ice creams then walked back, at least 8 miles and our knees knew about it! The next day we stayed around Portscatho and started a jigsaw in a church which had a very sophisticated coffee machine, we enjoyed tea and hot chocolate but not coffee. A short break to set us up for winter.

Autumn first, leaves to rake and sweep and bag for leaf mould in the future, an extra layer of clothing some days but not always. Jobs to do in the garden to tidy it up and settle it down. With lots to do in the house I certainly won't be idle.

Enjoy the bonfire celebrations and amidst mine will be the loving remembrance of my brother whose life ebbed out one November but who certainly gave his last two years a great wack of getting on with things. Never to be forgotten. Ever.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

This has been a busy year for participating in events and giving talks at conferences and many other interested and varied groups. This started in February when I was invited to be a keynote speaker at the Cumbria Biodiversity Record Centre (CBDC) annual meeting at Tullie House in Carlisle. CBDC holds records of important species and is a vital source of information for developers and ecologists who want to submit planning applications and need to know the location of relevant wildlife – in our case, existing swift nesting places – so that they are preserved. That is why we are so keen to hear and record any swift nests in our area.

We once again helped to organise the Swift Stand at the 3-day Global Bird Fair at Rutland Water in July, to raise awareness about the threats that swifts face but very importantly to emphasise that they are a bird we can help. This is the biggest event worldwide in the birding world with many huge marquees and attracts many hundreds of exhibitors from all over the world – with groups like ourselves promoting a particular





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species as well as travel companies, artists, and manufacturers of all sorts of bird related products. Our stand has developed into a wonderful display, supported by Action for Swifts Trading Ltd, a major manufacturer of swift boxes and bricks that is part of the swift network, with very close ties to swift conservation

www.actionforswifts.com . We somehow managed to cope over a sweltering weekend with the help of frequent supplies of iced coffees!

As part of Swift Awareness Week in July we held our annual Open Day at Lowgill. Many visitors were able to enjoy panoramic viewing of parties of swifts zooming past, and also see

action through our cameras. They could also take advantage of seeing the various nest places at our cottage – natural sites in the eaves including those in the infamous bathroom, as well as those we have created with internal brick and boxes.

More recently I was invited to be on a panel at Cumbria Wildlife Trust' Members Day at Rheged. The theme was improving biodiversity and my main message was to urge the consideration of urban biodiversity. Most of us live in towns and we need to emphasise that buildings themselves are habitat. This is particularly important for swifts and other cavity nesting birds which almost exclusively nest in buildings.

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Landscape issues are widely discussed and written about but urban biodiversity is overlooked – yet it is an area where we can indeed do much to help wildlife.

A very big event is on November 8th when, together with Kendal Swifts and the Penrith Swift Group, we are hosting the biennial Swift Local Network (SLN) conference. Delegates are coming from all parts of the UK, Scotland, Wales and Ireland and it has been a huge effort to organise a programme of varied speakers. We have even persuaded SLN members from the south coast and Devon to venture north!

Apart from engagements to speak to lots of groups, our next major talk is on January 7th at Tullie House

again for the joint meeting of Cumbria Bird Club and Natural History Society. This time my presentation covers all that is known about how birds manage to sleep on the wing, and the adaptations for accomplishing some of the extraordinary feats of bird migration.

We hope that councils, developers, ecologists and planners may be becoming increasingly aware of the plight of swifts and our aim is that this will eventually be translated into action for their preservation.

As always, any time is good to put up boxes so do get in touch for any help or advice.

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YORKSHIRE DALES RIVERS TRUST PHOTOGRAPHY COMPETITION

Victoria Benn, Communications and Marketing Officer

The Yorkshire Dales Rivers Trust Rivers4Life autumn stage photography competition is now open.

The charity is looking for the best photographs of Yorkshire Dales rivers and wildlife this autumn, to be included in its Rivers4Life exhibition which will be mounted at the Dales Countryside Museum in 2026 and will also feature in its 2027 calendar ☐ all funded by The National Lottery Heritage Fund.

