

Sedbergh & District

LOOKAROUND

March 2026

Donation **£1.50**

Issue 451

Lookaround has now been a part of Sedbergh for 40 years. It has changed in many ways over the years, hopefully reflecting the changing community.

Please remind your friends that we exist and encourage anybody you know to pick up a copy, or even better pick up a copy and then contribute an article! *Ed.*

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



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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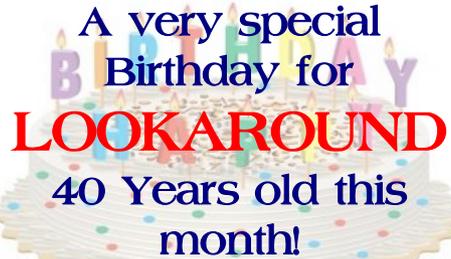
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 A very special
 Birthday for
LOOKAROUND
 40 Years old this
 month!

Weekly Coffee Morning St Andrew's Church Every Wednesday 9:30am to 11:30am

Wed 4th March - St Andrew's
Wed 11th March - St Andrew's
Wed 18th March - St Andrew's
Wed 25th March - 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

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07464 895425

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

**SAINT ANDREW'S CHURCH,
DENT**

Revd. Christine Brown

St Andrew's Church, Dent, is a Grade I listed building of great beauty and historical significance, with connections to the renowned geologist Adam Sedgwick. A church has stood on this site for centuries, serving as a place of worship and gathering for the community through countless important moments — weddings, baptisms, funerals and services of thanksgiving. When the First and Second World Wars ended, the bells of St Andrew's rang out across Dentdale, and each Remembrance Sunday we continue to honour those who gave their lives in service.

Today, St Andrew's remains at the heart of village life and is visited by

people from across the world who come to experience its history, architecture and peaceful setting. Our vision is not simply to preserve this treasured building, but to ensure it continues as a living church - a place of worship, hospitality and community activity for generations to come.

To support that future, the church is planning essential repairs and thoughtful improvements that will allow the building to host local events and serve the community more fully. These works will help safeguard St Andrew's while ensuring it remains a vibrant and welcoming space rather than becoming only a monument to the past.

Like many rural churches, our regular congregation is small but deeply committed. Alongside worship, we are developing plans for



SEDBERGH TOWN BAND

QUIZ NIGHT
with a twist

Saturday 28th March
People's Hall
7 p.m.

- Bar
- £5 per person
- Teams of up to 6

Proceeds from this event will be used to support our Training Band

"An evening of 'Old Dent' History"

Friday 6th March 7pm to 10pm
Dentdale Memorial Hall

Photos, Slide Show, Memorabilia
Light supper - savoury and sweet.
Hot and cold drinks.

Proceeds to Myeloma UK and
Target Ovarian Cancer.

Admission by donation.
(we respectfully suggest a min of £5 pp)

Everyone Welcome

Information from Sarah
015396 25212

fundraising and grant applications, and we would warmly welcome anyone who feels able to contribute their skills, experience or time. There are many ways to be involved, whether through practical support, leadership or helping us imagine new possibilities for this remarkable place.

Visitors often tell us how much they value the warmth of our services and the unique character of St Andrew's. If you live in the Western Dales - or feel a connection to this special church from further afield - we would be delighted to hear from you.

For more information, please contact Revd. Christine Brown at christinelucy2014@gmail.com or visit the Western Dales website.

Thank you for taking the time to read about St Andrew's. With shared care and commitment, we can ensure that this historic church continues to serve the community long into the future.

BURNS NIGHT CEILIDH REPORT

Jane Fisher

We would like to send a huge, enormous thank you to everyone who supported our Burns Night Ceilidh on the 25th January- what a lively, sociable evening we had.

The amazing Striding Edge Ceilidh band provided the music and led the way, the Peoples Hall decked out in tartan (thanks Sedbergh School for the loan of the decs!) with pipes, an Ode to the Haggis, a nip of whisky, and even a few kilts and tartan outfits on display!

Food was enjoyed by all mid evening – Veggie haggis, the Meat Hook's haggis and pork sausages, jacket potatoes (who knew it would take so long to cook 110 jacket potatoes!) and a mountain of Neeps!

With a bar keeping everyone hydrated (much needed with all the dancing!) a raffle with fabulous prizes donated by generous local businesses we raised an amazing £1700 – we are absolutely blown away!

£850 has been donated to St Johns Hospice and £850 to Northwest Air Ambulance.

Just organized by a group of friends, this is our second Ceilidh and



once again we are delighted by all the support from our local community – (and our families – especially Emma on the bar!)

(again, we have said ‘never again’ – but watch this space!)

Thank you from Anne, Carole, Caroline, Elaine, Heather, Heather, Jackie, Jane, Lynn, Nichola and Trish
Raffle Prizes donated by

The Black Bull, The Dalesman, Sedbergh Golf Club, Dawsons, Sedbergh Soap Company, Bath House, Morphets, The Meat Hook, The Dentist, The flower Shop, The Green Door, Sleepy Elephant, Mug Story, Ryecrofts, No 46 Sandwich shop, The tourist Information Centre, Powells, Chris Dodd, Lynn and Kev, Woofs of Sedbergh.

SEDBERGH TOWN BAND

Gemma Suttle

If you are interested in becoming a member of Sedbergh Town Band, we meet on Tuesday evenings in St. Andrew’s Church, and you can always be sure of a warm welcome. Even if you have never played an instrument before you will find a home in Training Band until you are ready to join Main Band.

Band members are provided with an instrument, music, tuition and uniform. There is a small annual subscription with fundraising taking place throughout the year to cover major costs. If you would like to find out more, please contact Stephen Hall

(secretary@sedberghtownband.com)

Jumble Sale

People's Hall

Saturday 28th March 2pm

Proceeds to ST JOHN’S HOSPICE

Refreshments

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

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

CHAPEL GALLERY

Work from local artists and crafters
Bespoke Workshops Available
Coffee and cakes
Dogs and children welcome

Open daily (except Sundays) 11am to 4pm

Burtersett Road, Hawes, DL8 3NP
Tel: 07474 138536
info@chapelgalleryhawes.com
www.chapelgalleryhawes.com

, or come along to a rehearsal. We would love to see you! Rehearsals start at 6 p.m. for Training Band, followed by Main Band at 7 p.m. You can find out more about Sedbergh Town Band on our website, www.sedberghtownband.com.

Upcoming events –

21st March - Training Band at the Sedbergh Spring Show 2.30 p.m., People's Hall, Sedbergh

28th March - Quiz night . . . with a twist

7 p.m., People's Hall, Sedbergh

9th May - Hornby Institute Concert 7.30p.m, Hornby Village Institute, Hornby

19th June - Sedbergh Music Festival Concert, 7 p.m., St. Andrew's Church, Sedbergh

21st June - Music in the Park, Time TBC, Grange Band Stand, Grange

12th July - Heskett Newmarket
Time TBC, Heskett Newmarket

DENTDALE RUN

Sally Aisbitt-Burgess

On Saturday 14th March 2026 we will be hosting the annual Dentdale Run; a beautifully scenic road race in the heart of the Dales with a choice between a 14.2 mile or a 7.9 mile course, as well as a Children's Fun Run which was a new event in 2025. Further event information can be found at: www.dent.cumbria.sch.uk/the-dentdale-run and www.racebest.com/races/2tc5s.

The event helps to raise much needed funds for our school. Last year's event generated £3,500 for the school. More than ever, the school's budget is squeezed by both tight funding and inflationary pressures, as well as lower pupils on roll. This money therefore makes a tremendous difference to the quality of education that can be offered to pupils in Dentdale, as well as helping to keep the school more sustainable against a backdrop of lower pupil numbers and tight finances.

For such a small school, a wide range of trips, visitors, extra-curricular clubs are offered, as well as providing excellent teaching and learning support to pupils in school. Without the money received from the Dentdale Run, it would be much harder to continue to offer such a well-rounded education to the children.

Beyond school, I know that the run has a positive impact for businesses in the Dale and the wider area, especially hospitality businesses, who benefit from the additional footfall it brings.



CHRISTIAN AID

Anne Pitt

Christian Aid in Sedbergh and District Coffee Morning results

Thank you everyone who supported our Coffee Morning on the 11th February in all your various ways. It was very successful and after the expenses a grand total of £180.50 was raised of which £108.50 came from the cakes and plant stall and £80 from the raffle and entrance charges. Given the dreary damp weather it was very cheering to have the good turn-out of regulars and visitors.

