

Sedbergh & District

LOOKAROUND

February 2026

Donation **£1.50**

Issue 450

Starring in this edition, Dentdale Choir (below), the return of Sedbergh Spring Show in March, and of the Sedbergh Music Festival in June, with a truly amazing line-up, tickets are already selling well.

We've an ad from the Cross Keys, get down there for Pie Friday or Sunday Lunch, or just a snack.

And finally, a brief mention in Fifty Years ago, of my great-uncle Waller Lancaster. *Ed.*

After the resounding success of our fundraiser last year, The Dentdale Choir is hosting another evening of light entertainment to boost the coffers for this year's Purcell concert. We will provide a buffet, soft drinks and corkscrews if you would like to bring a bottle.

Saturday 14 February at 7.30pm
Dent Memorial Hall

Delicious buffet supper and thrilling musical entertainment from:

- Chequered Acafellas** – eight blokes with songs and sea shanties
- Folli Contorti** – nine members of the choir in glorious harmony
- The Dentdale Choir** – recent and new hits with a love theme
- Peter van Hulle & Eleanor Pugsley** – exquisite duets
- Cornucopia** – extraordinary ancient sounds ...*And more!*

Tickets: £15 cash on the door

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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Avanti at Dent

John Carey

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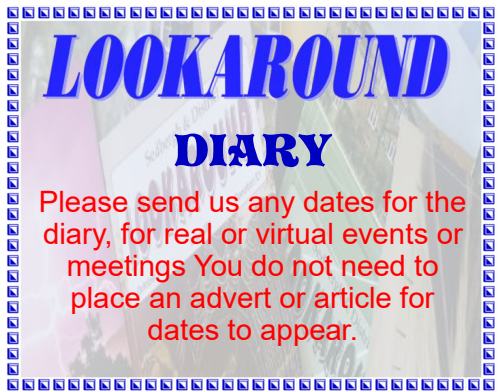
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LOOKAROUND

DIARY

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

Weekly Coffee Morning St Andrew's Church

Every Wednesday 9:30am to 11:30am

- Wed 4th February - St Andrew's**
- Wed 11th February - Christian Aid**
- Wed 18th February - St Andrew's**
- Wed 25th February - St Andrew's**

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

Advertising Rates

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

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

WHY I LOVE SEDBERGH

Paul Edwards

Had Lancashire not decided to play cricket at Sedbergh in 2019, my recent life would have been very different and substantially poorer. Over six years later, I hang my hat here three times a year regardless of other commitments. The town has become something of a second home, a gentle bolthole in which to think and take soundings from my cluttered world. I love every thick stone of the place, every hidden lane, every bookshop. And even if incapacitated, I would be content to watch the sun come up over the fells and the clouds drift across them during the day. And yes, I know many of those clouds would bear rain.

Yet for all that pictures of the cricket ground or Hawkrigg Wood fill the calendars I have never thought Sedbergh or its environment conventionally pretty. The fells possess a starker beauty, a deeper grandeur, something of the sublime. The Howgills might welcome you and if the weather permits, they will enjoy your company but please do not imagine you need to “conquer” them. Leave that to the acquisitive climbers or the folk who never look back. “To aim for the highest point is not the only way to climb a mountain,” writes Robert Macfarlane.

And when clouds draw a thick curtain across Baugh Fell, it is worse than pointless trudging its slopes. You will risk injury and cause your



 WESTWOOD
BOOKS



All welcome to our upcoming event
Book Signing with Rachel McLean & Joel Hames
authors of the Cumbria Crime Series
Wednesday 25th February - midday

No booking or tickets required, just turn up to the bookshop and Rachel & Joel will be happy to chat and sign books

We sell gift cards and National Book Tokens



Open 7 days a week from 10:30am
Westwood Books, Long Lane, Sedbergh, Cumbria LA10 5AH
Telephone: 015396 21233
books@westwoodbooks.co.uk
www.westwoodbooks.co.uk





Domino Drive

Friday 13th February 2026

Barbon Village Hall, Barbon
7.30pm
£3 entry

Raffle & Refreshments



Please come along and support our fundraiser!
Clare Thompson 07590115844
Proceeds go to Barbon & District Agricultural Show
& Papyrus UK

rescuers unnecessary trouble. Leave the fells to their private fellowship; they need their peace, too. Instead, enjoy all that the town has to offer, be that the cafés, the pubs, the craft shops (those other caves of making), the churches or the Quaker Meeting House at Brigflatts, a serious place on serious earth indeed.

I'm wary of allowing these few paragraphs to become something that could be planted alongside appealing photographs in a brochure. That's because I've come to believe that Sedbergh caters more for visitors, who spend time understanding places, than tourists, who drop by before rushing on to the next attraction. The town will

welcome them all, of course, but it is no coincidence that it has become a centre for meditation and alternative therapies. The M6 might be only a few miles away but this is a town where one can forget about service stations, the anti-social media, business strategies, magazine pull-outs and all the other detritus of modernity.

A few years ago, my first book was published. It was a collection of my writings on cricket, a modest effort with much to be modest about. The title, *Summer Days Promise*, was taken from the last three words of *Coastwise Lights*, the second volume of Alan Ross's autobiography. Ross remains the writer to whom I return when needing encouragement or inspiration. Choosing the title was nothing like the agony other writers experience when 300 pages have been completed and only a few crucial words remain. Selecting a photograph to go on the cover was easy, too. My friend, George Franks, captures Sedbergh in summer's finest feather. The 2019 Championship match between Lancashire and Durham is taking place and a good crowd is watching the cricket. Winder and Crook gaze down benevolently. It is Sedbergh in its sunniest mood. There are hundreds of others. Over time, I hope to explore them. Privileges do not come any richer.



**SEDBERGH MUSIC FESTIVAL
2026 SUNDAY 14TH JUNE –
FRIDAY 26TH JUNE**

*John Seymour,
Director of Creative Arts,
Sedbergh Music Festival*

Sedbergh Music Festival was founded as a genuine community festival: one that brings **high-quality professional musicians** to the town while also creating **real opportunities for young people and local performers** to take part. Every two years, we aim to hold three things together – artistic quality, broad participation and affordable ticket prices. For 2026, we are planning our most ambitious programme yet. Alongside pupils and community musicians, performers will

include **Roderick Williams, I Fagiolini, Manchester Baroque (The 24), Jeneba Kennah-Mason, the Budapest Café Orchestra, Jess Gillam, and others**, spanning classical, choral, jazz and folk music. Patron support is what makes this possible. It allows us to:

- keep ticket prices accessible
- involve young musicians and local groups in meaningful ways,
- ensure the festival continues to make a strong cultural and economic contribution to Sedbergh and the surrounding area.

If you are able to support the festival as a Patron, we would be delighted to welcome you. Patrons are invited to an informal drinks reception after the opening concert – simply a chance to meet



SEDBERGH MUSIC FESTIVAL 2026

14th - 26th JUNE

TICKETS NOW ON SALE ON-LINE

RODERICK WILLIAMS | FAGIOLINI MANCHESTER BAROQUE
JESS GILLAM JENEBAH KANNEH-MASON SEDBERGH TOWN BAND
SEDBERGH ORCHESTRA SEDBERGH SCHOOL MUSICIANS
CHRISTOPHER STEELE & PETER NOKE JUANJO BLÁZQUEZ
NICK HURNDALL-SMITH THE JULIAN CANN STRING QUARTET
CUMBRIA OPERA GROUP EVIE PLUMB
THE BUDAPEST CAFÉ ORCHESTRA MILNTHORPE STEEL BAND
AND MORE ...

SEDBERGHMUSICFESTIVAL.COM OR TRYBOOKING

TICKETS AVAILABLE IN THE INFORMATION CENTRE SOON

fellow supporters and some of the artists, and for us to say thank you in person. You can become a patron using this url:

<https://forms.office.com/Z7t13yhEWk>

For more information and details of concert tickets please visit trybooking or www.sedberghmusicfestival.com Whether as a patron, performer or as a concert goer we are very grateful for your interest in helping Sedbergh Music Festival continue in its historic role in supporting young people, local music-making and outstanding live performance in our community.
sedberghmusicfestival@gmail.com

DENT COMMUNITY CHRISTMAS LUNCH

Andrew Povey

The Dent Christmas lunch is an annual event for residents of Dent parish who are over sixty years of age. Nearly one hundred people came along for this event in the Memorial Hall in Dent on 6th December. It was a very friendly and enjoyable get together that brings out the age-old sense of community in Dent.

A full Christmas dinner with turkey and all the trimmings was followed by a choice of Christmas pudding or cheesecake. Coffee and mince pies rounded off this delicious meal.

A glass of wine or a soft drink is provided alongside the meal and residents can bring some extra drink with them if they wish.

Carol singing was followed by the raffle with twenty prizes generously donated by residents.

MYOFASCIAL MASSAGE & SCARWORK
FASCIAL FITNESS BAREFOOT TRAINING
Yvonne
07795063107

CRANIOSACRAL THERAPY
SOMATOEMOTIONAL RELEASE
Fritz
07817665662

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

Huge thanks go to the many volunteers that make this event possible, the Head to Foot committee, the catering staff and many extra helpers.

A very enjoyable afternoon and a wonderful start to Christmas festivities.

All adult residents of Dentedale are welcome to attend our normal monthly events.

Our next event on 6th February 2026 will be David Boulton speaking about The History of Dent. Look out for more details on the posters and our facebook page 'Dentedale Head to Foot' and via the Dent with Cowgill Community Forum page. Please 'like' our page.

For further information please contact Andrew Povey on behalf of DDHF

07881655166
poveya@btinternet.com



SEDBERGH YOUNG FARMERS

Phoebe Wharton

Sedbergh YFC have had a busy few months, with members taking part in the Quiz semi-finals, sheep stock judging at the Allans, live and carcase judging, and Dominos evenings. Three members also attended a team-building day at Honister Slate Mine.

The club has enjoyed a range of activities including ice skating, the Junior Rally, bonfire and fireworks, the Presidents' Challenge, and the YFC Christmas meal, as well as joining the Kirkby Lonsdale parade. Four members represented the club at the Carrs Billington Challenge, and

members travelled to Birmingham to support one of our members nominated for Aspiring Rural Leader of the Year, our member only went and won it!!

Members have been busy practising for Entertainments, we're performing on Wednesday 28th January ahead of County competition on Saturday 14th February at Theatre by the Lake. December will conclude with bowling and Santa's sleigh around Sedbergh. Sedbergh YFC would like to thank everyone for their continued support with our events and fundraisers, and hope you all had a Merry Christmas and a Happy New Year.

PHOTOGRAPHY COMPETITION YORKSHIRE DALES RIVERS TRUST

Victoria Benn

Want your photograph feature in an exhibition at the Dales Countryside Museum or in a regional calendar? The Yorkshire Dales Rivers Trust Rivers4Life WINTER photography competition is now open.

The charity is looking for the best photographs of Yorkshire Dales rivers and wildlife this winter, 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 winter stage of the competition closes 5 March.

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 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

CHRISTIAN AID

*Anne Pitt on behalf of our
ecumenical committee*

We are starting our fund-raising a bit earlier this year due to Easter being at the beginning of April which means that Lent lunches will be starting on the 18th February. So, we will be having our first coffee morning on the 11th February to warm us all up and treat ourselves before cutting back for Lent.

Also, with governments cutting back on aid spending there are many shortfalls for poverty stricken areas around the world which now only the charitable funding agencies reach to alleviate the effects of war and natural disasters along with people in economically deprived areas. Christian Aid is one of these agencies working at grass root levels

Sedbergh Spring Show

Saturday 21st March 2026
1–4pm at the People’s Hall

BRING THE WHOLE FAMILY!

Entry forms available in Spar,
Farfield Mill café
and Sedbergh Information Centre

To be opened by Rev’d Andy Burgess
Featuring Sedbergh Town Training Band
and Finkle Folk



supporting self-help groups with funding, materials and development advice.

We look forward to your company at St Andrew’s Church, Sedbergh on the 11th February where, along with the coffee and biscuits and friendly welcome, there will be a cake stall and raffle.

SEDBERGH COMMUNITY FUND

Trustees of Sedbergh CIO

Next application deadline coming in February.

The profits from the charity shops are redistributed to community groups via the Grants Committee. To date over £200,000 have been distributed in this way.

The Grants Committee meets four times a year in February, May, August and November to consider applications for grants. There are two levels of application, small grants defined as £750 or less and substantial grants of over £750. The

closing dates for grant applications are the second Friday of February, May, August and November.

Guidance on eligible types of application can be seen in their guidance notes available with the application forms.

Application forms together with guidance notes are available from the Sedbergh Information Centre at 72 Main Street or by email from cfgc@sedbergh.org.uk

ST ANDREW’S PARISH CHURCH LENT LUNCHES

Tony Reed Screen

Lent lunches will commence on Wednesday 18th February from 12.00 – 1.00pm and continue each week until Wednesday 1st April. Do come along to the Parish Room and enjoy soup & a roll, fruit and a chat. All the proceeds will be shared between Manna House and St John’s Hospice.