For an entry form visit:
www.ydrt.org.uk/photography-competition/

The autumn stage of the competition closes on 5 December.

Remember to include the location of your photographs, taken in the catchments of the Yorkshire Dales Rivers Trust which includes the rivers Swale, Ure, Nidd, Wharfe and Ouse and their tributaries.

The Yorkshire Dales Rivers Trust was established in 2004 as a Registered Charity, working to enhance and protect the rivers of the Yorkshire Dales for the benefit of everyone. By working in partnership with landowners, businesses, land managers and the public, it aims to care for the rivers, streams and catchments of the Swale, Ure, Nidd, Wharfe and Ouse as sources of pure water, as habitats for aquatic and other wildlife, and as havens of quiet recreation for anglers and everyone to enjoy. It also works with schools and communities to inform children and the wider public, to ensure a better understanding, care and appreciation of rivers and their associated habitats.

Find out more at: www.ydrt.org.uk



SKIDDAW FOREST

Cumbria Wildlife Trust

It's a year since we launched our successful fundraising appeal for Skiddaw Forest, which raised £1.25m. The development of Skiddaw Forest near Keswick, a 100-year vision, will see restoration work across 3,000 acres of habitat, including just over 1,000 acres of peat bogs and the creation of 620 acres of Atlantic rainforest.

Prior to the fundraising campaign, we had already secured £5 million, thanks to a long-term partnership between The Wildlife Trusts and Aviva and additional support from charitable funders. With this, and the thousands of people who donated to the campaign, we were soon able to complete the purchase of what is now England's highest nature reserve.

Pete Jones joined us as Skiddaw Forest Project Manager in January this year and is bringing extensive nature reserve management experience to the job. Rowan Sharpe, our Community Tree Grower, is leading an innovative effort to source and raise native trees from local seed, avoiding imported stock that could introduce pests or fail in

the harsh upland climate. Volunteers are collecting seeds, which are nurtured in local nurseries being set up across Cumbria, to create resilient woodlands that reflect Skiddaw's character.

Pete Jones reflects on the past year:

"Despite its name, Skiddaw Forest is now mostly treeless, made up of high fell and bog. Our vision is to restore temperate rainforest and revive damaged peatlands. This is a 100-year project, and we aim to recreate an upland rainforest rich in native oak, birch, rowan, and hazel, alongside moss- and lichen-covered ground teeming with wildlife. Our peat bog restoration will combat climate change by storing carbon and improving water quality. The land will remain open for visitors to continue to experience a true sense of wildness.

"The first year has focused on groundwork: we've been busy with baseline ecological surveys, partnerships, community engagement, and regulatory permissions. Scientific surveys have been mapping current habitats and species. The bird breeding report has shown the usual upland mix of meadow pipits and skylarks, with



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good numbers of red grouse present. Vegetation habitat mapping is ongoing, and peatland assessments have detailed restoration strategies to re-wet the degraded bogs.

“Surveys of invertebrates and bryophytes (small plants including mosses and liverworts) are underway to deepen our understanding of the ecology of Skiddaw Forest. These studies will guide future work while protecting sensitive areas.”

“We’ve run guided walks for supporters and donors to see our plans first-hand. Engaging with local residents, parish councils, running clubs, and farmers fosters trust and participation in the community. At public events at Keswick Museum we’ve shared plans and opportunities for people to get involved. Local volunteers have been helping to collect tree seed from Cumbria to grow them at our community tree nurseries.

“As a Site of Special Scientific Interest (SSSI) and Special Area of Conservation (SAC), all works require strict oversight to protect wildlife and habitats. We’ve secured initial permissions from Natural England, and Environmental Impact Assessment approval from the Forestry Commission is in progress, looking into any potential ecological, visual, and heritage impacts.

“Looking ahead, Skiddaw Forest’s restoration is ambitious, but with science, community, and persistence, the project aims to prove that marginal upland landscapes can be reborn - giving nature not just a chance, but a thriving future.”