Anne Pitt on behalf of our ecumenical committee.

WENSLEYDALE ARTS SOCIETY LECTURE.

Bad Boys Of Italian Art: Michelangelo, Caravaggio, Modigliani

Jenny Howard-Vyse

Michelangelo Buonarroti was only twenty six years old when he created his famous sculpture of David in Florence. He went on to decorate the Sistine Chapel in Rome with paintings which continue to elicit awe and wonder today, but he was known throughout his life for his fiery temper. Caravaggio was arrogant, rebellious and a murderer and his short life mirrored the drama and moving

realism of his works. He created the superb Supper at Emmaus and the Conversion of St Paul on the Road to



Damascus in the Cerasi Chapel in Rome amongst other great paintings. A more recent artist, Amadeo Modigliani, produced original portraits and nudes

characterized by elongated necks and bodies but he abused his own body through alcohol and drug addiction. The lives and works of three Italian artists are covered in this lecture.

Speaker, Elaine Hansen has a master's degree in Education and has taught for twenty-seven years. She now splits her year between Italy and Scotland. After taking early retirement, she was free to pursue her passion, Art History, which she studied at the universities of Glasgow and Strathclyde. She became a guide at Kelvingrove Art Gallery, Glasgow in 2009 and gives lectures to her fellow guides. Several of her Scottish lectures are based on rooms in the Kelvingrove. In Italy Elaine researches her Italian lectures and in Glasgow attends seminars relating to her areas of expertise in Scottish Art.

The Wensleydale Arts Society's next meeting is on Tuesday 24th March at 2pm. Held at Tennants, in Leyburn, DL8 5SG. There is plenty of free parking, a café and restaurant. All welcome.

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



THE BLACK BULL

James Ratcliffe

Our friends & neighbours in Sedbergh and surrounding areas;

Firstly, thank you to all our customers and suppliers, past, present and future, for your continued support.

We'd like to share a quick update on our opening hours and what we offer, as we've made a few small changes in recent years.

Opening Hours:

We're open 7 days a week:

Monday–Saturday: 8am to 11pm

Sunday: 8am to 10.30pm

If it's particularly quiet, we may close a little earlier, but if you're planning to visit, just let us know, and we'll happily stay open.

Breakfast & Coffee:

Breakfast is served daily from 8am for residents and non-residents.

Booking is recommended, but walk-ins are always welcome. From toast or porridge to a Full English or Rarebit, there's something for everyone.

We also serve Carvetii coffee, a range of teas (including Yorkshire Tea), and Nina's homemade cakes and biscuits to eat in or take away. Her bread — and often pastries — are also available at Powell's.

Lunch & À La Carte:

From 12 to 4pm daily, our sandwich menu offers soups, sandwiches and platters.

Our à la carte menu includes nibbles, starters, mains and desserts

A decorative poster for the Sempre Amabile Women's Choir. The background is light green with a diagonal striped pattern. It features illustrations of various flowers (daisies, tulips, and a pink flower), green leaves, a blue bee, and a green ribbon tied in a bow at the top. The text is centered and reads: "MULTI AWARD-WINNING SEMPRE AMABILE WOMEN'S CHOIR" in a green, sans-serif font. Below this, "Spring" is written in a large, elegant cursive script, followed by "SERENADE" in a large, bold, green, sans-serif font. The date and time are listed as "MARCH 8TH AT 4PM". At the bottom, there is an oval-shaped photograph of the choir members performing on a stage, wearing dark and purple outfits.

— from classics like burgers and pies to dishes such as venison or halibut, plus sharing options including tomahawk steak and brisket.

Available:

- Mon & Tues until 4pm
- Wed & Thurs until 8pm
- Fri & Sat until 8.30pm

Evenings & Specials:

- Monday: Pie Night (5pm to 8pm), including our 'Pie & a Pint' offer.
- Tuesday: Curry Night, featuring dishes inspired by India, Nepal, Japan and Thailand, with homemade sides and desserts.
- Sunday: Traditional Sunday Roast served 12 to 8pm, with roast beef always available alongside rotating meats, fish and vegetarian options, plus sharing dishes. The

more courses you enjoy, the better the value.

Tsuchi:

Tsuchi offers a relaxed tasting menu celebrating local, seasonal produce with British and Japanese influences. We've introduced a simpler four-course menu at £55, and the menu changes regularly. We kindly ask for 24 hours' notice, though last-minute availability is sometimes possible.

Private Hire & Events:

The Stables are now available for private hire, from birthdays and workshops to meetings, buffets and sit-down meals. We'll also be hosting special events and showing selected sporting fixtures (including the World Cup this summer). Join our

MARCH 8th AT 4PM

ST ANDREW'S CHURCH, FINKLE STREET, SEDBERGH

£15 Adults - £12 Concessions - £2 Under 16s
Ticket includes refreshments

Tickets via trybooking.com/uk/FXMC
or on the door

Musical Director - Charlotte Jackson
Accompanist - David Battersby

AMABILE CHOIRS
COMPANY LIMITED BY GUARANTEE 653625 REGISTERED IN ENGLAND & WALES
REGISTERED CHARITY NO. 1127489

newsletter or follow us on social media for updates.

Our Produce:

We source whole beasts directly from the farm to ensure quality and use fish from both coasts, fruit and vegetables from Lancashire and Yorkshire, and seasonal game and foraged ingredients gathered by our team.

If you'd like to discuss anything further, please pop in, call us on 015396 20264, or email bookings@theblackbullsedbergh.co.uk

We look forward to welcoming you in 2026.

BLOOM WITH BERRY

Fiona Berry

Bloom with Berry: a new wild wellbeing 'spa' in the Howgill Fells

Nestled amongst the rolling curves of the Howgill Fells, a new wellbeing space is quietly taking root. Bloom with Berry is a heartfelt new venture bringing together yoga, massage, sauna rituals and soul-soothing experiences inside a handmade yurt and wood-fired sauna, Blossom and Birch – a place created to help people pause, breathe and reconnect – nature's own wild 'spa'.

Behind Bloom with Berry is Fiona Berry, who moved to the Kendal area last spring after a long and winding professional journey. With over 25 years' experience working across the charity and NHS sectors, Fiona knows first-hand what it means to care deeply for others and what happens when life becomes too full, too fast, too noisy.

"After years of loving my work but feeling increasingly burnt out, I knew

something had to change," Fiona says. "I'd been teaching yoga alongside a fulltime job for 4 years and knew I wanted to do more of that. So, I sold my house, my belongings, and set off travelling, giving myself space to listen properly to what I needed next."

That listening eventually led her to the Howgills. While staying at her friends glamping site, Howgills Hideaway, surrounded by wide open skies and soft, steady hills, the idea for Blossom Yurt gently landed. "There was something about the landscape here that made breathing feel easier. I wanted to create a space that offered that same sense of exhale to others."

Bloom with Berry now offers yoga, Ayurvedic yoga massage, wellbeing coaching, social saunas and guided sauna rituals, all held within nature rather than separated from it. Blossom Yurt is a cosy, light-filled sanctuary, while Birch Sauna brings warmth, ritual and connection through traditional wood-fired heat, seasonal themes and gentle storytelling.

At the heart of everything is simplicity. Limited distractions. No rushing. Just time, space and presence. "Modern life is noisy and overwhelming for many of us," Fiona explains. "This is about stepping away for a while - a pause in everyday life - where you can soften, breathe and come back to yourself and nature."

Bloom with Berry also weaves creativity through its offerings, drawing on Fiona's poetry writing and nature as a mirror for our own lives.



 WESTWOOD
BOOKS



Mother's Day & Easter Cards available now

**Twentieth Anniversary Sale Now On
- 20% Off Selected Signed Hardback Fiction**

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



Experiences are designed to feel nourishing rather than prescriptive, joyful as well as peaceful.

Whether it's a yoga class, a one-to-one massage, a small group sauna ritual or a seasonal gathering, Bloom with Berry invites people to slow down and simply be - held by hills, warmth and welcome.

As Fiona puts it, "You don't need to fix yourself. Sometimes you just need space to breathe. That's what this place is for."

Fiona can be contacted at hello@bloomwithberry.com / 07825631503

More info and bookings <https://www.trybooking.com/uk/eventlist/bloomwithberry>

WESTWOOD BOOKS March Update

Heather and Paul

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

Upcoming Events

World Book Day

World Book Day is on 5th March 2026.

If you have a World Book Day token, do pop in and get your free book.