Sedbergh Market

Saturday 28th February 10am-3pm - St. Andrew's Church

natural & sustainable products
delicious eco-friendly foods

recycled & upcycled arts & crafts
info on protecting the environment

Sedbergh Environmental Network

ROYAL BRITISH LEGION NEWS UPDATE

David Parratt

Branch Officers and Committee Members are as follows:

President: Tony Reed Screen

Chairman: David Parratt

Treasurer: Martin Gray

Secretary: Keith Birbeck

Poppy Appeal Organiser: David Parratt

Standard Bearer: Stephen Moore
Branch Community Support Sub-
Cmtee: Rose Pease, Keith Birbeck,
David Parratt

Other Committee Members: John Pease, Myles Ripley, Rupert Follett

The Branch strength at present is 100, of which 55 are full members and 45 are affiliated members from Sedbergh School. The numbers have been adjusted to reflect the RBL listings on the Legion network and after further analysis. Sedbergh Scout Group are also an affiliated unit with the Branch. We have achieved some success in recruiting new members during the past year through a recruiting campaign when committee members manned a stall at the Artisan Markets in July and

August. The primary aim is to enhance visibility and awareness of the essential work that the RBL undertakes on behalf of military veterans. Face to face engagement with the local community has proven to be a successful recruiting tool. Sadly, we have also lost members due their passing, moving away or ceasing membership.

Various events have been held during the period. The County Conference was held on 1st February at Bothel Village Hall and was attended by Nigel Whiting, Committee Member and Stephen Moore as Standard Bearer. The Branch held its annual dinner at the Sedbergh Golf Club on 9th May which is always an enjoyable occasion. This was the 8th year that the dinner had been held at the golf club and has proven to be an excellent venue.

2025 saw the 80th anniversary of VE Day on 8th May, the end of the war in Europe and the 80th anniversary of VJ Day on 15th August, the end of the war in Japan. These events were marked at the town war memorial with the Last

Post, wreath laying and a Lament played by members of Sedbergh School Pipe & Drums Band.

The RBL Annual Conference was held at Harrogate Convention Centre between 16th – 18th May. The Sedbergh Chairman attended on behalf of the Branch. This was the first conference for our new National President, Vice Admiral (Rtd) Paul Bennett and the new National Chair, Lynda Atkins. There were several inspirational talks from beneficiaries who have received support from the Legion. The main challenge was identified as reversing the trend of falling membership numbers.

A coffee morning was held on 11th June to raise funds for the branch and a further coffee morning was held on 6th August on behalf of the Rawthey Project.

An RBL 'Sheep' for the Sedbergh Sheepfest was provided courtesy of Myles Ripley on 23rd August.

Annual Accounts were approved and adopted at the Branch Annual General Meeting on 14th October. The Branch Three Year Plan for the period 2026 – 2028 was updated, reviewed and approved by the Committee.

A Poppy Appeal Coffee Morning was held on 29th October in St Andrews Church and £196 was raised towards the campaign. The Poppy Appeal Campaign was held between 23rd October and 9th November. The Sedbergh branch wishes to thank everyone that has been involved in helping with the Poppy Appeal and the general public for their continued and generous support. An amazing £13,806 was

collected, despite problems with the Killington card reader at the start, some illness affecting the collector's roster and a loss of signal for a day at the local phone mast. There was a significant increase in the use of the card readers. The 2025 poppy pins were very popular and over 1,200 were sold during the campaign. £50M was raised nationally for the Poppy Appeal involving over 2,000 Branches.

The Remembrance Sunday service was held on 9th November which was well attended. On completion, a two-minute silence took place at the war memorial, followed by the laying of wreaths and a Lament was played. An excellent Remembrance concert was held in the evening in St Andrews Church courtesy of the Town Band. The proceeds from the Remembrance Service and the concert went towards the Poppy Appeal and the Branch is very grateful for this support.

The Branch has continued to provide Branch Community Support at local level to veterans in need where appropriate. Three members of the Branch supported a Rawthey Project veterans walk on 31st May. This was followed by a tour of the new accommodation pods at Birks Farm for emergency use by veterans.

A new UK-wide veteran support system called "Valour" was announced by the Government during the year. This will deliver easier access to care and support with new regional networks connecting housing, employment and health services. This is part of the Government's manifesto to promise



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

2026

Thurs 12th February
Thurs 12th March
Thurs 16th April



to fully implement the Armed Forces Covenant. The first Valour Support Centres are due to be operational in 2026.

The future strategy of the RBL (2025 – 2035) was approved during the year and was launched at the Annual Conference in Harrogate between 16th – 18th May.

RBL members and others interested in military affairs might like to become members of our Facebook page, “Sedbergh Branch of Royal British Legion”.

The Sedbergh Branch needs to continue to recruit volunteers and new members to keep up its good work. If you would like to become a member or learn more about the Legion, please contact either David Parratt(Chairman) on 07855 384640; email dmparratt@gmail.com or Keith Birbeck(Secretary) on 07557 871961; email keithbirbeck@gmail.com for an application form. For more information, visit our website: <http://branches.britishlegion.org.uk/branches/sedbergh>

The National website is:
www.britishlegion.org.uk

SEDBERGH COMMUNITY FIRST RESPONDERS

Myles Ripley, Team Leader

We hope that you have survived the festive period, avoided flu and other respiratory bugs. We were pleased that we had no call outs over the festive period but January kicked off busily with 5 calls in the first week!

Just to remind you that you cannot contact us directly as we have to be activated by the Ambulance Service via a 999 call. We try and approach a 24/7 cover but there are daylight hours when we do not have cover due to work commitments.

However we could cover more of the day if we had more team members..... so do please consider putting yourself forward as a volunteer. You need to be over 18, have your own car and be willing to commit to at least 1 shift a week on average. We provide the training and equipment necessary.

If you want to hear more about us do come and join us at our AGM on Monday March 2nd at 6.15 in the Rawthey Room above 72 Main St. If you can't make us but want to contact us feel free to contact me on mylesripley@btinternet.com

Some advice on chest infections: Most respiratory infections are viral and self-limiting, meaning they typically resolve on their own within one to two weeks with proper self-care. The primary focus of self-treatment is managing symptoms and supporting your body's immune response.

Self-Care Measures

- Rest: Get plenty of rest to allow your body to direct energy toward



Helga Edmondson
Dog Grooming
helgaedmondson@outlook.com

Peticare House
Howgill Lane, Sedbergh LA10 5DE
07733193333

Doggy Stylin Grooming Parlour

& Pet Store

WE SUPPLY RAW FOOD, NATURAL TREATS AND PET ACCESSORIES

fighting the infection.

- **Stay Hydrated:** Drink plenty of fluids (water, juice, clear broth, or warm lemon water with honey) to prevent dehydration and help loosen mucus, making it easier to cough up. Avoid caffeine and alcohol, which can cause dehydration.

- **Soothe Your Throat:**

- o Gargle with warm salt water (around half a teaspoon of salt in a glass of warm water) to relieve a sore throat (not suitable for young children).

- o Sip on warm drinks like a hot lemon and honey mixture. Honey can help soothe coughs in adults and children over one year old.

- o Use throat lozenges or hard candy (use caution with young children due to choking hazards).

- **Manage Congestion and Breathing:**

- o Use a cool-mist humidifier or vaporiser to add moisture to the air

and ease stuffiness and coughing. Be sure to clean the unit daily to prevent bacteria or fungi growth.

- o Inhale steam from a hot shower or a bowl of hot water (exercise caution to avoid scalding).

- o Sleep with your head raised using extra pillows to make breathing easier and help clear your chest of mucus.

- **Relieve Pain and Fever:** Over-the-counter (OTC) pain relievers such as paracetamol or ibuprofen can help ease headaches, muscle aches, and lower a fever. Always follow the dosage instructions and do not give aspirin to children or teenagers due to the risk of Reye's syndrome.

- **Avoid Irritants:** Do not smoke or expose yourself to second hand smoke, as this can worsen symptoms and damage your lungs.



WESTWOOD BOOKS
January/ February Update

Heather and Paul Thomas

Happy New Year!

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:

Twenty Years

2026 marks twenty years of Westwood Books being in Sedbergh, which we think is cause for celebration. We're hoping to hold a number of events and promotions to mark this momentous occasion throughout the year.

Our first is an anniversary sale giving 20% off selected signed

hardback fiction. There will be other products chosen to be discounted at other times in the year too so do keep checking back.

Book Club

Second Wednesday of the month, 7pm at the bookshop

Our December book club celebrated a whole year of the group, and we had a lovely discussion about our book *Fifteen Wild Decembers* by Karen Powell.

In January we switched to a set of short stories by Kate Atkinson called *Normal Rules Don't Apply* which received a mixed response but was a great discussion of how a writer pulls a book together.

Our February book will be *My Grandmother Sends Her Regards*

CROSS KEYS INN

WE ARE OPEN

**9:30am-4:00pm Friday,
Saturday and Sunday.**

Friday is Pie Day!

Roasts and other options on Sunday.



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MORE BOOKINGS FOR SEDBERGH & DISTRICT BUSINESSES

Dalesandlakesgetaways.co.uk is opening its destination website to local accommodation and hospitality providers - helping visitors book **direct with you**.

A new leisure-led destination theme is launching in Sedbergh & the Dales, bringing together the **best places to stay, eat and experience the area**.

By marketing collectively, we increase visibility, visitor confidence and bookings for local businesses - **lower cost than portals**.

Who can join?

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and Apologises by Fredrik Backman. Everyone is welcome to come along to discuss on Wednesday 11th February.

We will be continuing to meet on the second Wednesday of every month and 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.

Book signing

On Wednesday 25th February

around midday, we will be joined by Rachel McLean and Joel Hames who will be signing books from their Cumbria Crime series including the latest instalment - The Marsh.

This is an open event, no booking or ticket required, please just turn up at the bookshop and Rachel and Joel will be delighted to chat and sign books.

January Sale

As usual, we have our sale section on the black shelves as you walk into the bookshop – we've added a whole host of brilliant books so do come and have a look and see if you can grab a bargain.

Thank You and Best wishes from us both.

DECEMBER POLICE REPORT

PCSO 5244 Mandy Coleman

9/12 – Theft of 20 Swaledales from Baugh Fell.

24/11 – Report of a vehicle obstruction on Showfield Gardens. Officers attended – No obstruction.

24/11 – 1 person was reported being in the River at Birks – All emergency depts attended. CPR was being carried out on the male after he was pulled from the river. With the amazing response of everyone on scene the male was brought back to life, breathing again and transferred to hospital. Although reported this was not looking good for the male, he made a miraculous recovery, and was discharged a few days later.

26/11 – A sign was reported stolen from Dent Heritage Centre.

Operation Limit was in full flow in the Festive season upon us. This is an Operation targeting Drink Drivers. We make no apology for constantly reminding everyone the dangers of Drink/Drug driving. We will be out in your area seeking and responding to reports of drink/drug drivers. Every day we get anonymous reports/intelligence relating to persons committing this offence. Registrations

are reported and our ANPR vehicles are deployed to target areas.

Please remember to plan ahead during the festive season, make arrangements to get home safely. Drink and Drug driving ruins lives and is completely avoidable

In the New Year we will be planning another Bike marking event to mark new bikes that have been gifted by Santa Claus! Keep an eye on Social Media for the upcoming dates.

Hope you had a very Merry Christmas and a Happy New Year.

HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

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

Exhibition Fund:

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

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

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

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

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

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. Who wrote I, Claudius and Claudius the God?

2. The poem 'Vitai Lampada' by Sir Henry Newbolt begins: 'There's a breathless hush in the Close tonight -'. What is the famous last line of each of the three stanzas?

3. James Alfred (known as Alf) Wight became a best-selling author by writing about his professional experiences in a very appealing way. Under what name did he become famous?

4. From the Big Bang to Black Holes was the subtitle of a best-selling book published in 1988. What was the title and who wrote it?

5. Who wrote Bridget Jones's Diary and its sequels?

6. Julia Ward Howe: 'He is trampling out the vintage where ---- are stored.' The missing four words

were taken as the title of a novel published in 1939. What was the title and who wrote it?

7. War Horse, Little Foxes, Why the Whales Came, The Wreck of the Zanzibar, The Butterfly Lion and Private Peaceful are some of the many works of which children's author?

8. Name the German philosopher who wrote Thus Spake Zarathustra.

9. Wide Sargasso Sea by Jean Rhys has been described as 'a feminist and anti-colonial response' to a classic novel published in 1847, as it is about the early life of a character in that work. Which novel?

10. Who wrote Taken on Trust about his experiences in Lebanon?

11. Along with Arthur Miller and Tennessee Williams he is considered one of the leading American playwrights of the 20th century. His works include All God's Chillun Got Wings, Mourning Becomes Electra, The Iceman Cometh and Long Day's Journey Into Night. Who was he?

12. 'Fair fa' your honest, sonsie face, / Great chieftain o the puddin'-race!' Who is addressing what?

GOING SOLO

Pauline Symonds

In November 2024 I lost not only a wonderful husband, but also the perfect cycling companion. Hugh and I had spent the 14 years following our early retirement, touring in many countries of the world. Almost a year on, setting out on a solo tour involved some effort, both practically and emotionally but I felt that I had to give it a go. More poignantly, during his latter months, Hugh had told me how he imagined me continuing to enjoy cycle travel.