LAWRENCE’S GRAN

Christine Wood

There is a boy called Lawrence in Cottage G at Nyumbani, the Nairobi home for children with AIDS. Visitors always notice him as he’s a past master at getting attention. He will bring you a drawing, or some spellings or sums to check, then he’ll bring more. I went to Cottage G to help the children with homework. It would have been so easy to give all my attention to Lawrence.

He has an aunt who visits him regularly. He spends some holidays with her and her family. The children are very much encouraged to keep in touch with any relatives they have.

Over the weeks I got to know his aunt Philippa, and she asked if I

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would like to come and visit her Mum who lives in one of the slums, Mathare. Although it is safe for a 'Muzungu', as they call white people to go into the slums in the day with people known there, I was advised we should take Alfred, the social worker with us.

We set off in one of the smaller school buses, Philippa, Alfred, myself and the driver. As we neared Mathare we passed stalls piled high with aluminium pots pans and buckets. It's the area where they make them. Then we saw it. A vast shanty town with shacks all made with odd pieces of corrugated iron. They would not have made good chicken houses. Nobody knows how many people live there. Some say 12,000, some say

20,000.

We passed four standpipes with a long queue of brightly dressed young children and old people waiting to fill a motley collection of plastic containers. This was the entire water supply for the upper level of Mathare which is built on the site of an old quarry. Philippa said "If you don't collect your water by three in the morning you have to queue."

We turned left down a hill for about 300 yards and the driver parked the bus on a patch of mud. The four of us walked along a dirt road about two metres wide with shacks either side. Some of these had been burnt out. "This often happens," Alfred said, "and not just in election riots. If the rent is not paid some landlords burn

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down the house. The rent for a house here costs about £5 a month," added Philippa, "But people who live here are very resourceful and they just collect more discarded wood and corrugated iron and rebuild."

I noticed a pipe about 15" in diameter protruding along the side of the dirt road. This was a soil pipe. So there wasn't the stench you get in most slum streets where there is only an open sewer. There is no proper sanitation. Further along we came to what looked like a heap of soil. In fact it was a dung heap where a family was raising a few sheep and goats for meat. They were bleating and nibbling at a few faded cabbage leaves discarded by greengrocers. The poor animals were scraggy and

had never seen a patch of grass. I guess the meat must have been tough. A few chickens were clucking and pecking at the dirt.

Soon we saw a small stately looking woman coming to meet us. Her hair was wrapped in a bright red, gold patterned headdress with a green band tied around it. Her cotton dress was patterned like a leopard skin. This was Mama Philippa, who brought up three daughters here and has lived in Mathare for over thirty years. "Welcome to my home, Mama Simon", she said, and ushered me in through a dark doorway. The very rough rocky ground was covered with thin patterned vinyl. "This has to be replaced every few months", said Philippa.

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The main light was from the doorway, there were no windows. A few chinks of light came in through the roof where the corrugated iron pieces did not join up. Of course, despite the plastic sheeting draped over the ceiling, water came in whenever it rained. "We have to move the furniture around when it rains to try to keep it dry," There was only one room. A net curtain divided the bed from the living room. The kitchen, no more than a charcoal burning stove and a bowl, was at the end of the bed. I noticed what looked like an old bed frame on the wall at the end of the kitchen and asked what it was. "Oh that," replied Mama Philippa, "That's just to stop you falling over the cliff. This is the upper

edge of the old quarry. Fall down that side and you fall over the edge." "How do you manage the laundry with so little water?" I asked. "We just soap and scrub the washing. We can't rinse it. Then we peg it on the line outside."

There were two old settees against the walls, each draped with a piece of cloth, and two old armchairs on a third wall. In the middle of the living room was what looked like a coffee table. In fact it was a piece of wood on a packing case covered with a bright green and orange cloth. I was amazed at how bright and clean it all was. Then I noticed a wire hanging from the ceiling. "Is that an electricity supply?" I asked. "A long time ago someone tapped into the electricity

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upply and brought us power for a short while. But then it stopped. All we have now are kerosene lamps." Philippa fetched one to show me. It was just like a short stubby candle and gave about as much light. In the hours of darkness, from 6.30 pm to 6.30 am that is all the light they have. It's impossible to do any close work or for children to do homework. Children fortunate enough to go to school are always allowed to do their homework before they come home.