Did you know that World Book Day books are paid for by bookshops and we do not get any reimbursement for them (though they are subsidised by the publisher). They are a gift from

your local bookshop, so do please support your local bookshops all year round so that they can continue to do this.

Twenty Years of Westwood Books in Sedbergh

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 February book was *My Grandmother Sends Her Regards and Apologises* by Fredrik Backman. We had some interesting discussion, and the group rated the book 5/10.

Our next book will be *Machines Like Me* by Ian McEwan. Everyone is welcome to come along to discuss on Wednesday 11th March. 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.

Thank You, best wishes from us both.

LANDLORD CHANGES Landlords: Big Changes Are Coming — Are You Ready?

Nigel Close

From 1 May 2026, the Renters' Rights Act 2025 will dramatically change how rental property is managed in England. Many landlords still don't realise how wide-ranging the changes are — or how serious the penalties could be if they get it wrong.

- No More “No-Fault” Evictions
Section 21 is being abolished.

Landlords will no longer be able to regain possession without a valid legal reason, and mistakes could lead to claims of unlawful eviction.

- Stricter Rules on Getting Your Property Back



The Dentdale Run

Saturday 14th March 2026

This scenic road race in the heart of the Yorkshire Dales helps to raise much needed funds for Dent Church of England Primary School. The 2025 event generated £3,500 for the school.

There are two race distances to choose from:
14.2 miles and 7.9 miles

Advanced entries online: [Racebest](#) - [Dentdale Run 2026](#).
(Limited entries on the day)

After the main race sets off, we have a children's fun run.
Entries on the day only, maximum 50 runners.

If you would like to support the event, by sponsorship, donations or marshalling on the day, please email:
info.dentdalerun@gmail.com

Thank you.

New possession grounds come with longer notice periods and evidence requirements. Using them incorrectly could invalidate notices and trigger enforcement action.

- Fines of Up to £40,000

Local councils will be able to issue substantial civil penalties for non-compliance. For landlords with multiple properties, fines can quickly multiply.

- Criminal Charges Are Still Possible

Illegal eviction and harassment

remain criminal offences. In serious cases, landlords could face prosecution, unlimited fines, or banning orders.

- Mandatory Landlord Ombudsman
All landlords must join. Complaints will be easier for tenants to raise, and ombudsman decisions will be binding.

- A National Property Register
Landlords and properties must be registered on a new government portal. Letting without registration could become unlawful.

- Higher Property Standards
Damp, mould, repairs, and safety issues will be enforced more strictly, with councils taking a more proactive approach.

- Less Tolerance From Local Authorities
Enforcement will rely less on tenant complaints and more on inspections, shared data, and pattern-based investigations.

- Accidental Landlords Are Not Exempt

Renting out a former home or inherited property is no longer seen as informal letting. All landlords are treated as regulated housing providers.

- "I Didn't Know" Won't Protect You
Lack of awareness will not reduce penalties or stop enforcement action once the law is in force.

The cost of an informal conversation is nothing. The cost of getting it wrong could be £40,000—or far worse. A short, no-obligation discussion with a Local Professional Lettings & Property Management Professional could be the most important preparation you make before 1ST May.

Backyard Blooms

MOTHER'S DAY WORKSHOP

Make a Spring Garden
in a Vintage Bowl

Sat 14th March 10-12am

At the Black Bull Hotel
Stables, Sedbergh

£60pp + tea,
coffee and cake

Info www.backyard-blooms.co.uk

to book or
07763 201489

THE WILSON RUN

DJ Harrison

I am writing in advance of the Wilson Run on March 24th at 2.30pm which is one of the biggest events in the School calendar. The event has been raced every year since 1881; it is one of the oldest School races in the country and perhaps the hardest.

For these reasons, the race attracts a lot of support from the School, parents and Old Sedberghians. We recognise that the event is not universally popular because of the disruption it causes other members of our community and I write to apologise if you are inconvenienced in any way.

We know that both runners and spectators can cause disruption and seek to manage this as follows:

Road Closure

On race day we will start the race on Back Lane in the traditional location and complete the race on Lupton pitches. There will be some disruption on Back Lane and along the road to Kirkby Stephen when the race starts, this will involve a rolling road block for about 20 minutes from 2.25pm. There should be less disruption on Loftus Hill than in previous years.

We know that the large number of visitors creates congestion in the town. We have sought to reduce this by offering hospitality in the School but expect that this will have only limited impact. I am sorry for this aspect of the disruption.

Above all, we hope that you may enjoy this special event. Our pupils

race at the very top of their sport and the run is full of excitement, friendship and colour. We would be delighted if you are able to join us at the start along Back Lane or the finish on Lupton Field.

If any aspect of this event gives you cause for concern or dissatisfaction, please don't hesitate to contact us and we will do our best to rectify the problem. The aim is to minimise the disruption and keep the impact of the road closure to a minimum.

Runners

Runners will be supervised by marshals and running staff during the

Wilson Run on 24th March and the qualifying races on Wednesday, 25th February and 4th, 11th, 18th March. Pupils are instructed that they must:

1. Only run on pavements or single file along the edge of roads with no pavements.
2. Give way to pedestrians and other road users.
3. Give way to vehicles, including if they are running on single track roads used by farmers.
4. Stay on the race course.
5. Not climb walls or fences.
6. Close gates no matter whether they find them open or closed.
7. Not disturb animals.
8. Not drop litter.
9. Pupils in breach of these rules will be disqualified.

Supporters

We have issued the strongest possible guidance to visitors to respect the local community and issued instructions on the





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

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

Countryside Code, in particular about dogs. We have discouraged support for qualifying races.

On race day we have instructed visitors as follows:

1. To park in Boarding House yards, and to avoid prohibited spaces in Sedbergh or private driveways.

2. In order to view the race, visitors should watch at the start or at Ten Mile Lane and then at the Finish. We ask that parents please refrain from driving around the narrow Sedbergh lanes to Cautley and Danny Bridge to catch a glimpse of the runners. In this way we seek to ensure the safety of the runners and minimise the amount of disruption to local traffic.

Response

We would be happy to address any concerns that you may have about the event and, in particular, the rolling road block on Back Lane from 2.25pm. Please do not hesitate to come back to me as soon as possible if you have any queries on 015396 20535 or schoolsecretary@sedberghschool.org

With thanks for your support and best wishes.

DENTDALE CHOIR

Graham Dalzell

Harm's Our Delight.....

.....and mischief all our skill! The story so far: caught in a storm while fleeing the destruction of Troy, our hero, Aeneas, is shipwrecked in Tunis. Meanwhile our heroine, Dido, recovering from a broken heart, has risen to command the whole of Carthage, which extends from the Spanish Mediterranean coast right along the coast of North Africa. Now, Purcell "plays tunes" on the original story by Virgil turning it into his most theatrical work. Therefore, enter Cupid, well, it is just after Valentine's day when you read this, turning the formidable woman Dido into a lovestruck teenager and piercing the warrior Aeneas's heart. Their love is consummated and they plan to unite to strengthen Carthage.

Enter the sorceress, serenaded by the witches to Harm's Our Delight, with plans of her own to control the kingdom. She conjures up a storm to drive the lovers back home whilst hunting and makes one of her elves pretend to be Mercury, bringing a message from Jupiter to Aeneas

reminding him of his duty to found Rome. Aeneas is torn between duty and love, but he chooses Rome over romance and plans a secret departure, cue musical maniacal laughter from the witches. Alas, Dido finds out, confronts him planned desertion is too much for her and she rejects him, choosing instead to burn their bed – with her in it! The drama concludes with the heart-breaking Dido's lament.

Welcome to The Dentdale Choir's Spring concert. Following on from our sellout 50th anniversary celebration last year, when we performed the Messiah, we have more delights to look forward to: Welcome to all the Pleasures, and Dido and Aeneas - it'll be fun! You must not miss out on the

charismatic, glorious bass Terence Ayebare, returning to play Aeneas (remember him in the pulpit last time?) and Laurie Ashworth comes back to play Belinda, Dido's confidante. We are so fortunate to have the wonderful soprano, Claire Booth, singing the part of Dido with that wonderful lament – definitely not to be missed.

The Dentdale Choir will provide the chorus, alternating between playing Cupid and sowing deception and destruction as the witches. Not only will you be treated to Dido and Aeneas but to another of Purcell's secular works, Welcome to the Pleasures, celebrating St Cecilia, the patron saint of music, with our soloists joined by William Purefoy



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(counter tenor) and Matthew Long (tenor).