I asked myself many questions. Could I enjoy it alone? Would I be strong enough to carry all the kit? As a twosome many things are shared and Hugh was able to carry more than me. Would I want to do it in the same way as we did together or would I want to make changes? There was only one way to find out – get up and go. I had done trips of a few days from home on a gravel bike

with camping kit and they had gone well, which was encouraging.

I chose France for many reasons. My eldest son lives in Provence and my touring bike is stored there. I love France. It has such an intricate network of deserted minor roads. There is so much wild countryside - huge natural forests coating the hills, amazing gorges cutting through the limestone causses, wild rivers and stunning mountain scenery. Hugh and I had crossed the country several times by different routes. My French is not great but at least I can have a sort of conversation, and I feel at home there. I felt no compulsion to be overly ambitious on my first try.

In preparation I realised how dependent I had been on Hugh's support. I sorely missed the fun of discussing ideas on where to go and what to take with us. Consequently, I was very indecisive – decisions were Hugh's strength. It was comforting to have close friends to visit at the start.

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I set out with a vague plan for the first few days involving visiting friends on their barge on the Canal du Midi, then making my way along the edge of the Pyrénées to visit more friends living in Aspet. Apart from that I just made it up as I went along almost day by day.

I had always done the maintenance jobs on my own bike, but Hugh was there if it went wrong, if I needed another pair of hands or I had forgotten what to do! I fuffed around for ages getting ready. The bike has Rolhoff gearing and I had to change the cog on the back wheel. I would never have got the old cog off without the strong arm assistance of my granddaughter, Léonie. I was grateful that Hugh and I had gone through the bike spare parts together on a previous visit – an upsetting process but very helpful as we threw out lots of obsolete stuff that I hadn't a clue about, and I found out what extras were needed.

So - how did it go? It was a very alien experience for me after more than half a century in a very close relationship where we did nearly everything together. However, I do love cycle touring and I found that I was able to do it on my own.



Emotionally there were many moments of sadness and tears, but in reality that is the same wherever I am or whatever I am doing. I will always miss Hugh and want him to be with me, but the only way forward is to try to learn to live with what is.

There is a real thrill to travelling through stunning landscapes and fascinating mountain villages. That is something I still feel when alone – the joy of descending tight hairpins down into the depths of the Gorges du Tarn, riding through a tunnel of châtaignier in the Cevennes as the leaves turn to gold and the chestnuts crunch under my tyres, or reaching the top of a steep climb through the mist to look upon the peaks rising above a sea of puffy white cloud. It would upset me to think of what Hugh was missing. I found myself on roads we had travelled and in places we had visited on earlier tours which was nice in a way but at the same time I missed him even more at these times.

It was harder work travelling alone – no one to share the jobs with or to look after the bike when you nip into a shop or the loo. Proportionally you need to carry more gear. I found I was able to cope with the load, but I

went very slowly up the hills! That was OK – I was in no hurry. My bottom gear is tiny.

I met many lovely people en-route and enjoyed chatting with them – people walking, on bikes or in camper vans and others out foraging for mushrooms or chestnuts. I chatted with people in restaurants, on campsites and staying in hotels or gîtes. I was often asked why I was travelling alone and I told them why. Lone cycle tourists are not at all rare but not many are women over 70. People were always sympathetic and very encouraging. I was surprised to find that I could enjoy a restaurant meal alone and that it wasn't that unusual to be on a table for one. On many nights I camped wild and didn't feel at all threatened.

I was lucky in that the bike worked perfectly, no punctures and I was free of injuries or ailments. It would definitely be more difficult if things were to go wrong. I will probably make a few changes next time - I do want to do it again. I'll try to reduce the weight a little perhaps. My bike plus luggage was not far below my own weight!

Setting out on September 12th, I travelled 1,381km around Occitanie, taking me along the edge of the Pyrénées and through the Haut-Languedoc, the Cévennes, the Gorges du Tarn and the Ardèche. It was a hilly route with a total ascent of 20,016m. I continued our practice of making a journal but it will be full of errors missing Hugh's accurate editing. You can read about the full 37 day tour here: <https://www.crazyguyonabike.com/doc/Solo2025>.

LIZZI'S COLUMN (January)

Lizzi Collinge MP

As the new year starts, it offers a natural moment to reflect on my work undertaken across Morecambe and Lunesdale and the issues that have shaped the past twelve months. It's also time to take a breath and plan for the next year. The last 12 months have been very busy but continue to be marked with community resilience and a shared commitment to improving the place we call home.

Over the course of the year, my office has supported over 8,000 constituents, each case representing an individual or family seeking assistance, advice or clarity at an important moment. These interactions remain a central part of my role and continue to inform the priorities I pursue both locally and in Parliament.

In Parliament, ensuring that the concerns of residents are heard has remained a consistent focus. I have responded to 2,300 policy enquiries, reflecting the wide range of matters that affect people's daily lives and behind the scenes, over 13,000 emails have been sent in pursuit of answers, solutions and improvements to policy or services. I have also contributed to debates and questions in the House on 148 occasions, raising issues directly relevant to Morecambe and Lunesdale. I have also received 10,000 diary invitations from local and national organisations and individuals.

Throughout the year, I have continued to meet with a wide range

of organisations, charities, businesses and educational settings. Visits to primary and secondary schools, local employers and community initiatives have highlighted both the challenges that persist and the ingenuity with which local people respond to them. Industry roundtables held in the constituency have played an important role in developing shared approaches to infrastructure, skills and economic growth. I am grateful to everyone in Sedbergh and the surrounding area who has reached out to me, welcomed me to their home, school, coffee morning, charity or business and helped me represent our area to the best of my ability.

These engagements consistently demonstrate the strength of the voluntary sector, the adaptability of local businesses and the determination of residents to support one another. While statistics help quantify the year's work, it is these examples of community effort that most clearly capture the character of our constituency.

Every time I visit Sedbergh, I am blown away by the strength of the community and how much work individuals put into making it that way. I am grateful to everyone who contributes to the wellbeing of our area, whether through public service, charitable work, or the quiet acts of support that take place every day but receive little public attention.

Thank you to everyone who has offered their thoughts, raised concerns or shared their experiences over the past year. It remains a privilege to represent Morecambe

and Lunesdale, and I will continue to work diligently on your behalf as we move into 2026.

Finally, as we go into the new year and pack away the Christmas decorations, spring can seem a long way off. But I know that the world keeps turning and there is light at the end of the tunnel. As always, if you need my support please do get in touch. 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. As you can see from the year's statistics, every month I get thousands of emails so I appreciate my constituents' patience as I prioritise helping those in need.

LIZZI'S COLUMN (February)

Lizzi Collinge MP

You should have all received (or will soon be receiving) a letter from my office inviting you to a constituency drop in event in Sedbergh at 10am-12 on Saturday 21st February. Drop-ins are a chance to have an informal chat with me, meet other residents, ask me or my team questions, raise issues and concerns, and get support from me as your MP.

I hope to see many of you there, whether it's just for a brew or to discuss a specific problem you are facing. I always have a caseworker with me, who will take details of

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individual problems. I host these sessions regularly around the constituency and they are a great way for us to get to know each other more and discuss priorities for the local area.

As laid out in the letter to residents, I ask that you please do not share details of this drop in widely. If you plan on attending, please email me on lizzi.collinge.mp@parliament.uk or leave my office a message on 01524 566 015. This is due to parliamentary security advice, as unfortunately violent threats to MPs have become more common.

If you are unable to join us on the 21st February, don't forget you can also contact my office on the details above - please remember to include your home address and contact information. I prioritise contacts that are constituents needing direct help – if you have a query about a local or national policy I will reply as soon as I can, but you may have to wait a bit longer. My Morecambe office is also open for drop-ins with my casework team Tuesday-Thursday 10am-2pm.

I also wanted to update you on the changes to Agricultural and Business

Inheritance Tax that have been announced. I know that these reforms are incredibly important to a lot of my constituents, especially in the north of the constituency and having met local farmers regularly, feeding everything back up to Government, with many of my local farmers telling me that they agree with the principle taxing the wealthiest landowners (who push up prices by buying land merely for inheritance tax purposes) but that the value threshold was set too low at £1m. I agreed and have spent a lot of time talking to ministers and other colleagues, including at the Treasury about this.

I am incredibly pleased that the Government have made concessions and raised the threshold at which farmland would become liable for inheritance tax, from £1m to £2.5m. This means a married or civilly-partnered couple can now pass on up to £5m tax-free to their children, with everything over this value being taxed at the lower rate of 20%. I think this threshold is much fairer and ensures that those exploiting the tax benefits of buying up land pay their fair share, whilst small family farms can be passed down without concerns about how they will remain viable after inheritance tax.

This is a clear example of the government listening to backbench rural labour MPs, like me, who has been representing my rural community and pushing for a change to the threshold.

I will continue to be a strong voice for all communities across Morecambe and Lunesdale.

GREENLAND

Martin Dodds

Why should we care about Greenland?

The way the future of Greenland is determined may either reflect, or radically change, the principles of international justice, democracy, self-determination, mutual respect, cultural integrity and the legitimate use of military power. It could affect what lies at the heart of the fragile rules and agreements by which the world currently tries to live. This is something that has potential consequences for us all.

The story of the early Norse/Viking settlements in Greenland [for 500 years from the end of the 10th century] is now an accepted part of

history. However, the majority population in Greenland today are Inuit, related to the Inuit peoples of what is now northern Canada.

Since 1721 Greenland has again been part of the Scandinavian world. Of course, at that time neither Canada nor the USA existed as independent political units.

In 1953 Greenland was formally incorporated into Denmark, with direct representation in the Danish parliament. Home Rule was established in 1979, and the right to self-determination was established in 2009.

The Danish Government recognises the distinct cultural and linguistic identity of Greenland and the legitimate political will for practical

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democratic self-determination and autonomy.

There is no wish by the majority of Greenlanders to become part of the USA.

Similarly, there is no wish by the majority of citizens of Ukraine to become part of Russia, even though there may be an important sub-group within the Russian speakers in the East of Ukraine who might be willing.

As we watch events fumbling on in the search to end the war in Ukraine, several things are increasingly clear. Mr Putin shows little obvious interest in principles of national sovereignty, democracy, or self-determination. His invasion of Ukraine violates all these principles. Despite his willingness to talk to Mr Trump, he appears to have no intention of stopping the war except on terms which violate the sovereignty of Ukraine and give all the balance of benefits to Russia. His is a 'Russia first' philosophy.

At the same time, it seems to be

increasingly clear that Mr Trump fundamentally shares Mr Putin's kind of outlook. His casting of covetous eyes at Greenland, not to mention Canada, and his deployment of military force both internally within the USA to confront opposition demonstrations, and now externally, in pursuit of his vision of what will make the USA 'great' seem very similar to what happens both within Russia and to Moscow's attitude to Ukraine.

It seems to me that Mr Trump has now forfeited any moral high ground or principles in relation to the Ukraine, or indeed in relation to internal oppression within Russia.

Both countries now appear to be active exponents of 'might is right', and 'me first' policies and actions. They are sadly not alone in this of course, China appearing to be an obvious fellow traveller. Their collective example is mirrored in the behaviour of dictatorial, totalitarian



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regimes in many other parts of most continents.

The USA is arrogantly demonstrating its present unfitness to be a reliable ally of western democracy.

The 'special relationship' with Britain looks like a sham that is of no real significance to the leadership of the USA.

Is it perhaps time that other western democracies including UK woke up to the realities revealed by the behaviour of the current US administration, and stood up more assertively and courageously for their principles? For instance, instead of walking diplomatic tight ropes, perhaps Britain could more obviously align itself with Denmark and the people of Greenland; the EU and its individual members could speak out forcefully in defence of Denmark and Greenland; the Commonwealth and its individual members could express their solidarity with Canada as a sovereign nation; the various groupings representing smaller nations could be encouraged and supported in denouncing threats by the big bully powers to the rights of self-determination of all countries and territories.

Perhaps we should now recognise that the USA could become as big a threat to world peace and stability as either of the other two big bully nations. It may be high time to abandon sycophancy and appeasement and no longer put up with bullying tactics. Naïve? Perhaps, but I think I may have previously suggested that so-called 'practical politics' seem to have totally failed to prevent the current global mess.

OFFERING TIME

Sally Ingham

Offering time for quiet collective thought

Sedbergh Community Offices every 2nd and 4th Thursday each month in the Clough room 6.30 - 7.15pm

Sometimes amidst the busyness of everyday life, the chance to sit quietly can help us recharge.

For over 3 centuries Quakers have recognised the value of time for silence and the value of sharing this experience as a group. When sitting in quiet with others, deep truths can emerge which sometimes we may wish to share and these can be illuminating for those listening.

If you feel you would like to join us, do. Quakers regularly meet on Sundays at 10.30 at Brigflatts Meeting House a mile out of Sedbergh on the road to Kirkby Lonsdale, however, we are aware that this is not the most accessible

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place or that people may have other things to do on Sunday mornings, so we are now also meeting every 2nd and 4th Thursday at 6.30 for three quarters of an hour quiet in the Clough room at the Community Offices above Sedbergh Tourist Information. This is next to Sedbergh town's car park off the Main Street. There is a ramp into the Community Offices for those finding steps difficult.