It was time to leave. Mama Philippa felt honoured to have me as a guest. Many people come to look at the slums but few are willing to go into a home. For her the experience was just like it would be for me if the Queen came for tea. It was a great privilege to be invited into her home. Mama Philippa is my heroine. She has lived in that shack for over thirty years and brought up three daughters there. One, Lawrence's mother, died of AIDS. Another, Anna, is a single mother with four children and lives in a slightly better area now. But Philippa has a family, a job and a good husband. She helps her mother and sister all she can. I often wonder how my children would have fared if we had lived in Mathare. Could I have kept them fed and healthy? Got them a little education? I very much doubt that. It takes a lot of hard work and courage to live and survive in Mathare. I am full of admiration for Mama Philippa.

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.

DENTDALE HEAD TO FOOT

The Antarctic!

Andrew Povey

A sailing ship trip to the Antarctic is not for the faint hearted! Myles Ripley gave a fascinating talk on his recent trip by sailing ship (the Europa).

Setting off from Uruguay the itinerary included the Falkland Isles, South Georgia and the Antarctic Peninsula before returning to the tip of South America. A month and a half at sea in total.

Disembarking at various points en route involved comprehensive personnel cleaning and disinfecting in order to preserve biosecurity on these remote islands.

The crew took turns at going on watch, this is to man the ship for the



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full 24hrs of each day, but particularly to avoid icebergs!

Myles showed many slides of the different wildlife present, in particular penguins, sea birds and seals. In addition there are a range of historical monuments and buildings on the islands resulting from previous conflicts and from past trade.

The sea conditions varied from calm, when the ship could make good progress to heavy pitching and yawing. A video of the ship swaying in the water with the decks awash showed just how demanding it can be.

Everyone enjoyed the talk and Myles demonstrated considerable courage going on such a trip.

All adult residents of Dentdale are welcome to attend our events.

Our next event on 7th November will be Ivonne Cervetti speaking about Earthing. Look out for more details on the posters and our facebook page. 'Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page. Please 'like' our page.

For further information please call .

Andrew Povey on behalf of DDHF
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KILLINGTON W.I.

The Afternoon W.I. for the Entire District

Wendy Fraser-Urquhart

As we gathered for our meeting today the sun came out after a few really misty days. Mist has its charms but enough is enough! The year has raced away and by the time you read this the clocks will have been put back and it will be dark even earlier. I always have to say to myself "Spring forward, Fall back". Today at our meeting we travelled south to where the light lasted for 24 hours. We went to Antarctica in their Midsummer - November and December - in the company of the ever adventurous Myles Ripley. At the end of 2023 Myles had set sail on the sailing ship (yes - real sail power !) Europa along with a professional crew of 15 and 35 paying guests of whom he was one. No don't be fooled the guests had to work their passage and sail the ship through the icy Antarctic waters on a rotating watch throughout every 24 hours. They had to raise and lower the sails, even climbing high in the rigging: check the correct direction of the vessel, look out for icebergs especially the small ones low in the water which could have punctured a hole in their ship. Setting sail from Montevideo they journeyed to the Falkland Islands, South Georgia, the Antarctic coast and finally back to the southern tip of South America. They surveyed the bird life and marine life, saw and learned about the magnificent geology and history of the region. They enjoyed the company of their shipmates. What a fantastic experience . Thank you

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Myles for sharing it with us.

Then it was teatime and a special decadal birthday for Susan Raw, a lovely one to celebrate with a magnificent chocolate cake and hearty singing. I will leave you to guess which decade! Wishes also went to Dilys Evans, another happy birthday girl this month. Discussions and reports followed. Plans were made for another outing this time to Barton Grange and for our Christmas lunch at the Golf Club (to mince pie, or not to mince pie? That is the question! apologies to Shakespeare) Our next meeting is our AGM in the committee room of the Peoples hall on Tuesday the 11th of November at 2:00 PM. We also look forward to a question and answer session with a representative from the Furness and Westmorland council on recycling in our area. Do think about joining us as we plan for another rewarding and informative year.