Another treat will be the unique chance to hear the accompaniment by Paula Chateaufneuf playing the lute and baroque guitar, Katherine May on harpsichord and our renowned local string ensemble led by Julian Cann. Our conductor, Nicholas Hurndall Smith, raised us to unbelievable heights with the Messiah and will be sure to do the same again.

We gratefully acknowledge the financial support from our sponsors: the Granada Foundation, Dent with Cowgill Parish Council, and the Sedbergh and District Community Trust

Come and join us on Saturday 11th April at 7.30 pm in St. Andrews Church. Dent. You won't be disappointed.

The Eentdale Choir

WASTE INTO WELLBEING

Janet Clarke, Volunteer

Waste into Wellbeing is a volunteer led food and environmental project in the heart of Kendal. We're creating a vibrant and resilient community by bringing people together around good food.

We have a dedicated team of volunteers who take on a range of tasks to make everything come together. What do they get up to?

Some collect surplus food from local supermarkets, shops and eateries which would otherwise be wasted. Others sort and store it, ready for either our café or larder.

Teams turn up on a Tuesday, Thursday and Saturday to prepare delicious meals from whatever has been collected and another team then serve these at our café.

We also run our Community Larder at the same time as the café. Here, anyone can come along and fill a basket with the surplus food on offer that day. It's different every larder as we never know what we will have collected. Fresh fruit and veg and bread are our most regular items (there's always bananas!) but we often have ambient and chilled foods too.

We run both the café and larder on a 'pay as you can' basis, so those who are struggling can offer our basic suggested donation and those who can, can give a little more to help us cover our overheads.

Our Kendal People's Café and Community Food Larder are open from 12pm-1:30pm every Tuesday, Thursday, and Saturday at the Eddington, 104 Highgate, Kendal

HANDEL

Messiah

Levens
Choir

Music director Gawain Glenton
Organ - Ian Pattinson

Kendal Parish Church
Kendal LA9 5AF
7:30pm 21st March 2026

St Oswald's Church
Grasmere LA22 9SW
3:00pm 22nd March 2026



Tickets £15 www.levenschoir.net
or on the door

Children & Students Free



<https://www.fb.com/levenschoirmusic>



Charity No: 1010595

First performed in Dublin in 1742, to such triumphant success that audience members were advised, to avoid overcrowding, to leave their hooped skirts and swords at home Handel's Messiah remains nearly 300 years later one of the best-loved and most frequently performed choral pieces in Western music. Handel composed his masterpiece in just 24 days. However, there is no definitive version of the work, as he continued to revise and adapt movements right up until 1754.

In a sublime example of word-painting, Messiah tells the entire story of Jesus Christ in a profound reflection, moving from prophecy to redemption and ultimate triumph. In each of these three parts, the chorus is absolutely at the heart of the work, complemented by vocal soloists and orchestra. The brilliance of this oratorio transcends belief systems.



Join us for a thrilling and uplifting musical experience.

(just along from the Brewery Arts Centre and behind the old United Reformed church – we always have signs out).

WiW also host a wide range of events and activities through our Community Kitchen education programme. We aim to bring people together around good food and cooking. We have fun kids and adult cookalongs and work with primary schools and Kendal College students. We have a range of 'Food Heroes' evening events where we have learnt from local food providers about, for example, sourdough, sauerkraut, gluten free cooking, and how to forage.

Finally, we run some fundraisers to help us cover our costs and keep us running. Our Pop-up restaurant nights have been sell outs, usually with a professional chef, often working with college students, all facing a 'Ready, Steady, Cook' challenge to produce a three-course meal with the surplus we provide. Always fun!

Everything we do is about bringing people together around good food and all our meals are almost 100% from food that would have been thrown away! We are governed by community-based charity, South Lakes Action on Climate Change (CIO). We are delivering an important environmental impact by providing a



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Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

solution to reduce food waste, a significant contributor to Green House Gas emissions through landfill.

Our website is currently being updated (another volunteer task!) but it has information on our cafes and larders and how to volunteer or support us.

Or follow us on Facebook or Instagram for what we are getting up to on a weekly basis. The pictures are great!

LEARNING DISABILITY ENGLAND CONFERENCE 2026 From The Learning Disability Website

Ed Welti/Georgina Devine –

The Conference this year is 'Being Seen, Being Heard'. The in-person conference is on the 4th March, but you can still book for the on-line conference over Zoom on 11th March 2026. There will be:

Speakers and workshops focused on how people with learning disabilities, families and supporters are having their voices heard and being present in their communities.

Ideas and tools to take away and use in your life and work.

Chances to connect and share with others and be part of change.

Confirmed Workshops and Speakers for the on-line conference include:

Advonet and Bemix – Creating Inclusive Employment Models through Co-Production.

Stephen Unwin – Everyone Being Seen and Heard

Tabitha Jay – Being Heard in Policy

Community Integrated Care – What To Do Platform

Sarah Gordy – Being Seen and Heard

East Sussex Learning Disability Partnership Board – Do You See Me – There's More to Me Than a Learning Disability – raising awareness of issues that affect people with a learning disability in their communities.

For more information or to book see

www.learningdisabilityengland.org.uk

POLICE REPORT

Mandy Coleman

Incidents - 1/1 – Youths were reported in Baliol School. This building is derelict and dangerous for children to enter/play in. The owners were contacted and have now secured the building. Please advise your children if they are out playing to stay away from the school. 28/1 – A vehicle was uplifted on Station Rd due to the driver being disqualified.

Parking - Dangerous parking is an increasing issue around schools, putting the safety of children and others at risk. Parking on Zig Zag lines or pedestrian crossings can cause visibility issues for both drivers and people walking on the pavements, and at times forces children to walk on the road. Do not:

- Park on yellow zig zag lines
- Obstruct vehicles/pedestrians/pavements
- Block access to any resident driveways

Inconsiderate parking leads to residents escalating incidents to local councils. Parents and drivers face fines and enforcement action will be put in place for violations of school parking rules.

We visited Sedbergh Primary school and delivered a Road safety input to all the children. The children were great and interacted well with questions and answers!

We have had reports of speeding along Back Lane. This area is being monitored, and we will take action where needed.

Romance Scams -

Romance scams are a form of fraud where scammers create fake

online identities to gain trust and affection.

One of the up-to-date scams at the moment - victims are contacted via social media/telephone claiming to be their “romantic interest”, the suspects are thought to be of a foreign nationality living outside the UK.

The suspect requests the victim to purchase Apple gift vouchers from local shops and for the victim to share the redeemable code with the offenders. This can differ at times to the suspect claiming to them they have won an online competition or even believing they are speaking to a celebrity. To avoid falling victim to a romance scam, please consider:

Be cautious of individuals who ask for money or personal information early on in a relationship.

Verify their identity by conducting reverse image searches on profile pictures, check for inconsistencies in their stories. Recognize red flags – a reluctance to meet up or vague details about their life.

The next **Police drop in** will March the 11th 10-12 noon, above the Tourist Information Centre. As always, if we are called away to an incident, then please email me on the below.

Thank you

Mandy Coleman
PCSO 5244
South Rural
T: 101 option 2 ext 45244
Amanda.coleman@cumbria.police.uk



SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope Hon Secretary

The Trustees will meet on Wednesday 11th March 2026 to consider small GRANT APPLICATIONS from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

APPLICATIONS should be in writing and addressed to:

The Honorary Secretary of the Trust

14 GULDREY FOLD
SEDBERGH
CUMBRIA
LA10 5DY

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



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

2026

Thurs 12th March

Thurs 16th April

Weds 13th May



then please let them know about us. The Charities also have an

Exhibition Fund:

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

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

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

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

BOOK TOWN 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. His Joyful Water-Life and Death in the Country of the Two Rivers is the sub-title of which 1927 novel? And who wrote it?

2. In 1861 Francis Turner Palgrave published an anthology of English poetry that proved very popular and still appears in new editions today. Which two words are missing from the title: The ---- ---- of English Songs and Lyrics?

3. Excluding the Fortune-telling Spirit in Henry VI, Part 2, in how many of Shakespeare's plays does a ghost appear?

4. Who created Horatio Hornblower?

5. Baby and Child Care, first published in 1946, has been one of the best-selling books of all time. Who wrote it?

6. Which poet's autobiography, published in 1817 when he was aged 45, was called Biographia Literaria?

7. A Breath Of French Air, When The Green Woods Laugh, Oh! To Be In England and A Little Of What You Fancy all feature the same family. What is the name of the family, what is the first title in the series and who wrote them?