The dates of the Thursday meetings for the next 2 months are:
February 12th and 26th and March 12th and 26th.

METHODIST CHURCH IN DENTDALE.

Sarah E Woof

Following on from our renovation project with the Schoolroom in 2025 we are putting the new kitchen and the redecorated and heated Schoolroom through their paces. Lunches after some services, coffee after each service and the usual beverages at Community Corner.

More people are hiring the space, and the next thing is to celebrate the refurbishment.

Sat Feb 28th 2pm, come and join us as we commemorate all that was achieved and then have a cuppa and cake! Everyone welcome to come along.

The following day Rev Ashley Henderson will lead our Anniversary service. Hope you can come.

On a Mon eve we meet for prayer at 6.15pm and will pray for anyone who asks, just let us know.

Sarah E Woof. 015396 25212.

SEDBERGH PRIMARY SCHOOL CELEBRATES NATIONAL SUCCESS

Victoria Hudson

Sedbergh Primary School is celebrating a major national achievement after being awarded second place in the prestigious PTI Primary Impact Award at a ceremony held last week at the historic Mercer's Hall in London.

The Primary Impact Award, run by the PTI (Professional Teaching Institute), recognises excellence in primary leadership and celebrates schools that place high-quality subject teaching at the heart of their curriculum. Although Sedbergh Primary has been part of the PTI network for only two years, the school was shortlisted from all primary schools engaged with the PTI nationwide—an impressive accomplishment in itself.





At the event, Sedbergh Primary received a special commendation for its transformative work in raising the profile of Geography across the school and boosting pupil enthusiasm for the subject.

According to the PTI's official statement, Sedbergh Primary "has taken an exciting step to strengthen staff expertise in fieldwork, turning ideas from The PTI Hub into practical classroom experiences." The school launched its journey with dedicated staff training to introduce hands-on approaches such as soundscapes, emotion mapping, and environmental quality surveys within the school grounds. These activities have since become embedded in teachers' long-term plans, with pupils' books now reflecting rich, practical learning experiences.

This year, the school's efforts

culminated in a whole-school Geography and Maths theme week, which captured the imagination of pupils across all year groups. Every class undertook meaningful fieldwork including conducting a traffic survey with a police officer, using a speed gun to investigate road safety and working alongside the Yorkshire Dales National Park, honing skills in navigation, map reading, and even measuring tree age.

Through PTI networking, the school also secured the use of VR headsets, allowing pupils to explore worlds beyond the classroom with immersive visits to global biomes and deep oceans—an experience many described simply as "awesome."

Headteacher and staff alike have expressed immense pride in this achievement. The commendation not only reflects the school's commitment to enriching its curriculum but also highlights the passion and curiosity of its pupils.

Sedbergh Primary's success at the PTI Awards marks an exciting milestone—and sets a strong foundation for further innovation in teaching and learning in the years ahead.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The final and perhaps the most important celebration of the School's 500th year was the Service of Nine Lessons and Carols held in York Minster on 8th December. A congregation of about 1700 (ticket only and with a waiting list) took part and listened to the School choir singing magnificently in the beautiful nave of the Minster. The Archbishop gave the sermon and at the end, saying it was not the usual thing to do in a service, led a round of applause. Prior to the service a dinner for 180 was held in the Merchant Adventurers' Hall

A visit was made to Eton College where a small service was held to celebrate the 500th anniversary of the School and to honour the founder who was Provost of Eton and to pay respects to his grave in the chapel

The School performed several performances of Les Miserables at the end of November. Several groups from the Town were invited to attend a performance, and seem to have much enjoyed it. Meantime the Prep went to see the Wizard of Oz

The 1st XV played their final match of the year against the King's School, Macclesfield. Horrendous weather conditions forced a last minute change of venue to the Kendal Rugby Club where they won 55-5.

The School was voted European School of the Year and got a record percentage of school leavers into the Russell Group of Universities

At the end of the Hilary Term the School worked on helping the environment and the community and supporting their usual Christmas charity The Samaritans. £50,000 was raised on the Great North Run, Bus Pool and Money for British Legion 46 pupils give their time every Thursday

The School returned to begin the Lent term on the evening of 4th January to face freezing conditions

Mock exams occupied the pupils to the exclusion of almost everything else in the first weeks of term

As part of the Inspire scheme Surgeon Commander Andy Brown RN, OS (and Wilson Run winner), who is now a GP, and since leaving the Navy has continued to serve as

expedition medical officer to some of the planet's most extreme environments. He gave the School a lecture on an expedition to the South Pole, the first military expedition since Captain

Scott's in 1912. Also on 9th January as part of the Inspire scheme OS Dugald Bruce Lockhart and OS Taylor McGuire, both professional actors, gave a series of monologues and answered questions about a career in acting.

Rehearsals are taking place for Yr 9 and 10's production of Chitty Chitty Bang Bang which will take place in May

The 47th of the 50 Objects is the new hockey pitches below the Hirst Centre with its lighting and ability to stream matches. The 48th Object is the Ripley Shield given for service to the community by a House each year, raising money for the annually



chosen charity, volunteering with local community interest groups and supporting their own communities, wherever these are around the world., and named after Myles Ripley for his service to the whole community of Sedbergh. This year it was won by Evans House

Yr 9 held their annual ball on 29th November which was attended by their parents.

Pupils ran an Iron Man Challenge for Teenage Cancer running 26.2 miles, swimming 169 lengths and cycling 112 miles in Tribes.

The Prep School ran a "reverse" Advent Calendar where pupils (their parents!) contributed an item rather than received one, with the proceeds going to the Food Bank

Rugby

The 1st XV won at home against Warwick School on 8th November 33-20. They lost to Wellington College 17-20 on 19th November. They won against Millfield at home 40-19 on 3rd December making them TSC Pool A 2025 Champions. Millfield had held the Cup for the last three years.

Yr 7 and 8 went on tour to Edinburgh and played Fettes

Joi Yamada OS has been appointed captain for his University side in Japan.

Running

The School hosted the Regional Round of the English Schools XC Cup. All three of the girls' teams and the senior boys qualified for the National Final held in Rugby on 6th

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December at Princethorpe College when the U13 girls gained 2nd place. About 2,000 schools take part in this competition.

In the South Lakes XC trials at Sedbergh 14 boys and girls qualified for the Cumbria XC trials in January

Due to bad weather the South Lakes Cross Country trials due to take place at the Prep had to be postponed to 14th January when 550 school children took part

The Rawthey Run takes place on 15th January which is the day this article goes to press, and the Symonds Run on 17th January. The outcome of these will be reported in the March edition

The first of the Epic runs took place on Frostrow Wall – 12.1 kilometres –

the first Wednesday of term and the second on the following Wednesday was Holme Fell Wall

Climbing

The Prep School held an invitational climbing competition in which 40 children from the Prep, Windermere, QES and Giggleswick took part. Windermere topped the school competition but Cecily (Yr 7) from the Prep took the top spot for the 3rd year running.

Future Events

Jazz & Swing evening 8th

February

Half Term 13th – 22nd February

Ten Mile Relay 23rd February 4.15

pm

Sedbergh Netball Tournament 25th February

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1st Wilson Run Qualifier 25th
February
Sedbergh U14 Sevens 28th
February
Confirmation Service 8th March
10.15
Exeat weekend 13th-15th March
Sedbergh U16 Sevens Tournament
18th March
Open Morning 21st March
Wilson Run Dinner 6.30 pm 23
March
Wilson Run Lunch 12 noon 24th
March
Wilson Run 2 pm 24th March
Junior 4 Mile Cross Country 25h
March
End of Term 2pm 27th March
Sedbergh U18 Tens 29th-30th
March

DENTDALE BABIES AND TODDLERS

Sarah Woof

There has been a Baby and toddler group in Dentdale for a long time, people who are now grandparents tell me they ran it years ago. It has taken place on different days and times of day and in different places either temporarily or permanently.

The main purpose has always been, and always will be, to bring parents and children together whether they live in the Dale or out of it. For years we have welcomed folks from Sedbergh, Kendal, Kirkby Stephen and more.

For a number of years the Health Visitor would come once a month and hold Baby Clinic, providing opportunity for parents to have baby



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weighed and talk about concerns. Unfortunately this has stopped as has a set of scales being provided for use at the group, and it is called progress!!

The present group meets in the Methodist Church in Dent on a Tuesday morning during term time, we were thrilled when Father Christmas dropped in at our party in December, and also delighted that Hardy Soft Play brought a ball pool and other items to add to the fun.

All babies, toddlers, and their family members are very welcome to come and join us. On Sat 28th Feb we are serving bacon butties at our Jumble Sale in the Memorial Hall. Maybe see you there?

Sarah 015396 25212.

LAKES & DALES LACTATION

Bernice Radcliffe

New business to our area- Lakes and Dales Lactation Consultant.

We are excited to announce the launch of Lakes and Dales Lactation Consultant- offering empowering, personalised, evidence based breastfeeding and infant feeding specialist support for local families in our area.

Bernice is the face of Lakes and Dales Lactation Consultant and has been supporting families during one of the most wonderful but also vulnerable times of their lives for 15 years. Bernice has spent the last 12 years as a Midwife in the NHS and most recently as an Infant Feeding Lead Midwife. Following her passion

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for infant feeding she qualified as an International Board Certified Lactation Consultant in 2022. Bernice has her own two children and looking for a better work-life balance she has recently left her NHS role and set up her own business offering feeding support to families in Cumbria and the surrounding areas. Whether you are preparing for your first babies arrival or your fifth, facing feeding challenges and need some reassurance Bernice offers support every step of the way. Bernice explains that seeking the 'right help at the right time' is often crucial to success and sadly all too often hears of families not reaching their feeding goals due to the lack of skilled support.

Bernice offers home visits or online/phone consultations depending on the support required and the location.

To contact Bernice, she encourages you to reach out and visit her website:
lakesanddaleslactationconsultant.co.uk



LOCAL CANCER SUPPORT GROUPS

Rosemary Marsden

Local support groups for those affected by cancer.

Cancercare charity, based in Kendal are offering 2 new support groups for local people affected by cancer to meet and exchange experiences. The aim is to provide informal friendly drop in sessions to talk, listen and support.

1. Facial skin cancer support group
- 1st Monday of month 11.15am to 1pm (except bank holidays)

2. Together through cancer support group - 1st and 3rd Tuesday of each month - 10am to 12pm

Contact can be made via
tct@cancercare.org.uk Tel
01539735800 Cancercare, Blackhall Road, Kendal LA9

SOCIAL PRESCRIBING AND HEALTH & WELLBEING IN THE WESTERN DALES PRIMARY CARE NETWORK

Abi Staveley

A Primary Care Network (PCN) is a group of local GP practices that work together with other health and care services to look after a defined group of patients — usually 30,000–50,000 people in the same area.

Western Dales PCN is made up of 3 GP Practices - Sedbergh, Lunesdale & Bentham. We work together to deliver coordinated integrated healthcare services to our local population, working as one to share resources, staff & expertise.

Our PCN is made up of:

- 3 x GP Practices
- Clinical Pharmacists

- District Nurses
- Social Prescribers (Adult & Children)
- Health & well-being coaches
- First Contact Physiotherapists
- Mental Health Practitioners
- Digital & Transformation Lead
- General Practice Assistants

All of these staff are shared across the practices in the network.

The Social Prescribing and Health & Well-being team connect people with non-medical community services helping with practical, social and emotional needs affecting people's lives and their health.

Our work covers a broad range of issues including social isolation, frailty, support equipment, housing support, loneliness, exercise/lifestyle changes eg stopping smoking, reducing alcohol & healthier eating habits using motivational coaching to make changes to improve lives.

Making small changes one step at a time leads to changing habits, having a sense of achievement and an improved sense of wellbeing, which we know helps people feel better and more positive about moving forward.

Accessing support is key and we all need help at different times in our lives. Help and encouragement can be the difference to succeeding and importantly maintaining changes in behaviour and new habits.

With the intention of increasing social opportunities in Sedbergh, we have recently created a weekly Coffee Chat drop-in on Wednesday mornings at the People's Hall, 10.00-12.00. This is an open-door event for anybody who would like to chat, have

a free cuppa, meet others and obtain some basic food supplies if needed.

We are happy to speak with anybody who is looking for help to make changes, has concerns about their health or feel they could benefit from our service. Please speak with your GP and/or Practice team if you feel you would like some support and they will refer into the service.

IS IT TIME TO GO?

Kathy Charles

Dad checks his watch to see who's due.

He asks where the car has been left tonight.

He wants to get home to see the dog,

Back to the place where the dog is waiting. He asks where the car has been left tonight.

He's searching for the keys in his pockets.

Back to the place where the dog is waiting.

He checks by the window, the chair, the door. He's searching for the keys in his pockets.

It's late, someone will have to drive in the dark.

He checks by the window, the chair, the door.

His mother, his sister, his wife – someone is waiting, frowning. It's late, someone will have to drive in the dark.

He wants to get home to see the dog,

His mother, his sister, his wife – someone is waiting, frowning.

Dad checks his watch to see who's due.

Published in "Dementia Together" and winner of their poetry prize.