SEDBERGH W.I.

Moir Folk

Having suffered a computer "crash" on Lookaround Deadline Day I'm afraid I can only contribute a brief summary of Sedbergh WI's activities over the past month.

First, a non-event: heavy rain meant that the walking group's September walk was cancelled. The craft and chat group met at Valerie's house in early October – some gifts for the St John's Hospice stall at St Andrew's Christmas Fair are being prepared. The lunch club met at Redwell Country Inn at Arkholme on 25th September and had an enjoyable time together with good food.

Marjorie Bidgway was the welcome speaker at our main meeting in the People's Hall on October 8th. The last time she spoke to us we were able to see her huge collection of buttons, amassed over the years. This time she brought samples of a much more recent interest: MOSAICS. A few years ago she spent about 3 days at Denman College, formerly a residential craft and educational centre for the National WI movement, learning about and making mosaics. She told us about the history of mosaics and, in particular, about the Italian town of Ravenna which she visited with her three grandchildren who share her interest in mosaics. There are spectacular colourful mosaic displays in many public buildings. Marjorie started making things with mosaics in her barn at home and she showed us some of the items she had made for garden decoration, which were lovely.

The book club met at Sandra

Kemp's home on October 9th when we discussed "The Colour of Milk" by Nell Leyshon. It was a very moving book about a farming family in 19th century England: the heroine was 15 year old Mary, who relates the story. Average score was 7.3/10.

Our November WI meeting will be held on Wednesday 12th at 7.30pm in the People's Hall committee room. We're looking forward to a practical meeting led by Ruth Clayton, an artist with a studio at Farfield Mill, who will be giving us some tips about painting and helping us as we try them out. Visitors and new members are always welcome. For further information please contact our President, Louise Atkinson 07885 378883 or our Secretary, Lesley McCririe, on 07930 177423

HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

On 2 October 2025 at Firbank, Bridget (standing in for Sarah) welcomed 7 members and our WI advisers for the evening, Linda Stretton and Sarah Middleton.

A short business meeting was followed by the AGM overseen by Linda and Sarah. The secretary's report was read out detailing events undertaken throughout the year, our membership numbers and attendance, and the results of the Appleby Cup for the most competition points achieved, this year won by Liz with 16 points, closely followed by Bridget and Pauline with 15 points, then Sarah with 13 points.

Our financial report shows that we are still in a comfortable position. As

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the domino drive had proved very successful, it was suggested we arrange another one for next year.

On behalf of Sarah, Bridget thanked everyone for their continued support and contribution that they made towards keeping our WI successful. The committee were re-elected on block, with Sarah having already agreed to remain as our president for another year.

All business completed, Linda and Sarah challenged us with a local landmark quiz where we all proved quite knowledgeable. Bridget thanked the ladies for an enjoyable evening.

The raffle was won by our adviser, Sarah, with the competition for a cosy autumn hat won by Audrey with Jacqui second. Our usual Jacobs Join rounded off the evening. Our next meeting is at Howgill on 6th November where Jacqui Robinson will instruct us on needle felting a Christmas decoration. Visitors and new members always welcome.

DEMENTIA AND YOUNG PEOPLE

Hannah Gardner, Dementia UK

We know that dementia affects the whole family, including children and young people. My role as Consultant Admiral Nurse for Children and Young People at Dementia UK helps younger members of the family feel seen and heard. I regularly support young people and their families who are affected by dementia, but another important aspect of my role is raising awareness of our Consultant Admiral Nurse service for Children and Young People and promoting best practice in supporting them.

Over the past year, I've had the privilege of presenting at several conferences, sharing my expertise as a Consultant Admiral Nurse. At these conferences, I shared various aspects of my role, including my work as an ambassador, practical insights from clinical practice and the importance of providing inclusive, age-appropriate support.