8. What is the name of the theatre in Dublin that is Ireland's National Theatre?

9. Her books for children include The Wouldbegoods, Five Children and It, The Phoenix and the Carpet and The Railway Children. Who was she?

10. What links 86-year-old Robert Frost and 22-year-old Amanda Gorman?

11. Whose war memoirs include Adolf Hitler: My Part In His Downfall, "Rommel?" "Gunner Who?" and Monty: His Part In My Victory?

12. Work began on this project in 1857 and from 1884 onwards it was published in sections. The complete ten-volume result was finally published in 1928, Sir James Murray having been a major figure in its preparation. What is the work?





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**MEMBERSHIP OF ROYAL
BRITISH LEGION
Sedbergh & District Branch**

David Parratt

The Royal British Legion is a British charity providing financial, social and emotional support to members and veterans of the British Armed Forces, their families and dependants all year round. The Legion also campaigns to improve their lives, organise the Poppy Appeal and remember the fallen. It is at the heart of a national network that supports our Armed Forces community. It also works with many partners and other charities to direct support wherever and whenever it is needed.

The Legion is the country's largest Armed Forces charity. It helps veterans young and old with transition into civilian life, helping with employment, financial issues, respite and recovery, through to lifelong care and independent living. There are rehabilitation courses, tailored personal support for recovery, homelessness and financial advice. The Legion also supports older veterans with home adaptations, nursing services and six dedicated care homes, run just for ex-service men and women.

The Legion is also the national custodian of Remembrance, safeguarding the memory of those who have fought and died in conflicts past and present, as well as the unique contribution made by all those who have served. Every year the Poppy Appeal raises vital funds to support the work of the Legion. The Sedbergh community has continued over the years to give generous support to the Poppy Appeal and this has been very much appreciated. Last year we collected an incredible £13,806 during the campaign. This was another record amount for Sedbergh & District. We are very grateful for all the help from volunteers during the collection in achieving this amount.

Our Branch is involved in a number of areas where help is needed. In particular, providing Branch Community Support at local level, which aims to deliver a range of welfare support activities in liaison with Legion HQ to meet the needs of the Armed Forces Community, veterans, their families and

dependents. Linked to this is the Rawthey Project, a veterans' rehabilitation programme based at Birks Farm. The Branch continues to support this very worthwhile project and meets with veterans whenever possible who are involved with the programme and maybe recovering from post-traumatic stress resulting from a conflict or other issues.

As part of our 3 Year Plan and the aim to engage with younger members of the community, the Sedbergh Scouts Group has become an affiliated unit with the Branch and various ways of working together are being explored. There are also members from Sedbergh School CCF who are affiliated members.

Adult members in the community total 55 at present. We continue to endeavour to recruit volunteers and new members, especially younger members where possible who may wish to play an active role in the management of the Branch in the future.

Members can be involved in a number of ways:

- The opportunity to help with fundraising events and raise the profile of the Branch
 - Volunteer their time to help those in need in the Armed Forces community and spending time together in the form of comradeship
 - Donating money to raise funds for the Branch and the Legion towards good causes and collecting for the Poppy Appeal
 - Supporting Remembrance
- Membership benefits include:
- Receipt of the monthly RBL magazine and e-newsletters

- Access to purchase members-only products from the Poppy Shop and a 15% discount on other products

- Priority access to tickets for the Festival of Remembrance
- Receipt of the annual membership card which can be used to take advantage of these offers.

The Branch is holding two recruitment promotional events over the Artisan Market weekends in the town and will be manning a stand on Saturday 25th July and Saturday 29th August in Main Street between 0930 – 1500. Do come along and see us and find out what the Branch does and how we can support veterans and their families who may need help.

There is a need to recruit new full members. Members are the Legion's lifeblood. You do not need to have served in the Armed Forces to be a member. Membership is open to everyone. If you have an interest in the objectives of the Legion, please consider becoming a member. We welcome men and women of all ages, whether they have served in the Armed Forces or not, to continue the work that was begun over 100 years ago. Legion membership ensures that Remembrance is kept alive and that the sacrifices that our brave Service men and women have made are never forgotten. It also means that the ex-Service community have a voice and that their concerns are brought to the public eye. Becoming a member also provides the opportunity to be involved in a wide range of activities and events.

Annual membership costs £23.00, which includes the branch joining fee. If you would like to help the Service community and become a member or would like to discuss it further, please call David Parratt, Chairman on 07855 384640, email:

dmparratt@gmail.com or Keith Birbeck, Secretary on 07557 871961, email: keithbirbeck@gmail.com

You can join online by using the website: www.britishlegion.org.uk/ membership

To also find out more about your local branch, visit our website:

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

David Parratt, Chairman, Sedbergh & District Branch BR1443, Royal British Legion

FAMILY MUSINGS

Sarah Woof

However cold I am in Dent, when we go farming in Garsdale I am chilled! It is always cooler over there and I wear layers of clothes which then makes doing up coat zips a bit challenging. Even in summer, when hubby takes off layers I hang onto some of mine. Our barn over there offers some shelter but has too many draught holes to be very warm. Next month the barn will house sheep and lambs so there will be body heat to warm things up. And more smells. Oh, the smells! Cows especially. Even sweet hay tickles the throat but not as much as WD40. I avoid that as much as possible.

Hubby bought some ointment to




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Sunday Service - 12noon to 8pm

rub on his aching knees. It isn't too bad, a menthol smell which makes me breathe in deeply through my nose to clear the passages in my face. Certainly masks any dog smells!

Having got the bug for 'sorting out' I ventured into our garage; not for the faint hearted. A dry day saw half the contents out on the drive and half didn't go back inside. So, slowly the stuff reduces. All the craft materials from garage and house are being condensed so I can see what I have, what I need and what I don't need.

Next is upstairs, where two writing projects are spread out on the bed and there's a collection of boxes worth an entry into the record books. Who else keeps boxes 'just in case'? Old printer and TV boxes often from machines long gone, apple boxes because they are strong, shoe boxes 'just because', 'ooo the little grandchildren love boxes, we can have a cardboard day instead of a field day' (sorry - couldn't resist that, I must spend too much time shivering in fields!).

DENTDALE, HEAD TO FOOT **The History of Dent**

Andrew Povey, DDHF

A fascinating and detailed account of the village of Dent and the surrounding settlements was given by David Boulton. David, a journalist by background, has studied the history of Dent for many years. He started his talk by testing our knowledge of some the local buildings!

David has previously published leaflets and books about Dent, some

in conjunction with his wife, Anthea. Much of his talk was taken from his new book which is in preparation and is hopefully to be published in 2027. He covered the origin of the name Dent, and the first records of a settlement in the valley, probably in the 7th century. The community was divided about reforms under Henry VIII and the civil war in the 17th century. The village was badly hit by the black death and cattle plague. The poll tax introduced in 1377 was very unpopular, in 1379 the residents were recorded as trying to evade the tax; these records are still available. The school was founded in 1845 and logbooks of attendance from 1862 show 40 children in attendance. It became free to attend in 1891 as a result of national legislation. It was criticised for spending too much time on knitting and not enough on scripture!

David has undertaken much detailed research and his book is eagerly awaited.

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

Our next event on 6th March 2026 will be David Allen, who is the police commissioner for Cumbria. He will talk about the role of the police commissioner. Look out for more details of our events on the posters and our Facebook page 'Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page. Please 'like' our page.

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

HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

Sarah Syred welcomed 8 members to our February meeting in Firbank Hall. One of our members Jacqui Robinson, was our speaker for the evening, giving a brief history to rag rug making, how it had become popular in the 19th century especially by the less affluent people in country and mining areas, where nothing was ever wasted. This was followed by everyone having a go.

The competition for a 'favourite scarf' was won by Bridget Postlethwaite, with Liz Moore second.

Our business meeting followed this, concluding with our usual Jacobs join.

SEDBERGH W.I.

Moira Folks

Once again, bad weather prevented the walking group from following their proposed route round Tarn Hows near Coniston in late January, so the walk has been postponed to February 19th: watch this space to find out whether there will be some gleams of sunshine then to set this jewel of the Lake District alight! Craft and chat at Valerie's home on February 5th went ahead as planned as electric lighting was available there, so it was not weather-dependent!