PUBLIC TRANSPORT USERS GROUP

Ed Welti

Towards the end of last year the Government finally announced the Bus Service Funding for each Transport Authority in England. Westmorland and Furness will receive approximately £1.788 million.

Having received their Allocation, W&F published, and have now approved, what they plan to do with it. About £1.45 million will be used on already existing routes. Which leaves just over £300,000 for new initiatives. The Council identified 7 new routes they'd like to fund. One of those is the route from Kirkby Stephen to Kendal via Sedbergh, designated the 564.

This year, W&F have prioritised the routes they are funding using a 'Multi-criteria assessment framework' (MCAF). All routes on their document are rated this way. Last year we argued that Sedbergh deserved more priority than they gave it. The MCAF rating proves we were right. Some £650,000 of the grant is being allocated to routes which have a lower rating than the proposed 564.

However, looking at the new routes there are 2 that are assigned an MCAF rating of 8.5. Three have 5.5 and 2 have 2. Ours is one of the 5.5.

Although they have not published how each rating was calculated W&F have published the criteria they used. There are 5 sets of criteria, and affordability and deliverability are factored in, so, in theory, the criteria should produce a 'level playing field'. Looking at the list of new routes, let's

assume that the routes with the highest ratings are given the money and the remaining money is allocated by working down the list until it runs out.

Nearly all the criteria MCAF are non specific, for example 'Access to employment/learning in rural areas'. Except one - 'Access to employment for the hospitality industry in the Lake District'. Where do those 2 services that scored 8.5 run - in the Lake District. One of them has a description by it 'Worker and Visitor



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Service'. Hospitality workers no doubt. Why has a similar criteria not been applied to our area?

If the 2 routes in the Lakes take up, say, £100,000 of the Allocation, there won't be enough cash for the Sedbergh route, so the remaining money will go the other routes rated 5.5 (assuming that there is enough) and any remainders to the other routes rated at 2.

I have asked about this prioritisation and the Council say that although the MCAF rating is a factor there are other considerations which maybe taken into account.

I leave you to make up your own mind about the MCAF ratings. Complain to anyone who will listen if you think it's unfair. I am trying to find out how the criteria were set (do the Councillors we elect set this criteria or is it non-elected Council Officers who determine policy?), who approved them, and how the individual ratings were calculated. I'll let you know what I find.

In my last report I was also vaguely optimistic that the £250,000 received by Westmorland and Furness from the Government to fund a Franchising pilot would be used, in a practical sense, to improve bus services somewhere in the Authority. The latest news is that it has been pooled with the equivalent amount which was received by Cumberland, and has gone into a joint project which will be taken forward by the Combined Mayoral Authority. My assumption is that it will probably be spent on consultancy, rather than providing bus services. That is what is happening in other areas that have received similar sums.

NOTES FROM DENT STATION

John Carey

The Dent Station Team

First of all, I should take the opportunity of offering best wishes for 2026 to one and all from the Dent Station team. It has been a busy Christmas period at the station coupled with a certain anxiety as to whether we might receive our heating oil order as the levels were approaching dangerously low. It only seems a few weeks ago, but the heavy rainfall in mid-December caused some supply issues across Cumbria, but fortunately, our heating oil supplier came to the rescue just in time. At least we would have had a good supply of coal! Meanwhile, down in the valley, the road replacement work at Dent Head seems to be making good progress and so things are looking up. We might even have road access from Ribbleshead in the next few weeks. Let's hope so!

I suppose that one of the recent highlights has been the much anticipated arrival of the Avanti diversion trains which started running on New Year's Day, a consequence of the Clifton Bridge replacement on the West Coast Main Line. A few folks were present to witness the first trains gliding through Dent Station at a sedately 30mph and a fine sight they were too. This is a major undertaking by the DfT to keep trains running, albeit with a near-2 hours or more penalty for the diversion route once transfer time is taken into consideration. There is a certain irony in that, having gone to all that trouble, passengers still had to transfer onto a

bus at Carlisle to travel to Lockerbie for the first week due to re signalling works at Kingmoor, immediately north of Carlisle.

It hasn't been altogether plain-sailing as there have been a number of Avanti train failures. The Hitachi 'Evero' trains, capable of running in either diesel or electric modes, are probably not best suited to running for such long distances on diesel power, plus which, the gradients are more demanding than the normal stumping ground of the North Wales coastline to Holyhead. In addition, January weather conditions on the fells are vastly different from the fine conditions experienced at the time of the flawless test run back in August 2025. But no doubt, valuable lessons will have been learned which will inform the decision making going forward. We already know that diversions will occur again in April 2026 for a 2 week period.

Clearly, all the effort on this occasion has been in aid of the replacement of the Clifton Bridge which has now been successfully demolished and replaced - a well-planned precision operation. Thankfully for many motorists, the M6 is now back to operation and the elaborate, but necessary, traffic control which blighted most of the major roads in the region for two weekends is no longer. Well, for the moment anyway. There are quite a few concrete road bridges along the Lune valley section of the M6 which are also requiring attention.

Whilst we might complain when trains are cancelled or do not run to time, it is the case that our line has

far less cancellations than most. Indeed, public perception of poor service is perhaps worse than the reality but little comfort to the intending passenger of a cancelled train. However, with heavy rain forecast over the two days on 15/16th December, train services were suspended across 'Cumbria' as a pre-emptive measure. Unfortunately, it does seem that such pre-emptive decisions are occurring with greater frequency, possibly as there are few consequences or penalties for not running as our rail services are now effectively under government ownership and control. Also,

having issued a 'Do not travel' notices this relieves the railway from obligation for providing alternative rail replacement if that were possible. It is a sorry state of affairs.

In the event, the worst of heavy rain missed the Settle-Carlisle corridor whilst there was indeed flooding to the Lake District, further to

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the west. It is understood that the directive came from Network Rail rather than the train operator and included the whole of 'Cumbria'. But surely it would be far better to wait and see, particularly as there is often a delay between heavy rain and actual flooding. Railways are the one thing that folk should be able to rely on in the absence of other transport during inclement weather.

Unfortunately, there is no further news on our local buses although the government Local Authority Bus Grant allocations were announced in December 2025 from which would appear that Westmorland and Furness council are to receive a slight increase in funding for 2026/27. Whilst tenders are currently being sought for a weekday-only 564 service between Kirkby Stephen and Kendal via Sedbergh, any decision will be undoubtedly subject to fiscal constraints. But at least we know that the matter is being taken seriously. But it is all the more important that the elected representatives are reminded before any final decision is made and the local public transport user group is actively on the case. Any change is likely to be in April

2026 to coincide with the timetable and service changes in the remainder of the area.

Anyway, back to Dent Station, we are fortunate that the S1 Western Dales Bus continues to provide a vital link to and from the station every Saturday and ideal for a winter trip to 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 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 for tickets purchased on the day (weekdays after 0815) on the Settle-Carlisle and Morecambe lines. Even better, there is a 50%-off winter offer running until 26th March 2026. The cards can be purchased at a cost of £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 via john.carey@settle-carlisle.com and, as always, I would be delighted to help.

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FAMILY MUSINGS

Sarah Woof

How is it that something with weeks of preparation just goes by in a flash? Or so it seems, most years. Christmas is what I refer to. We spend weeks, if not months, preparing and it all passes so fast. Yet, so wonderful, especially with our grandchildren. Their expressions, what they say, the things they believe and expect, wonderful but over too soon. And every year I tell myself I will start getting ready earlier but I never do.

Dogs. Something else that passes fast especially when in pursuit of a thrown ball or rope! How did we live without our two dogs? Less mess,

that's for sure, but also less cuddles and certainly less exercise. One of our grandchildren keeps trying to give me a kitten, although his last offer was "some cats". No thank you I say, I have dogs. "We have both, Granny" is his reply.

Talking of pets, while some of the family were away, it was down to me to keep their Bearded Dragon fed - this included live crickets and cockroaches, but thankfully not every day. You can get used to anything it seems.

So, enjoy the winter, look forward to spring and then start preparing for summer!



THE FELLS ARE LOSING THEIR FELL PONY BREEDERS

Fell Pony Heritage Trust

For centuries as far back as Roman times, there has been a work horse or rather a work pony living breeding and grafting across the fells and dales of the Lake District. The beloved Fell Pony is native and indigenous to Cumbria and within the last century enthusiasm for the breed has spread across the world.

Travelling back in time you would have met fell pony packtrains tramping heavy loads of wool, iron ore and slate across the feted mountain trods of Cumberland and Westmorland. You would have admired the surefooted fortitude of these magnificent ponies, a strong as oxen, but as fleet as a riding horse, working on farms throughout the valleys and on the hills. From pulling a plough, to gathering hefted sheep, to bringing in the sheaves, no task was too much for the fell pony.

Hill Shepherds could rely on the Fell Pony when the mists came down and the rain blew horizontally across the mountains, to get them home safe and sound. The ponies knew the land and the terrain, as hefted to the hill as the sheep they thrived alongside whilst shepherding with their masters.

There were many jobs for which farmers relied upon the Fell Pony. Gathering bracken for winter cattle bedding, towing the farm cart to market at the weekend, and with a wash and brush up on Sunday, to church with bridle and braffin gleaming, as befitting a hard-working

farming family dressed in Sunday-best.

We must not forget the shepherds meets following a fell gather, where the farmers congregated to swap straying sheep. These seasonal events also turned into a social gathering. Fell Pony trotting races were organised, where the best ponies trotted a mile between stone markers. One course followed the old Roman road on High Street which crosses the fells above Bampton. Those same stones remain today. Some ponies were timed and could trot a mile in 3 minutes whilst carrying a grown man of 12 stones.

This is not some twee tale from days of old. This is fact not fiction. The Fell Pony was once the tractor, the taxi and the trailblazer of the hills. So important were they that they were awarded hill grazing rights alongside both sheep and cattle. Very many fell farmers were breeders for their own business as well as for others, using their knowledge skill and judgement to carefully select hardy hill sires to complement their mares, many of which ran semi-feral on the fells, hefted to them alongside their farms hill flock.

All of these farms were Fell Pony breeding studs in their own right. The skill of selective hill breeding ensuring the thrift and the power of high-running ponies, has always been essential to lowland and global fell pony breeders. It is why they come back year upon year to the hills, just as the lowland shepherds do in Autumn from across the United Kingdom, keen to purchase hardy Cumbrian hill-bred stock. It is the

same process for both sheep and fell ponies, and it has enormous and under-appreciated value.

The industrial history and heritage of the fell pony is steeped in the legend and lore of the Lake District. Like the hill farmers who bred them, the ponies are an integral and invaluable part of Cumbria. Those lucky visitors who spy the ponies, mains and tails flowing, knees high stepping as they run proud and free across the grazed mountain pastures, cannot fail to be enthralled at what they witness.

Sadly, these sightings are becoming much fewer and further between. Today there are only 14 genuine hill breeders of traditional fell ponies left in existence, and many of

these are now under great threat. Only 270 registered fell ponies from hill herds remain. Only 88 registered pure-bred foals were born from hill breeding herds in 2024.

The genuine high going fell pony is dying out fast. It is because the people (mostly farmers) who breed them are dying out too. It is a fact that those people and organisations that place value on “nature” above all else would rather the fells and dales of Cumbria were de-stocked of sheep, fell ponies and farmers.

Many of the Fell pony breeders’ farms are owned by landed estates. In the current clamour for “green” and “nature”, the most ardent of conservationists, environmentalists and ecologists want to see the



managed landscapes of Cumbria created over the millenia, returned to nature or re-wilded.

Several large estates across Cumbria want to take tenanted farms back in hand in order to take advantage of whatever “green” payments they can secure through environmental and tree-planting schemes. There is far more money in “green” than a tenant can pay to farm the land, manage the landscapes, breed sheep and in those dwindling cases, breed fell ponies.

So many ponies with prefixes linked to the farms or parishes in which they were bred are disappearing. By way of example a famous colt called “Thirlmere”, bred by Mr Stanley H Fleming of Rydal Hall, foaled in 1895. Another of his mares called “Kentmere” won best Fell Pony at the 1902 Westmorland Agricultural Show. Then there was “Hardendale Hero” bred in 1924 by John Brunskill, of Hardendale Hall, Shap.

“Birkett Bank Polly” foaled in 1934 and was bred by T&J Relph and Sons on their farm near Threlkeld, Keswick. “Intake Star” bred by Isaac Wilson at Intake Farm, Tebay, foaled in 1926.

Then there is the “Greenholme” herd and the “Waverhead” Fell Ponies still breeding today more than 80 years later. Not to mention the world-renowned Drybarrows herd grazing high above Haweswater, the pride and joy of the Thompson family whose Fell Pony bloodlines are sought by so many for several decades.

Famous places, ponies and people who have managed the landscapes for decades for generations of communities and a sense of place.

Destroy the hill sheep, the Fell pony or both, and the damage to food production, the grazed upland environment, the local economy and rural communities will be devastating. Fell Ponies, fell sheep and fell shepherds exist cheek by jowl. They are entwined in what should be a comfortable respected and trusted existence, but sadly this is far from reality today.

The Fell Pony Heritage trust was set up by Libby Robinson Tebay Near Penrith. She says, “Our vision is to protect the heritage of the hill-bred fell pony, to preserve those traditional working practices for future generations, and above all, support



©LorraineHodgson Photography

the real stewards of the breed, our Cumbrian hill farmers”.