I have also advocated for greater recognition of the unique challenges faced by younger family members, highlighting the need to bring their voices and experiences to the forefront of dementia care and support.

Dementia UK has even had a global impact by participating in Lorenzo's House Youth Summit, which supports children and young people worldwide who have a parent living with young onset dementia (where symptoms develop before the age of 65). This was a fantastic opportunity to connect with over 40 professionals from across the globe,

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share expertise and showcase our commitment to improving support in the UK.

These events have provided valuable opportunities for networking, sharing best practice and collaborative learning to strengthen family-centred approaches to dementia care.

What are my five key takeaways from the conferences?

1. Children and young people must be seen, recognised and supported. Their unique experiences should be acknowledged, and support must be inclusive, age-appropriate and accessible.

2. Skilled professionals make a real difference. Trained professionals play a vital role in identifying young people in caring roles and providing meaningful, compassionate support.

3. Children and young people must be involved in shaping support. They should be actively included in designing services, education, research, resources and awareness campaigns.

4. A family-centred approach is essential. Support should consider the whole family, recognising the impact of a dementia diagnosis on every member, including children.

5. More research and evidence-based interventions are needed. There is a clear need for further research into the specific support needs of children and young people, and for developing effective, evidence-based approaches.

What do you think the biggest challenges and opportunities are?

The biggest challenge will be finding out what support children and

young people need and want, due to a lack of research into understanding their unique needs. However, ultimately this brings the biggest opportunity to make a real difference to children and young people impacted by dementia.

I am super excited to have this opportunity to make a difference!

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You might be able to apply for support with the cost of energy efficiency upgrades like insulation, a new boiler or a heat pump via your energy supplier or government scheme.

If you're behind on your bills, you might be able to get a grant to help you pay off your debt via your energy supplier. You'll need to get full debt advice before applying and can do

this through South Lakes Citizens Advice. (If you are disabled or of state pension age, you can also apply for non-financial support from your supplier through the Priority Services Register.)

Remember, you don't have to face this alone. If you're struggling to afford your energy bills, contact South Lakes Citizens Advice.

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:

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BOOK TOWN QUIZ ANSWERS

1. Under Milk Wood – Dylan Thomas
2. Entomology (The Nabokovia genus of butterflies is named in his honour)
3. James / Jan Morris
4. Wilfred Owen
5. Mervyn Peake
6. Botanical illustration
7. A Passage to India – E M Forster
8. David Niven's
9. Karen Blixen
10. Arthur Miller
11. Lord Byron
12. Three Men In A Boat – Montmorency – Jerome K Jerome

USEFUL CONTACT DETAILS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday
1400 - 1600
01539 795000 or 0845 6060265

Police in any area

101

Report Grey Squirrels

sedberghredsquirrels100@gmail.com

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 11/03/2026
 Dates in **BOLD** are start & finish events.
 Numbers in Brackets indicate Advert/Article on a Page.
 Month in Bracket relates to issue that details last
 appeared.

NOVEMBER 2025

01	700	The Parallel Path (6)	Westwood B
02		Half Term Ends (22)	SS
02		Half Term (Oct)	SS
03	1930	High Arctic Talk (10)	StAS
04	1400	Sight Advice Meeting	PH
05	1100	pmrgca support group	FM
05	1800	Pickleball Weds Starts (6)	Hirst Cent
05	1830	Fireworks (Oct)	SS
06	1930	WIHF - Needle Felting (0)	FCH
07	1400	DHTF - Earthing (0)	DMH
08	1930	Sedbergh WI Demystifying Dementia	PH
09		Poppy Appeal (Oct)	TBA
09	1030	Remembrance Sunday (10)	StAS
09	1930	The Armed Man (Oct)	SS
09	1930	Town Band Remembrance Concert (8)	StAS
11	1100	Service of remembrance	StAS
11	1400	WIK - AGM & Social Time (0)	PH
11	1930	Domino Drive	FCH
12	930	Coffee Morning St Johns Hospice	StAS
12	1300	Medical Centre Closed	MC
12	1930	WIS A little bit of art (0)	PH
13	1830	Interfaith Meeting (7)	BF
13	1930	Sedbergh Parish Council Mtg (25)	PH
14	1930	Domino Drive & Tattie Pie Supper	HVH
15	1000	Dent Methodist Coffee Morning (May)	DMC
15	1930	The Hundred Foot Journey (Cinema) (12)	PH
16	1030	All Age Celebration (0)	DMC
16	1500	Songs of Praise (0)	StAS
17	1930	Domino Drive	GVH
19	1000	Police Drop in (13)	RR
19	1930	God in Cosmology? (0)	CCCN
20	1930	Is Christianity Good for Society? (0)	StAS