On February 11th we gathered in the People's Hall committee room to hear Angela Emms, the St John's Hospice community fundraiser for North Yorkshire, telling us about the work of the hospice, which is celebrating its 40th anniversary this year. The hospice now serves an area stretching from Grasmere to Garstang and Morecambe to Sedbergh. The other local hospice is St Mary's in Ulverston, which might be appropriate for patients who have family links to that area, dependent on bed spaces. The hospice was built 'by the people, for the people' – part of the fundraising for the new building in Slyne Road, Lancaster came from donors buying actual bricks! – and it replaced the St John of God Hospital in Silverdale, run by the Sisters of St John of God. The hospice offers in-patient care for 13 patients, with a maximum of 3 to 4 beds per room, so the beds may be wheeled out into the garden for a time in warm weather. There's also a big hospice at home service to relieve people caring for



Invites you to watch...

The Ballad of Wallis Island (13)

On Friday 27th March 2026 at 7.30pm

At the People's Hall, Howgill Lane, Sedbergh
Adult - £7 Child - £3

Family - 2 adults & 2 children (under 16) - £15
Bar & Refreshments - Doors open 6.30pm

Advance tickets at Sedbergh Tourist
Information Centre
Or Cash Only on the door.

A fundraising event for the People's Hall.

loved ones at home. They offer a 'Hospice Hug' for the whole family, recognising that it is not only the sick person who needs care, and there's also a Bereavement Centre - the Forget-me-not Centre, for ongoing help. There's a volunteer-manned kitchen garden to supply food for the hospice, and volunteer helpers to work in the café, with a plant stall nearby – both of which are open to the public so we may well take a trip there sometime. Angela's enthusiasm for the hospice was infectious and backed up by the wonderful photos and appreciative comments shown on their Facebook pages. Search Facebook St John's Hospice Lancaster for further information – or ask Angela Emms to give your organisation a talk about the hospice: we found it an uplifting experience!

The book club met at Sandra Kemp's home the following afternoon to discuss a non-fiction book, 'Her Brilliant Career' by Rachel Cooke, an award-winning journalist. Its subtitle was 'Ten Extraordinary Women of the Fifties'. There were seven major stories, one of which dealt with three women friends involved in journalism, writing and rally-driving; another was about two sisters-in-law, the others were about high-flying career women. Our average score was 5/10.

The next meeting, our Annual Meeting, is on 11th March at 7.30pm in the People's Hall committee room when we'll review the past year. For further information, please contact our President, Louise Atkinson, on 07885 378883.



KILLINGTON W.I.

The Afternoon WI for the Whole District

Wendy Fraser-Urquhart

It was a dry, dull day for our meeting, with very occasional sunny intervals. Never mind! There were plenty of sunny smiles inside! As is usual, happenings started with required safety instructions and then we sang "our song", which begins with the words, "A pleasant thing it is to meet in friendship's circle bright-----".

Today our speaker, David Vigar's title was Mutiny on the Bounty, a subject about which I knew little. A few names came to mind, Fletcher Christian, Whitehaven, Captain Bligh, Pitcairn Island, and that's about it. When, Where and How were a complete mystery but that was about to change! In the 1780's the Bounty under the command of Captain Bligh set sail from

Portsmouth heading for Tahiti. The purpose of the journey was to collect Breadfruit Plants to provide cheap food for slave populations forced to work on British plantations in the Caribbean Islands. It was a very long and eventful journey. The Captain's harsh treatment of the crew eventually resulted in their mutinying, led by Fletcher Christian. The outcomes for the members of the crew were many and various. Some settled in various islands in the South Pacific; many died either on land or sea. Captain Bligh eventually got back to England and resumed his naval career. It was a complicated story but utterly fascinating. One



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amusing fact is that when breadfruit was eventually planted in the West Indies nobody liked it and they wouldn't eat it!! David was thanked warmly for his fascinating talk. We are all much better and happily informed now.

Then it was time for tea and today it was a Birthday Tea, a Special Birthday Tea for a Very Special Person. We were celebrating the 80th birthday of our Revered President, Susan Sharrocks. A luscious cake appeared, accompanied by a tuneful rendition of Happy Birthday and needless to say, it did not receive the same reception as breadfruit in the West Indies! We munched and we chatted. Jan

Dinsdale won the raffle. We looked at the entries in our competition, this time for a boat-related item. There were several beautiful items on display, models, photographs and ornaments. The winner was Pat Allen with a photograph taken on a family sail. We discussed future activities though we still have not decided where to go for our summer outing

Our next meeting will be on Tuesday 10th March 2026 at 2-00pm in the People's Hall. A representative will be telling us about the change to landline telephones which will be taking place next January. Members will be asked to tell us about the book which they would least like to lose and why.

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Regretfully we expressed sympathy for three of our members who have very recently suffered the loss of their husbands, all who have given much service to our local community. over the years. Pat Allen has lost her husband Neville. Barbara Kooper's husband Richard died while they were enjoying a holiday in Tenerife. Avril Hobson's husband Sean, died in hospital surrounded by his family. We share in their sadness and send them all our sympathy, good wishes, and support for the adjustments which lie ahead.

DENTDALE W.I.

Thelma Belfield

At our February meeting we were fortunate to welcome Peter Jones, a trustee of the Lancaster Canal Trust as our guest speaker. Peter and his wife had moved to Cumbria from Manchester on their retirement, having always had a strong affinity with the Cumbrian Lakeland. Peter began by telling us of the extensive network of canals that, historically had provided excellent transport links throughout England. However, until the late 18th century there was nothing further north than Wigan. At

that time, the transport of goods was very difficult. The road system was poor, often no more than severely rutted tracks and accidents were frequent with carts shedding their goods and people being injured. At the time, it was much simpler and easier to transport foods by sea. However, in 1791 two engineers in Lancaster were given the task of doing a survey for a canal system and in 1792, during the reign of King George 3rd , an Act of Parliament was passed authorising the construction and maintenance of a canal system to the north. Work commenced in 1794. The canal was constructed in stages, the route was not easy, there were two significant hills to navigate. A 670-yard-long tunnel was built and a tramway constructed at a huge cost of £38,575, a massive sum in those days. Bridges and locks were constructed and finally the last section linking to Kendal was completed. The Lancaster/Kendal canal brought great prosperity to Kendal, industry developed, and transport for leisure trips on the canals became popular. There were daily packet boats between Kendal and Preston. Coal barges transported fuel much more cheaply than before. The canals created employment and in winter provided a skating rink for leisure pursuits. As they say, all good things must come to an end, and in 1840 the Northern Union Railway was constructed. The canal company objected strongly to this development but, as the years passed, the railways were faster, more competitive and consequently more successful and the canal company

was dissolved. The canal still operated as a means of transport but in 1955 the Canal Closure Act became law, in 1965 plans for the M6 were being prepared, and the canal system fell into disuse. However, all was not lost; in 1991, a restoration project was mooted and funding sought. Gradually in short stages, restoration of the canal started. Construction methods were very different from the original, but the completed lengths of the restored canal are now accessible for people to enjoy. Along the routes now there are many different birds to be seen: coots, moorhens, swans and ducks. Lots of different wild flowers to enjoy: common orchids, cuckoo flowers and water forget-me-not. Parts of the

Lancaster Canal are now navigable by boat, the final stages up to Kendal are still on the restoration project to-do list. Funding is always a problem, but the volunteers who work within the project are keen and well motivated. It's estimated that it will cost around £50 million to reach Kendal.

Hearing about the work of the Lancaster Canal Trust, and seeing the beautiful photographs of the canal in its heyday and again during its restoration, it is clear that the enthusiasm, motivation and determination of the Trust will succeed. Peter's talk was fascinating, interesting and informative. For me, it also brought back memories of enjoyable walks with my father along

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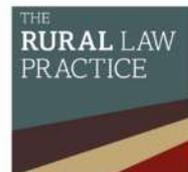
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the disused canal close by where we lived in Derbyshire. There is a restoration project operational there too. Canals were a huge part of our history and the Trust's work in restoring this once vital network for everyone to enjoy in the future is beyond price.