Farmers Sam and Claire Beaumont of Gowbarrow Hall Farm rising from the shores of Ullswater high on to Gowbarrow Fell, are relatively new entrants to Fell Pony breeding. They say that through the Fell Pony Heritage Trust, they have learned much about the history of Fell ponies on their own upland farm.

“We believe it’s important that all livestock is bred in the landscape they are genetically adapted to, in order to maintain their unique qualities. In the case of the Fell Ponies, this is on the high fells of Cumbria. There is so much expert knowledge, built up over generations, within the existing Fell pony breeders, we’d love to see efforts focused on helping preserve their existence, breeding fell ponies on the farms they are best adapted to.



These breeders have spent lifetimes ensuring we have Fell Ponies perfectly adapted and acclimatised to Lake District fells. It would be such a shame for the breed to lose its hardiness if future generations are to be bred on rich, lowland farms.”

Adam Day has spent his entire career working as a land agent, auctioneer and latterly Managing Director of the Farmer Network, a not-for-profit organisation which helps farmers to address challenges to their business and take advantage of any opportunities. He is also a Trustee of the Fell Pony Heritage Trust and he says,

“Today hill farming in Cumbria is under great threat. We are losing our hefted flocks, our hill-bred fell pony herds and the farmers who have bred them for generations. Do we really want to see large, landed estates across Cumbria take control of our fells, remove the tenants, destroy those ancient flocks and become the sole guardians of the high running fell pony?

Legendary fell pony breeder Bill Potter has the last word saying, “the hill farmers are the last of the traditional pony breeders and they are disappearing for good, and with them goes their knowledge. To keep the knowledge alive, you have to work with the remaining old breeders and with their ponies, to understand them. You will never learn this out of a book”.

• For more information on the Fell Pony Heritage Trust, contact Libby Robinson on 015396 26123

<https://www.fpht.co.uk/>



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EYES ON THE SKIES - PROTECTING BIRDS OF PREY

Victoria Benn

As an independent charity free from all financial and political ties, Friends of the Dales has spent more than four decades campaigning on the big issues affecting the Yorkshire Dales. Its new campaign is no different, speaking out against the ongoing criminal persecution of birds of prey, a barbaric practice that continues, despite these majestic species having been protected in law for over 70 years. To learn more about justice for birds of prey, sign up for one or both of the charity's next two free online talks.

Saving Our Precious Sky Dancers

With Indy Kiemel Greene & Adrian Rowe from Hen Harrier Action.

Wednesday 18 February, 5:30pm – 7:00pm. Indy – familiar from Springwatch, 8 Out of 10 Bats, and the HHA Skydancer Day – will introduce the iconic, red-listed hen harrier: how to recognise it, its key behaviours, and why it's a vital indicator of upland ecosystem health. Adrian will then reveal how satellite tagging helps monitor raptors and exposes illegal persecution, and how the charity is funding both tags and specialised wildlife-crime detection dogs to strengthen protection efforts.

Talking Raptor Persecution

With Dr Ruth Tingay. Wednesday 18 March, 5:30pm - 7:00pm. Hear from wildlife conservationist Dr Ruth Tingay, who has worked in the field of raptor research and conservation for more than 30 years. A former President of the international Raptor Research Foundation, Ruth now focuses on campaigning against the illegal killing of birds of prey in the UK through the blog Raptor Persecution UK. She is also a co-director of the hard-hitting wildlife conservation organisation Wild Justice with Chris Packham.

Book for both of these free talks at: www.friendsofthedales.org.uk/events

All talks can also be viewed later via: www.youtube.com/@friendsofthedales

SEDBERGH LADIES N.F.U.

Caroline Sandys Clarke

For our November Meeting on the 18th we had the help of Shelagh Cobb in designing and making Christmas Cards. We all had great fun and got well stuck up with glue and double-sided sticky tape!

Shelagh was enormously generous with her time and products, providing plain cards and envelopes, fabric, ribbon and marker pens as well as wonderful ideas and suggestions so that everyone went home with cards they had made. Shelagh generously donated her fee to The North West Air Ambulance.

For our final meeting of 2025 and also for the group as it currently exists, we all much enjoyed a talk

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from Rosie Russell-Cohen who works for the Yorkshire Dales Millenium Trust. Rosie gave us a rundown of what her work involves, which includes organising days out for people to connect with the outdoors, running apprenticeship schemes to encourage the young to stick around in the countryside. Running a Youth Forum which is rather like a Youth Club and encouraging landowners and farmers to do small scale planting in corners and ghylls. Then, to our surprise and delight, Rosie produced some small jars, some coconut oil, runny honey and various essences and showed us how to set about making lip balm. The end result not only tasted delicious but felt lovely on our lips too!

A pretty bit of ribbon and maybe a label would complete the perfect little gift for a friend.

Our final get together will be at Sedbergh Golf Club for lunch on the 20th January 2026.

DENTDALE W.I.

Thelma Belfield

It's been a few weeks since our last report from Dentdale. We have had a fashion show, held our annual general meeting, Christmas has been and gone, and we have had some challenging weather to contend with. Flooded roads, sub-zero temperatures, black ice and a light dusting of seasonable snow, highlighting the fells.

At our October meeting, once again we welcomed the Kitty Brown boutique team. Four of us, visited the boutique, chose our outfits and on the night, we strutted our stuff along an imaginary catwalk. As always it was an enjoyable event. With a huge selection of clothes and accessories to choose from, we were in our element, and the 'plastic cards' worked overtime. A glass of wine and nibbles made it a most pleasurable evening.

November is always our AGM and our standing committee were all happy to continue, with Pam Sutcliffe joining them, and subsequently being voted in as President for the coming year. Some of our committee members had made cakes in honour of the occasion, and we all enjoyed tea and cake whilst busily engaged in solving answers to a canny Quiz presented by Gill. It was good fun, lots of groans and 'of course it is' when the answers were revealed.

December brought all the usual festivities in the Dale, carol singing, the Christmas Fair and of course our Christmas party lunch. The George & Dragon in the village were our hosts, welcoming us with a delicious lunch,

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a roaring fire and excellent service. Christmas cards were exchanged, our traditional Secret Santa gift basket circulated, and everyone had a great time.

Now it's after Christmas and into a very cold and icy New Year. Since 2020 when we were constrained by the COVID epidemic restrictions, here in Dentdale we devote our January meeting to the presentation, discussion and voting process for the annual Resolutions proposed and selected for the current year.

Our new president Pam welcomed everyone to the meeting with some very wise words. She reflected how very easily we all focus on events that have happened in the past, particularly the loss of friends over

time and how important it is to keep this in perspective. It is history and we cannot change it. The important thing is to look to the future with a positive view and a determination to do our best, explore new challenges and work towards a brighter future.

With that in mind she introduced Andrew Povey, who had come to our meeting seeking views and ideas for the forthcoming new Parish Plan. Andrew is a member of our parish council and is leading the project to produce an up-to-date Parish Plan. He gave a brief resume of progress to date, mainly focussing on contacting as many residents of Dentdale as possible for their views and ideas for the future of the dale. He provided us with two blank

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posters for us to write our suggestions. As you may imagine, WI members always have a view, an idea or suggestion or two.

Rita our secretary announced the date for the Federation AGM on March 23rd and read out a letter of thanks from the ACWW for our annual contribution.

Then it was over to our 5 volunteer members to present a brief resume on the following Resolutions put forward for debate this coming year.

They are:-

1. Accessible Public Toilets.
2. Action on women's homelessness.
3. Nearer to Nature.
4. Love your vulva.
5. Every child needs a friend.

Gill presented the first resolution. This issue has been raised as a result of the closure of so many public toilet facilities in towns and cities across the country. Historically, the provision of facilities has not been funded by local authorities. Research shows that women and children use public facilities more than men. In many areas, private facilities are available but they are not freely published and very few people are aware of this. The resolution calls for accessible public toilets to be funded and made available for all to use.

Kate was our next presenter, speaking about Action on women's homelessness. During 2025 the number of 'rough sleepers' increased quite dramatically. Women are

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reluctant to admit they are homeless and hide the fact. Women with children are adversely affected, with frequent short-term accommodation impacting on their children's education and social wellbeing. Currently 16,500 children in the UK are living in temporary accommodation.

Jackie was our third presenter of Nearer to Nature. This resolution focusses on the benefits to physical and mental health that the natural world can provide for people if they have the opportunity to experience it. There is a pressing need for society to protect and maintain green space to allow these benefits to be taken up. Additionally there is a need for health services to recognise and promote care programmes reflecting this.

Alice followed with the fourth resolution 'Love your vulva' – she presented this subject in a quite light hearted manner beginning by explaining the word vulva, and how many of us when children, were discouraged from talking about our genitalia. She continued by saying that cancer of the vulva is not well known, there are 1400 cases diagnosed annually. Self-examination is paramount and any abnormality should be referred for medical attention and subsequent treatment.

Finally, Anthea talked to us about 'Every child needs a friend'. There are currently 107,000 children in care. They all have carers, including social workers and foster parents. This resolution focusses on the importance for such children to have an independent 'friend' outside of the

care system. There are limited schemes providing this support but more is needed. The schemes are not widely known about and there is a need for expansion. It is a voluntary service, assessment and training is available and expenses are paid.

Once again, a very varied and interesting list of important issues needing to be considered. Following the presentations, a vote was taken and interestingly, three of the resolutions received an equal number of votes. Historically, there has been just one resolution that clearly led the field, not so this year. It will be interesting to see the result of the vote across the Cumbria/Westmorland federation and subsequently at national level.

The early section of my report this month, has been taken up with social events but during the latter part of 2025 business matters have still been dealt with. There have been changes to the W.I. Constitution during 2025 introducing procedural changes at national, federation and local levels.

Also in accordance to changes within the law on transgender status, there has been an impact on the

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membership of transgender women. This means that from April 2026 transgender women will no longer be able to become members of the W.I. This has clearly caused pain and distress across the W.I. Serious discussion and legal advice has been sought at national level. To remain within the law of the land, the decision to no longer accept transgender women as members has been finalised. On a positive note, there are plans in progress to establish Sisterhood groups to accommodate the members affected by these changes. We are currently awaiting further advice on this.

Our January meeting ended as usual with a 'cuppa ' and a biscuit, served very expertly by Alice and Anthea, our hostesses for the evening. The competition this month was for an interesting item beginning with the letter X. Not an easy one this month. Surprisingly, I won first place with my Xanthan gum, followed by

Alice with a Xenolith stone, and Chris took third place with her picture of a little-known flower beginning with X which I failed to copy, so it will have to remain $x = ?$. It was a lucky night for Chris who also won the raffle, a nice box of chocolates.

The W.I. is a great organisation, women working together, supporting each other, offering education, friendship, social experiences and much more.

We meet on the 2nd Wednesday of each month, 7.15pm in Dent Memorial Hall. We have a varied and interesting programme this coming year. Do come and join us.

SEDBERGH W.I.

Moira Folks

Welcome to 2026, everyone! The first task, however, is to look back with Anne Pitt to our walking group's last walk of 2025: 'In the November cold spell, expecting icy roads and light snow or sleety showers, the walking group opted for a short walk with limited driving. Consequently, after meeting up at the bus station in Kendal, they took the 555 bus to Windermere station for an early lunch at Lakeland and then walked down Phoenix Way, cutting down lanes to Birthwaite Road. From there, a No Through Road, Beemire, led down to Langlands Road, both on the north side of Windermere and Bowness, eventually reaching Bowness Bay. The paths were well surfaced and passed through mature woodland, initially on both sides but soon only on the southern side, so there were excellent views of the northern part of the lake and the snow-capped fells,

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which looked stunning as they were highly defined in the bright wintry sunshine. The walk continued along the bay around the Glebe land, continuing along the lakeside to near the Ferry, where the path joined the Rectory Lane back to Glebe Road and the pier. With a bit of time to spare for a warming beverage in Bowness before the bus back up to Windermere, the trip rounded off by collecting items from Lakeland or Booths at Windermere station before returning to Kendal on the 555 bus.' Thank you, Anne, for your report.

On Wednesday 10th December, we gathered at the Sedbergh Golf Club restaurant for our festive Christmas Dinner, with helpful notes available to remind us what we'd ordered in advance, a few weeks beforehand! A Secret Santa sack appeared containing gifts for people who had taken part in this draw, crackers were pulled and cracked, and jokes were cracked when they fell out of the crackers! Most people put their cracker crowns on their heads, but they didn't all last for the whole meal, which was very plentiful and tasty. Part way through the meal, we moved on to another table to be able to speak to more of the gathering. It was a very enjoyable evening!

Christmas book club was held the following day at Anne Pitt's home, enlivened with mulled wine (non-alcoholic for the drivers!) and festive treats. This followed a discussion of 'The Mammy' by Brendan O'Carroll, which was not popular with the group and only scored 4/10.