21	1900	A Question of Sport (0)	WHC
22	1800	Community Ceilidh with Faith stories (0)	PH
23	1600	Teatime Church	StAS
25	1400	Birth of European Porcelain (13)	Tennants
29	1000	St Andrew's Christmas Fair	StAS
29	1230	Soup & Pudding lunch	FCH

DECEMBER 2025

03	1800	Late Night Opening (15,11)	Sedbergh
06		Dentdale Head to Foot Lunch	DMH
09		WIK - Christmas Lunch	TBA
09	1930	Domino Drive	FCH
10		WIS Christmas dinner	TBA
10	1930	Sedbergh YFC Domino Drive (5)	PH
12		Term Ends (Oct)	SS
12	1400	School Term Ends (22)	SS
20	1000	Dent Methodist Coffee Morning (May)	DMC
25	1330	Christmas Dinner	WHC

JANUARY 2026

13	1930	Domino Drive	FCH
14	1100	PMRGCA support group	FM
14	1930	WIS Antarctica and Scotia Sea	PH
24	1930	The Penguin Lessons (Cinema) (12)	PH
25		Burns Night Ceilidh (7)	PH

FEBRUARY 2026

10	1930	Domino Drive	FCH
11	930	Christian Aid Coffee Morning	StAS
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.

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

MAIN STREET

Bar with sofas and a good fire, or window seats if you fancy watching the world go by.

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, burgers, 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.

THE MUG STORY

MAIN STREET

Good coffee, tempting cakes, sandwiches, croissants and excellent artisan bread. A great place to meet up.

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.

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 *.*

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



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

Rev'd Andy Burgess

andy.burgess@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

Helen Hoggarth

churchwardens.howgill@westerndales.org.uk

St John the Evangelist's, Firbank

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

All Saints', Killington

Neil Brocklehurst 07801 940548

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
November 2025*

	Time	2nd	9th	16th	23rd	30th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	<u>HC-BCP</u>	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	All Saints' Day with HC by Extension 6pm- Commemo- ration of the Faithful Departed	Remembrance Sunday Ser- vice	HC 3pm- Songs of Praise	Guest Ser- vice at People's Hall 4pm- Teatime Church	Joint Service at Corner- stone 6pm- Advent Carol Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect@ Cornerstone	4pm Messy Church	Morning Service	Guest Ser- vice at People's Hall	Joint Service with HC
St. Mark's, Cautley LA10 5LZ				9.30am MP HCx		2.30pm Taize Service
St. John's, Garsdale LA10	10am	All Saints' Day with HC		Morning Service		
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Afternoon Service		Afternoon Service	Afternoon Service
All Saints, Killington LA6 2HA	2.30pm	All Saints' Day with HC				
Holy Trinity Howgill LA10 5JD	9.30am					
St. John's Firbank LA10 5EF	2.30pm		Act of Remem- brance			
St. Andrew's, Dent LA10 5QL	10.30am		Remembrance Sunday Ser- vice		HC	
St. John's, Cowgill LA10 5RJ	2.30pm	All Saints' Day with HC	Act of Remem- brance			
Dentdale Methodist Chap- el LA10 5QJ	10.30am			All-Age Service		HC
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Tuesday	4th				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	Wednes- day	5th	12th	19th	26th	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening 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

Spar, Station Road, LA10 5DL

MARKET DAY

Wednesday

Last Page Update:

November 2025