Pam thanked Peter for his excellent presentation, and conversation and questions continued informally whilst we all enjoyed our legendary tea and homemade biscuits. Marjorie excelled this month with some delicious chocolate ones. Secretary Rita reminded us that 14th March was Dent Run day and as usual asked for donations of scones, tray bakes and cakes to contribute towards providing teas for all the

runners after the race. Help to prepare the teas and to clear away and wash up afterwards was also requested. Various Federation events are being held in March including the Olive Clarke Writing Challenge on 3rd March. Sarah, one of our members has entered for this event, and we wish her every success. There is a lunch being held at The Cumbria Grand on 17th March when Jeryl Stone, Chair of the National Federation, is the guest speaker. Our own Federation Annual Council meeting is being held on the 23rd March. Locally, Casterton WI are holding their Open Evening on 1st April and our members are invited to attend. Peter very ably judged our competition entries; this month the interesting items being judged began

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with the letter Y. Pam won with her photos of Yesteryear on the Lancaster Canal, Rita took second place with a model 'Yoda', and Chris was third with a book on Yoga. Gill and Chris were the lucky raffle winners.

The WI provides a great social experience, opportunities to become involved with local activities and many free educational learning experiences. In March we look forward to welcoming Tim Deighton who will talk to us about Youth Development and Outdoor Education. It's bound to be interesting, the youth of today is the future. Do come and join us, a warm welcome is assured, we look forward to seeing you.

NOTES FROM DENT STATION

John Carey

As I write, we have just completed another work period at the station. Having carried out the majority of the external works over the last few years, we started to concentrate on the internals as from last year. This winter, the mission was to redecorate the former booking office now used as the main bedroom, and, fortunately, we were able to call on our good friend Steven Alderson from Sedbergh who has done a fine job as always. We do need to keep up to maintenance and renewals, and it is a never-ending cycle. More outside work is planned for the summer. Even in the winter we still see plenty of passing trains with cameras pressed against the windows which emphasises that we are but custodians of something rather special!

There is a glimmer of hope that the Dent Head road might be reopened in the next couple of months. This has been an irritation for well over a year now, adding considerably to our road journey. You couldn't really make this up but one of the alternative routes via the Coal Road has also been subject to daytime closures near the Moorcock. We do know that works have to be carried out, but why the lack of coordination between authorities? There is also a distant prospect that the Widdale road from Newby Head to Hawes may be subject to closure at some point. It does emphasise the fragility of our local road network.

On the railway it was good to see the first steam specials of the year



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passing. Battle of Britain class 'Tangmere' reappeared having been a regular visitor in 2025. I am indebted to Andy McClurg for the photo. Meanwhile, on the normal stopping service, performance has been relatively uneventful since the passing of the Avanti trains in early January, and we have seen only a couple of cancellations. We are quick to blame Northern when things go wrong, but the cancellation rate is in fact lower on our line than the rest of the network. Of course, this is little consolation to a passenger with 2 hours (or more) to wait until the next train. But analysis of many of the delays seems to indicate that it is the signalling or a miscreant freight train which are often to blame. Interestingly, the services improved during the period of Avanti West Coast diversions possibly due to the increased vigilance of Network Rail

Not far away in Horton, the somewhat controversial passenger

lifts seem to be closer to being commissioned, the delays being attributable to the failure of the utility company to provide a power supply. The provision of the footbridge and lifts has certainly been a long a drawn out affair at a reputed cost of circa £4.2m. This may seem an incredulous figure and certainly warrants the question as to why railway projects cost so much in this country. But in this case, most of the cost was being borne by a third party. The reason, of course, was to enable the reconnection of Horton Quarry, the quarry trains blocking the former barrow crossing at times. Without doubt there are significant environmental advantages to the quarry connection as, according to Network Rail, a fully laden train can remove up to 76 lorries from the road. Meanwhile, the lifts and bridge will enable step-free access between platforms, assuming that the intending passenger can get to the



station which is up a hill in the first place.

Contrast with Dent which is, in fact, already one of the most accessible stations on the network. Indeed, it is possible for a passenger to leave Sedbergh on a low floor (accessible) bus to reach Dent Station (more on this later) and easily reach the southbound platform by means of a barrow crossing. In the past, such crossings would have been a feature on all of the stations on our line but have gradually disappeared due to a dislike by the rail authorities. These days, only a few remain, and Network Rail are steadily trying to eradicate them completely on grounds of health and safety and drive for increased line speeds. This could create a potential issue for lesser used stations such as Dent as it would be difficult to justify expenditure of £4m plus. Perhaps I am being alarmist? Meanwhile, at Garsdale there are obvious issues with the northbound platform only accessible by a steep unsurfaced path. I do hear that Westmorland and Furness are carrying out an accessibility audit on our stations, the outcome of which we will await with interest. This is an important issue.

On to our local bus services. I suppose that I should start with some good news. As from Easter weekend there will be a new seasonal 832 DalesBus service running from Sedbergh to Kirkby Lonsdale on Sundays and bank holiday Mondays, until 18th October. Times are to be published in due course, but this should permit a short afternoon visit to Kirkby Lonsdale, perhaps even

Sunday lunch. However, the real purpose will be to bring visitors into Sedbergh from further afield. Farfield Mill should benefit with a little-used bus stop at the end of the drive. It will also provide opportunities for onward travel outside the area towards Lancaster, Leeds and even Darlington (yes that's right!). Incidentally, I should mention that DalesBus is a volunteer-managed and fundraised network of bus services serving the Yorkshire Dales on weekends with over 20 routes. So please watch this space. The DalesBus timetable will be available in the tourist information office nearer the time.

As regards other bus services there have been no further developments and, as far as we are aware, the preferred weekday Sedbergh-Kendal timetable has been sent out for tender by the local authority. But, even if suitable tenders are received within the council budget, and a decision made, it would require a statutory registration period of 70 days before any service could commence. So, there can be little optimism of a service starting in April (or at all). Whilst the council had received an increased local authority bus grant from central government to cover the next three years, it would seem that this has largely been allocated towards existing services. It means that any funding would need to be drawn from the residual amount for which there are already competing needs. Meanwhile, the local public transport group continues to lobby hard.

But enough of the pessimism! 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. I am often surprised that more don't use this opportunity. 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. Rail tickets can be purchased on the train.

I should also remind as to the Dales Railcard, available to residents in the qualifying post codes (including LA10) and which provides a one-third discount for tickets purchased on the day (weekdays after 0815) on the Settle-Carlisle and Morecambe lines. 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.

PUBLIC TRANSPORT

Myles Ripley

When buses aren't running at the right time or to the right place what options have you got? You've approached all your friends and even acquaintances.....

There are 2 other (and cheaper) options than taxis though neither are set up for regular journeys or commuting.

In both schemes, if you are eligible for the Ambulance Service patient transport scheme then that should be tried first. Under 18s need to travel with an adult. Drivers are not trained or equipped to assist you with getting in or out of vehicles. Journeys have to be booked in advance.

1/ Rural Wheels provides door to door transport at 50p a mile using existing taxi companies for people who do not have, or are unable to access, scheduled transport or have a volunteer driver available.

The service can be used for a variety of purposes including:

- making connections with buses or trains
- appointments with doctors, dentists or opticians
- shopping
- visiting friends or family

You may be asked to be flexible about your travel time and also to share transport, which will be at a reduced fare.

For general information about the scheme, please contact us on 0333 240 6965 (option 2, followed by option 5).

You have to join the scheme in advance and have to buy credit to use for journeys at 50p a mile



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2/ Voluntary Social Car Scheme - another W&F supported scheme but using volunteer drivers. This, in turn, means that it can only help you if a driver is available when asked. The Voluntary Social Car Scheme is intended for those people who have no other means of transport. We have volunteers who provide a door-to-door service in the Sedbergh and local area to collect you from your home and take you to your chosen destination for a reasonable cost. It is only available to Cumbrian residents so visitors to the county can't use it. Journeys are limited to destinations in Cumbria apart from vital medical destinations – commonly Lancaster Hospital.

You can request journeys on this scheme by contacting the coordinator

directly – Myles Ripley on vcssedbergh@gmail.com or 07880161648. This phone number is often unmanned so please leave a voicemail.

Which service is better? The voluntary car scheme is dependent on availability of volunteer car drivers and unlikely to be available in the evenings. The Rural Wheels scheme is a little more tricky with membership etc to negotiate but you are more likely to get evening transport and more availability – horses for courses.....

PS “FREE “ bus transport – don't forget if you are 66 or over you can apply for a free bus pass. Some people with disabilities are also eligible and may be entitled for free travel for a carer. If you are 5-20 years old you can get reduced bus tickets if you purchase a A2B bus pass at £10 for the year.

PUBLIC TRANSPORT USERS GROUP

Ed Welti

Avid readers of this update will know that last month I wrote about the Multi-Criteria Assessment Framework (MCAF), the tool that Westmorland and Furness are using to help them choose between the various different bus services they are proposing to fund this year.