We returned to the People's Hall

on January 14th for our first meeting of 2026: a very memorable one for the best of reasons. Myles Ripley's presentation of his second two-month voyage to Antarctica aboard the spectacular tall square-sailed ship Europa which had 15 paid crew, but on which he was a paying guest (one of 37) who still had important work to do (!) like keeping night watch and adjusting the sails. It was illustrated with brilliant photography of sea, land and even seabirds including penguins apparently having fun climbing up icy hills and sliding down them! The voyage started in Uruguay and followed the South American coast to the Falklands, South Georgia and Ushuaia amongst other places. Myles emphasised the



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importance of biosecurity to avoid spreading bird flu, and the danger of getting closer than 2 metres from penguins and 50 metres from whales. Myles delivered his commentary with infectious enthusiasm, and we all responded to that, even though most of us are just armchair travellers! Thank you very much, Myles!

January book club met at Moira's home the next day to discuss 'Mrs Porter Calling' by A J Pearce, the third of a series of novels set in WW2 London. This one deals with the staff of the 'Woman's Friend' weekly magazine and the fall-out when it is taken over by a snobbish woman who wants it to be aimed at upper-class rich women instead of ordinary housewives who are trying to make ends meet in wartime. There's a large cast of characters in the book and the meeting members responded to them well, thinking the author had produced a distinctive voice for each of them and a plausible outcome. Four members of the book group, however, were bored by the beginning of it and abandoned the book early on. Of those who had read it through, the average score was 6.5/10.

At our next meeting in the People's Hall committee room, on Wednesday 11th February at 7.30pm, we will be welcoming Angela Emms who will be talking about St John's Hospice, our local hospice in Lancaster. Visitors and new members are always welcome. For further information, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Lesley McCririe, on 07930 177423.

KILLINGTON W.I.

Wendy Fraser-Urquhart

This afternoon it was good to be gathered with friends for our first meeting of 2026. My goodness! How quickly the years go by. I clearly remember on December 31st 1999 being at home as midnight approached, and wondering if all our communications were going to be totally disrupted by the "Millenium Bug". They weren't of course. At this time of year we, at KWI, like to stay on the safe side and have a speaker from nearby, in case of bad weather. Today we had the most local and the best with Myles Ripley whose topic was "CPR and Basic First Aid". We, in Sedbergh, are fortunate to have several defibrillators around the locality. The one on The People's Hall, was purchased by KWI and its maintenance cost is met by us. Myles showed us the workings of a defibrillator, gave us many useful and practical tips, and made us all feel more confident about our ability to

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cope with an emergency. Likewise he dealt with the signs of Strokes and how to deal with them. The answer to this is to get help quickly - 999 will always guide you the right way. He took us through the items needful in a First Aid Kit and how best to use them. It was a most informative talk and greatly to be recommended. Thank you Myles.!

Lots of lovely cake was consumed. Members voted to select the competition entry which this month was for a favourite Christmas card. At our meeting this is done by members putting down coins alongside whichever they think is the best entry. It is the number of coins per entry which matters, not the value of the coins. The cash then goes to a charity which is spent in a developing country. Today's winner was Susan Sharrocks with a card which had been drawn and painted by her granddaughter.

Then it was on to the KWI business part of the meeting. We went through the Federation monthly newsletter with members volunteering to attend the Annual Council Meeting at Kendal Rugby Club in March, much better parking there than at the Town Hall. We were encouraged to get on with our entries for the Sedbergh Spring Show on Saturday March 21st. Details of the classes were printed in December/ January Lookaround.

Then we discussed the five topics which have been put forward by the National WI as the resolution to be the main focus for pressure and publicity for the coming year. The one we chose urges the Provision of Accessible Public Toilet Facilities to Promote Dignity, Health, and Social

Inclusion. It is reported that the UK has lost 40% of its public toilets since 2000, mainly due to cuts in local authority budgets. On a lighter note we were happy to offer birthday wishes to two of our members, Barbara Maunder and Jenny Maconchy. We were also happy to welcome Norma Cheeseman back as a member. Now we look forward to our programme for the rest of 2026. Our next meeting will be on Tuesday 10th February 2026, at 2-00pm, in the committee room of the People's Hall. Our speaker will be David Vigar who will enlighten us on Mutiny on the Bounty. The competition is for a boat-related item. Please feel free to come and join us and bring along a boaty bit if you have one!

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DESERTED, LONELY HIGHWAY

Karen Bruce Lockhart

Some years ago I came across the following paragraphs in a book I happened to be skimming through. It is interesting as it shows how things thought to be unchanging and of great importance can in fact change and change again:

Taken from Highways and Byways of Yorkshire – Joseph Pennell and Hugh Thomson 1899 and describe a well known road:

“Whether it was great or otherwise is of little moment now, except to cyclists and ragged beggarmen; for they alone out of the whole community travel its deserted ways which were once so full of noisy life, and mark how the ancient wayside

inns have lost their occupation and descended into farms or cottages; while as each easy hill surmounted discloses new lengths of the broad old highway running straight and smooth between wide grassy borders, the very spaciousness and emptiness of the road possess a certain dignity and grandeur which are suggestive of long vanished poms and noble spectacles such as we shall never see again. It was not yonder sleepy farmer jogging home from in his gig that the makers of this highway had in mind; nor was it the herdsman who walks cautiously before his sheep, checking them with his staff in front while his dog brings up all the stragglers in the rear.....

...Deserted, lonely highway! What

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tragedies has it not witnessed! Even in this blithe summer sunshine, when the scent of hawthorn is blown across my track from every hedge, when the woodpigeons are calling in the cool woods, and there is movement far and wide over all the face of the level country...."

Do you recognise it? The date is significant because the railways had taken away the commercial, military and passenger traffic, and the petrol engine, though invented, had not yet begun to have significance. Little did they know.

It is the A1 or Great North Road they are describing.



FIFTY YEARS AGO

Colin Cowperthwaite

A selection of news items which appeared in local newspapers during February 1976.

Success at Cruft's

Entered in two classes for Pointers at the recent Cruft's show in London, "Crookrise Opal", an eleven-month-old Pointer born and bred in Sedbergh and from the kennels of Mrs Robertshaw, took first prize in both. Another local breeder, Mrs Roslyn-Williams, took a fourth and fifth prize in the Labrador classes.

Guild

The Guild meeting last week was the annual Home Missions meeting, and the chairman was the Rev. H.S.

Hills. He introduced Mr Sandy Roy, who took as his theme the work of the Scripture Union. The Home Missions treasurer, Mr William Allen, reported that the amount raised in Sedbergh for Home Missions in the past year was £143, an increase of £8 over the previous year.

Mr W. Burton

The funeral took place at Sedbergh Parish Church last week of Mr William Burton, of 8 Havera. Mr Burton had been in indifferent health for some years and died at his home at the age of 63. A native of Cautley, he was the son of Mr and Mrs R. Burton of Sarthwaite, and after leaving the local school was employed on the family farm, and was a member of Cautley Church choir. In 1947 he was engaged by the former Sedbergh Rural Council and served in several capacities, but in 1950 he became a lengthman on the railway. After 15 years, due to persistent ill health, he was forced to accept redundancy. During 1968 the M6 Motorway contractors hired him as a watchman, and he remained in this position until completion of the project, and then retired. His hobbies were cars and the raising of foreign

cage birds, including parrots, budgerigars, and mynah birds. For most of the last war he served in the Home Guard, and in 1941 married the former Miss Annie Woof of Becksides, Cautley, who died in 1972. Mr Burton leaves one son and two daughters.

Primary School

The junior children, accompanied by Mrs D. Tebay and Mrs L. Garnett, were the guests of Sedbergh County Secondary School, where they saw a performance by the Beaulieu Minstrels. Another party of children, accompanied by Mrs C. Hinton, went to the Teachers' Centre at Kendal, where they saw a display of materials and examples of needlecraft.

Honeymoon in Alicante

A honeymoon in Alicante, Spain, followed the wedding of Mr Peter Walker and Miss Linda Mary Metcalfe last Saturday. They were married at Sedbergh Methodist Church by the Rev. H. Stanley Hills. The groom is a Post Office engineer at Kendal, and his bride is a clerk with the National Westminster Bank. Mr Walker is the elder son of Mr and Mrs C. Walker of Hallgarth Circle, Kendal, and Miss Metcalfe is the daughter of Mr and

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Mrs J. Metcalfe of New House, Cautley, Sedbergh. Given away by her father, the bride wore a white French-figured polyester dress with wide lace, trimmed Elizabethan sleeves, and a small train falling from the waist. Her long veil with matching lace was held in place by a floral head-dress. She carried a bouquet of pink roses, white hyacinth pips, and lilies-of-the-valley. The attendants were Misses Joan and Brenda Metcalfe, sisters of the bride. Best man was Mr Pete Major, a friend of the bridegroom. A reception was held at the Bull Hotel, Sedbergh. The couple will live at Kentwood Road, Kendal.

Dent Footpaths

Any alterations to public footpaths or bridleways in the definitive map for Cumbria can only be considered by the county council if new evidence can be produced that was not available when the original map was

drawn up, it was stated at a meeting of Dent Parish Council, and any applications for amendments must be submitted by the people concerned at their own expense. The only other method available was to apply for a statutory order, and this could only be done after the amendments had been considered, and a new map produced in 1978.

Tennis Dance

Sedbergh Tennis Club held a very successful dance in the Masonic Hall last week. A buffet supper was provided by ladies of the committee and friends, and more than eighty dancers took the floor to the music of Reg and Kath.

Local Will

Mr Waller Lancaster, of Wilkin Stile, Sedbergh, who died on February 1st, left £10,545 gross, £10,325 net. He left all his property to the National Society for Cancer Relief.

Entertainment in Dent

Mr D. Shevelan, National Park warden, showed colour slides to 60 Over-Sixties and members of the public on Saturday in the Memorial Hall. He spoke of the pressures on the countryside, and announced the success of weekend trains during the holiday season. About 40 Over-Sixties sat down to tea provided and prepared by the Old People's Welfare Committee and helpers. The warden was welcomed by the committee chairman, Mr R. Sanderson, and the Rev A.J.W. Barker expressed thanks.

Water Work Commences

Water supply engineers have started work on the £6,265 project to investigate the potential water resources of gravel deposits in

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Sedbergh. They are hopeful of finding enough water to augment or supercede the town's existing water supply. The present works are limited to field investigations only, but if the tests prove successful the aquifer will be developed for supply purposes by two or three abstraction boreholes. Works consist of sinking and test pumping an investigation borehole, and the installation of piezometer tubes at five sites. The contract is being carried out by Farrods Ltd. of Ripon, and is due for completion this summer.

Secondary School

There was a varied programme recently at Sedbergh Secondary School, beginning with a weekend of caving in the Ribblesdale area for a party of pupils accompanied by Mr D. Lord and staff of Whernside Caving Centre. A group of pupils interested in catering careers attended an open day at the Woolpack Hotel, Kendal on Thursday; and for the younger end, some fifty pupils enjoyed a pantomime at Lancaster on Friday. The week concluded with school football fans attending the Leeds

United v Crystal Palace match at Elland Road on Saturday.

Darting Dance

The Sedbergh and District Darts and Dominoes League held a successful dance and cabaret in the People's Hall on Friday. The event was a profitable one, with dancing to the music of the Wyre Levee Stompers Jazz Band, and cabaret acts provided by the Rio Grande. Trophies were presented by Mr Stan Haygarth to the following: Winner of League darts, Bull Hotel; League dominoes, Railway Inn; knockout competition cup for darts, The Red Lion; knockout dominoes, The Red Lion. An individual prize for darts was awarded to Mr John Coward (Railway Inn).

Senior Citizens' Party

Members of the men's and women's sections of Sedbergh Royal British Legion Branch entertained the senior citizens of Sedbergh on Saturday at the annual party, held in the People's Hall. President of the branch, Mr I.F. McDougall, welcomed 150 guests to a meal and entertainment. The party, an annual event eagerly looked forward to, was



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a great success and prizes, presented by Mrs A.L. Martin, were awarded to the following: Longest serving ex-serviceman, Mr Charles Garnett; Oldest lady president, Miss Jane Udall; Oldest gentleman present, Mr Richard Braithwaite; Longest married couple, Mr and Mrs Tom Sedgwick; Lucky chairs, Mrs C. Johnstone and Mrs Cummings; Birthdays nearest June 15, Mrs R. Brunskill and Mr G. Woof; Best moustache, Mr D. Turner; Latest arrival in Sedbergh, Mrs F.M. Worswick; Couple most recently married, Mr and Mrs G. Woof; Youngest person present, Mrs Lund; Most great grandchildren, Mrs Aikrigg. Musical and vocal

entertainment was provided by Mr John Gardner, Mr Jim Ashburner, Mr George Flint and Mrs Margaret Martin. The Sedbergh Royal British Legion Club Ltd. Had made a generous contribution towards the cost of the party, and Mr Bob Bamber expressed thanks to the Legion and to the helpers.

DECODING THE SAINTS Medieval Saints and their Symbols

Jenny Howard-Vyse

Can you ever remember which saint is which? Who carries the wheel? And which John is the one with the lamb and which is the one with chalice and snake? This lecture

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is designed to give members the edge when travelling around the churches, galleries and museums of UK and Europe – helping them to ‘decode’ the saints. The lecture explores the visual splendours that were created to glorify saints, martyrs and important Christian figures. Drawing from paintings, metal work, sculpture and manuscripts the lecture explores ancient saints such as St Stephen (the first Christian martyr) to historic saints such as St Thomas Becket and St Louis IX King of France. Fantastical stories such as Saint Ursula and her 11,000 virgin companions, will be explored through well-known masterpieces and little-known treasures. By the end of the

lecture members will be able to decode the symbols found in churches, paintings, manuscripts and much more that were used by Byzantine and medieval artists to tell the stories of their saints, martyrs and revered figures.

Speaker:

Anna Bianco is a freelance curator, writer, lecturer, tour guide and art historian. She has been an accredited lecturer of The Arts Society for 11 years. She has a BA History of Art and an MA in Curating from the Courtauld Institute of Art. She has curated exhibitions and displays at The Wallace Collection, The British Museum, The Embankment Galleries and The Southwark Art Collection. She was Director of the Tryon St. Gallery on the Kings Road, and was Associate Curator at Copperfield Gallery, Southwark. She was also Senior Curator for Faith at Auckland Castle in County Durham. She has been a guest lecturer for Christies Education, Durham University, London College of Communication and the Open University. She has also been a tour guide for Context Travel across London. She focuses her work on the medieval and renaissance periods but Anna takes most enjoyment from helping everyone to discover the stories behind art works and museum objects.

The Wensleydale Arts Society's February meeting is on Tuesday 24th February at 2pm. Held at Tennants, in Leyburn, DL8 5SG. There is plenty of free parking, a café and restaurant. All welcome. Details <https://theartsociety.org/wensleydale>

RECOLLECTIONS OF SEDBERGH IN THE MID 19TH CENTURY

Colin Cowperthwaite

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.

Further eastwards, beyond the Black Bull Hotel, was Weavers' Yard, said to have once been one of the chief local centres of the weaving trade, and nearly opposite was Mr. Sykes' shop, a very useful one too. About once-a-year Mr. Sykes paid a visit to Burslem and, in addition to buying new stocks for the shop, he would take pieces of dinner or tea services to be matched. In the room in which I am now writing are two large bread and butter plates which he took to be matched, though fact compels me to own that the matching was imagination. In Mr. Sykes' shop was a miscellaneous collection, from toys to cut glass scent bottles, which last one could even get filled for a trifle with exceedingly good lavender water. Miss Sykes took charge of these, and she was one of those much appreciated by children. On the other side of the shop Mr. and Mrs. Sykes sold groceries, but the main thing was the Post Office: this was beyond the shop and could only be approached from the outside, where there was a three sided opening in which only one person could stand at a time. Those who wanted anything stood here and knocked with a tiny iron knocker, and Mrs. Sykes' face would appear framed in the opening. Though so long ago, one sees it all as through a telescope. I cannot

remember when Mr. Sykes' big shop became Mr. R. Jackson's.

The Post Office was moved to poor Mrs. Dilworth's old shop.

Opposite Mr. Sykes' again was a house with a garden beside it, which was occupied for many years by "Tommy Waring", who had no occupation at that time, but he evidently had means. When he was made a magistrate the country folk were greatly exercised as to "what iver he'd put J.P. after his name for", and one market day a puzzled countryside farmer was heard to say, "What wer hes Tommie Weerin gitten J.P. put efther his name for?". "Weel a dunnot kna, but a'd think it means Joodge o' Pigs" was the reply!

On the further side of Mr. Waring's garden, stood back, on a cobbled pavement, the house in which the famous mathematician, Dr. Dawson, lived.

Then further on towards Joss Lane, stood on the same side of the street more relics of the by-gone weaving trade, of which the sheds had been turned into cottages; very low and dark were they in the narrowest part of Main Street. I know, because there was once an exhibition of performing canaries in

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the first of the cottages, and in gaudy velvet mantles I remember the poor canaries figuring as well-known characters, Napoleon, Duke of Wellington, Nelson, etc., some acting as drivers, others drawing equipages carrying the aforesaid notabilities: it was the only exhibition of the sort I ever saw, and the gloomy, sordid surroundings made an indelible impression.

When I was five or six these cottages were pulled down and three good two-story houses took their place; over the door of one of these was for many years the sign of the Yorkshire Constabulary.

This brings us to Joss Lane on the north side. On the opposite side, next to Mr. Sykes' shop and Post Office, lived "Tommy Dent"; he took

boarders, and beside boys from the School he once had as a boarder one of the assistant masters. This master had an overpowering aversion to cats; he also chanced to be unpopular, and I remember so well a trick those wicked "scholar lads" played on him. He had his own sitting room on the first floor and one winter night as he was resting comfortably, he was roused by a disturbance in the chimney, and after much noise and rattle, down came a cat in a state only to be realised when seen, with a walnut shell fastened by cobblers' wax on to each paw; the unfortunate cat dashed wildly round the room to his great discomfiture. I never heard the sequel, except that he bolted !

Later on, in about the sixties (1860's), when the druggist's shop with its pestle and mortar had disappeared, Tommy Dent's house became the chemist's, which it probably is still. Then came Swettenham House, with its frontage guarded by wonderful, thick iron rails, and a door with a mighty brass knocker. Here lived Mr. and Mrs. Fawcett; and then came a succession of small houses, divided from Swettenham House by Davis Yard leading down to Back Lane. In one of these Mr. R. Jackson then had his shop; this was another of our childhood's magnets - for Mrs. Jackson never let us go away without one of her delicious, home-made jumbles, and to this day, I seem to see her kindly little figure and the pleasant smile with which she invariably greeted us. Further on was John Jackson's corn and flour and grocery shop, which afterwards was kept by his assistant, Gillespie.

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

South Lakes Citizens Advice is a local charity based in the heart of South Lakeland. Can you help us by giving six hours a week to train to be a volunteer and help local people, or by joining our Trustee Board, or by donating to support our vital service? If so, please contact Karen – manager@southlakesca.org.uk

BURNS NIGHT CEILIDH

Ed Welti

Many thanks to the organisers of the Burns Night Ceilidh. It must have taken much work to ensure it was such a great success. There will be a fuller report, including how much money was raised for St John's Hospice and the NW Air Ambulance, in next month's Lookaround

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1. Robert Graves
2. Play up! Play up! And play the game!
3. James Herriot
4. A Brief History of Time – Stephen Hawking
5. Helen Fielding
6. The Grapes of Wrath – John Steinbeck
7. Michael Morpurgo
8. Friedrich Nietzsche
9. Jane Eyre
10. Terry Waite
11. Eugene O'Neill
12. Robert Burns – To a Haggis

PERSONAL MESSAGES

SEDBERGH COMMUNITY FIRST RESPONDERS

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South Lakeland District Council

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Yorkshire Dales National Park

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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 24/11/2026
 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.

FEBRUARY 2026

06 1400 DDHF - History of Dent (Dec) DMH
 10 1400 Killington WI Mutiny on the Bounty (54) PH
 10 1930 Domino Drive FCH
 11 930 Christian Aid Coffee Morning StAS
 11 1930 WIS St Johns Hospice (52) PH
 12 Health Centre closed - staff trg MC
 12 1830 Offering Time (27) Clough Roo
 13 Sedbergh School Half Term (30) SS
 13 1930 Domino Drive Barbon Show funder (6) BVH
 14 1930 Dent Choir concert (1) DMH
 18 1200 Lent Lunches weekly till 1 April (10,11) StAS
 18 1730 Eyes on skies - Hen harriers (46) online
 20 1900 Barbon WI Domino Drive BVH
 21 1000 Lizzi Collinge Drop-In (23) TBA
 22 Sedbergh School Half Term (30) SS
 25 1200 Rachel McLean & Joel Hames (5) Westwood B
 26 1830 Offering Time (27) Clough Roo
 28 Jumble Sale DMH
 28 1000 Eco Market (12) StAS
 28 1400 Dent Methodist Cuppa & Cake DCS

MARCH 2026

01 Lent Lunches weekly till 1 April (10,11) StAS
 02 1815 Sedbergh First Responders AGM (14) RR
 04 1100 PMR/GCA support group FM
 05 2359 YDRT Photo Competition Closes (10) TBA
 06 1400 Dent Head to Foot Police comm DMH
 10 1400 Killington WI Estate Planning PH
 10 1900 Jazz and Swing Evening (30) SS
 10 1930 Domino Drive FCH
 11 1930 WIS AGM PH
 12 Health Centre closed - staff trg TBA

12 1830 Offering Time (27) Clough Roo
 15 Wilson Run (Dec) SS
 15 1400 Wilson Run SS
 18 1730 Talking Raptor Persecution (46) online
 21 1300 Sedbergh Spring Show (11) PH
 24 1400 Sed Sch Wilson Run TBA
 26 1830 Offering Time (27) Clough Roo
 27 1400 Sedbergh School Term End (30) SS

APRIL 2026

10 1400 Dent Head to Foot Mines in stereo DMH
 14 1400 Killington WI Plant Propagating PH
 16 Health Centre closed - staff trg TBA

MAY 2026

01 1400 Dent Head to Foot Kenya DMH
 09 1100 Pmr/Gca support group FM
 12 1400 Killington WI Bees PH
 13 Health Centre closed - staff trg TBA
 24 Town Twinning celebrations TBA

JUNE 2026

05 Dent Head to Foot Summer outing TBA
 09 1400 Killington WI Fell Ponies PH
 10 Health Centre closed - staff trg TBA
 14 Sedbergh Music Festival starts (7,7) StAS
 17 930 Killington WI Coffee Morning StAS
 26 Sedbergh Music Festival ends (7,7) StAS

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.

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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

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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
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmbrown05@hotmail.co.uk
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Rev'd Andy Burgess - 015396 20018
Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 /

GROUPS AND ORGANISATIONS (CONT)

Over 60's Swimming Group -----	drnicolacann@outlook.com
Parent Support Group -----	Sedberghswimmingclub@gmail.com
Parish Council - Dent -----	Mrs Goad - 015396 20402
Parish Council - Garsdale -----	Scott Thornley - 07368 455353
Parish Council - Sedbergh -----	Clerk - clerk@garsdaleparishcouncil.gov.uk
People's Gym -----	Janey Hassam - 07966 134554
People's Hall -----	membership@sedberghgym.club
Pepperpot Club - Sedbergh -----	Steve Longlands - 015369 20885
	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 /
	vscsedbergh@gmail.com
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Louise Atkinson - 07855 378883
Young Farmers - Sedbergh -----	Club Secretary - sedberghyfc@hotmail.com

Groups are currently being updated—TBAs will be removed in the coming editions.

If you would like to add or update your group please let us know.

New groups are marked with an asterisk *.

SOME WALKS AROUND SEDBERGH

WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs

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

THE CALF 8 miles 2600ft 4-5 hrs

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

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs

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

AKAY WOODS 2.3 miles 1 - 1.5 hrs

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

SEDBERGH SCHOOL 45 mins

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

FELL WALL 2.2 miles 1 - 1.3 hrs

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

BRIGGFLATTS 4.2 miles 2- 3 hrs.

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

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs

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

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs

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

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

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

MILLTHROP AND ABBOT HOLME 5.1 miles

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

DALES WAY AND CRAGGSTONES. 7.5 miles

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

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable



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

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, Sedbergh;

Dent; Garsdale Low Smithy; Hawes
Junction

Rev'd Andy Burgess 20018

andy.burgess@westerndales.org.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545
375721**

Anglican Service Times

ST ANDREW'S CHURCH, SEDBERGH

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

ST ANDREW'S CHURCH, DENT

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

ST MARK'S CHURCH, CAUTLEY

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

ST JOHN THE BAPTIST'S CHURCH, GARSDALE

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

ST JOHN THE EVANGELIST'S CHURCH, COWGILL

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

HOLY TRINITY CHURCH, HOWGILL

2nd Sunday 9.30am, Holy Communion

ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday 2.30pm, Holy Communion

ALL SAINTS' CHURCH, KILLINGTON

1st Sunday 2.30pm, Afternoon Service

Methodist Service Times

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

*Combined plans for Western Dales Mission Community
February 2026*

	Time	1st	8th	15th	22nd
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC		HC 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Service 4pm- Messy Church	Joint Service	HC
St. Mark's, Cautley LA10 5LZ	9.30am			MP HCx	
St. John's, Garsdale LA10	10am	MP HCx		Morning Service	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service		Service
All Saints, Killington LA6 2HA	2.30pm	HC			
Holy Trinity Howgill LA10 5JD	9.30am		HC		
St. John's Firbank LA10 5EF	2.30pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC
Dentdale Methodist Chapel LA10 5QJ	10.30am	Service		All-Age Service	
St. John's, Cowgill LA10 5RJ	2.30pm	Afternoon Service		HC	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tues	3rd	10th	17th	24th
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP		HC-BCP	
	Weds	4th	11th	18th	25th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Roman Catholics	21.00				Compline Night Prayer
	Thurs	5th	12th	19th	26th
Quakers	19:30		Meeting for Worship in the Clough Room		Meeting for Worship in the Clough Room
HC- Holy Communion (HCx- Holy Communion by Extension) BCP- Book of Common Prayer MP- Morning Prayer					
Quakers contact Pam Coren 015396 22586; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane
Health Centre, Station Road
Telephone Box, Millthorpe
Dent Village Car Park (opp Memorial Hall)
*Access Codes to the Defribrs 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 07779 367855
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](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:

December 2025