I wanted to have some more details about the MCAF, what it actually was, where it had come from, and how they had decided upon the criteria that they would feed into it to help them 'score' the different routes. I was particularly interested in the criteria which overtly favoured routes serving workers in the hospitality industry in the Lake District. Why only the Lake District?

So, I tabled a question at the Council Cabinet meeting where the results from the MCAF were being approved. The Council offered me a

meeting to give an overview of the tool. Last week the meeting happened.

The Council representatives at the meeting were open and quite informative. They showed me the spreadsheet they had developed, which calculates the MCAF output ratings, gave me some idea of how the criteria were derived, and of how they are weighted. They also agreed that the criteria which specifically mentions the Lake District will be changed to include both National Parks within Westmorland and Furness. Although this is positive it makes little difference to the outputs.

But I made sure I made the point that the use of the criteria in the first place demonstrates the way Sedbergh, and the Yorkshire Dales National Park within Cumbria, were largely disregarded by the authorities in Cumbria and now Westmorland and Furness.

And with that in mind the inputs into the MCAF spreadsheet are set by council officials rather than being calculated. We rely on their experience and opinion to work out, for example, if the route will benefit Employment and Education in the area the route serves. The council was quite clear about this, that the MCAF approach is very much a work in progress and needs further development.

I also pointed out that if we don't get a bus in the Spring then we won't get one for three years, as the three year budget has been fixed by central government and all funds will be allocated to existing routes. The response was that backing for failing

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routes would be withdrawn and money could then be available. However, the council have only withdrawn minimal amounts of funding this year (approx. £20,000), and I think any future adjustments would be of a similar nature.

The money which was given by the government for a pilot franchising operation has been pooled with the similar amount given to Cumberland. There will be a two phase project, phase one will be to work with consultants to work out an approach, phase two will be to set up a pilot service. Logically this would be a service running through both counties, i.e. not a service in the forgotten eastern corner of Westmorland and Furness.

THE INGLEBOROUGH CAVE ARCHAEOLOGY PROJECT Sedbergh History Society

Karen Bruce Lockhart

The Society was given a particularly interesting summary of the work being done by this Project by Professor Rick Paterson of the University of Central Lancashire. The project involved a unique collaboration between the University, the Yorkshire Dales National Park Authority and archaeologists, cavers and volunteers. The archaeologists worked closely with the cavers, revisiting discoveries made in the past to research them and properly categorising them pulling together finds from many small sources. They were also interested in the common lands and their association with the caves

The three main aims of the project were:

1 an above ground survey of the archaeological landscape around the caves, and the importance and condition of the caves and whether they were under threat

2. to provide training and guidance to cavers on how to manage and identify findings

3. to bring together recovered archaeological finds from previous digs across the common

As it was impossible to cover the whole area in detail they concentrated on three areas: round Ravenscar Cave (late Bronze Age into Iron Age), round Gaping Gill (late Neolithic to early Bronze) and finally Norber (Mesolithic).

The archaeologists walked the Norber area in detail mapping all the

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new findings range of different farming, funerary practices such as a round cairn and prehistoric linear field boundaries from Iron Age. Further north at the Gaping Gill area there were a lot more funerary cairns. Animal bones showed that it was dominated by wild animals such as auroch and deer. There was quite a lot to see here in the peat which in places is thick and may cover a lot more. Round here you also get parts of the limestone pavement where slabs have been stood upright as "standing stones".

Ravenscar cave produced items from the late Brone Age to the Iron Age. There was a lot of information from an earlier excavation. Here they found rectangular fields and circular

platforms with linear boundary walls, and the summit of Ingleborough has an iron age fort. The bones found here included lynx, sheep, goats and deer, but no large animals and there was human evidence of butchery in the bones found. They also found remains of considerable number of burials from the Bronze Age left to deflesh in the cave. The land was notable for good examples of the linear field boundaries running parallel to create fields. There were a lot of circular platforms either Bronze Age and contemporary with the findings in the caves or later Iron Age. The archaeology was on the whole well preserved and not being damaged at present. The large number of bones enabled chemical

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date testing. From five caves in the area, they found a very large number of assorted bones and were able to classify them by species and age. These included some surprising animals such lynx which in fact survived in the Dales until the medieval period.

At Y Pot the earlier radio carboning was only approximate but could be calibrated against known tree ring dates. One example, the bone of a dog, gave a date 400-350 BC, that is to say the Iron Age, but there were also bones from the 11C to 16thC AD

North End was important from caving point of view but also archelogy point of view. At this pot they were able to build on previous known dates from the late neolithic to end of prehistory, that is to say the cusp of the Roman period. Two burials were radiocarbon dated because the finding of a body was reported to police. Animals remains were found from the late to mid Bronze Age, tools from the Mid Bronze age, together with lots of Bronze Age and late Neolithic bones. The animals were both domestic and wild and included auroch. At about 18.5 m depth a layer of burials were found dating from about 2500 BC. That is to say around the time such monuments as Stonehenge were built.

The previous radiocarbon dating at Foxholes cave didn't make total sense so they wanted to investigate this, and one body was investigated which gave a date of about 600-700 AD, but the up-to-date evidence from another body gave a date from early to mid Bronze Age. The bones also

included auroch which gave a date up to the point when aurochs disappeared

Kelco caves were interesting as they only found the heads (which occurs elsewhere in the Dales and Derbyshire). Testing showed that they had all lived at much the same time. Sewells Cave showed a whole range at different dates – the bones included bear, auroch, wild horses, reindeer, human crania, cattle bones, but bones also from 6-700AD.

They also used chemistry on the bones. This involved the variation of isotopes – Nitrogen 15 which is rare, and Carbon 13 which is also rare and, unlike C14 used for carbon dating, is stable and doesn't decay through time. This means it can give evidence of what an animal ate, that is to say the kinds of proteins the animal was consuming. For instance, it showed that the humans were omnivorous, but pigs were less so. It also showed the consumption of cattle, deer, and sheep, and also bears and dogs.

Lastly, he emphasised the importance of the collections found in earlier times and the importance of looking at the collections. First they

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had to count and look and them, and then make lists of what was where. A lot of two-way communication needed to be done, particularly between the archaeologists and the cavers in both directions. Often, the finds were fragmented due to water, landslides etc and had suffered quite serious damage.

Norber cave produced animal and handmade tools from 8,500 BC to 3,000 BC. Above ground the remains of round houses with lineal boundary walls could be seen. Gaping Gill cave finds were primarily Neolithic and early Bronze Age

Ravenscar cave was excavated in the 70s with much of the findings preserved by Tom Lord at Lower Winskill Farm and are later in age. About 15 bodies were found dating from about 1100 – 900 BC.

At Y Pot radiocarbon dating from a dog (or possibly a wolf or fox) gave a date between 400 and 250 BC. Bones showed domestic and wild animals from the 11th to 16th

centuries AD

North End Pot produced bones from the late Neolithic to 100 BC and 100 AD which were both wild and domestic, and included an auroch dating from the late Bronze age, possibly showing that this area was a last refuge of these cattle. The bottom of the cave corresponded to the time that Stonehenge was constructed.

At Foxholes the cave gave dates from the early medieval period - about 600 AD. Kelco cave gave dates from the early Neolithic to the Bronze Age and gave evidence of burial rites but only the heads were there. These rites seemed similar to ones found elsewhere in the Dales and in Derbyshire. At Sewells cave there was more evidence of burials and bones of bear aurachs and reindeer. Evidence of high nitrogen was found showing a high protein diet in two children which could be caused by higher status, different lifestyle, or simply imbibed with their mother's milk, which could be evidence of weaning late.

Geophysical research in the north area showed round cairns with an embanked stone circle and linear features but it was difficult to tell how much was of dumping spoil by earlier excavators. The could not go very deep because not far below the peat was a limestone pavement. There was a patch which showing high level of burning

The archaeology was particularly interesting because of the evidence of occupation over a very long period, not necessarily continuous but coming and going at different periods and for different purposes.

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TELLING IT LIKE IT WAS

Colin Cowperthwaite

More snippets from two publications entitled 'Telling it like it was' which documented Dent, Sedbergh and district in living memory. Local people were interviewed and had their recollections recorded by members of the local Oral History Society. The first volume was released in 2015, with a second volume following six years later. I give credit the joint editors, Anthea Boulton and Veronica Whyment, for allowing me to use their material.

As I remember Sedbergh in the 1940's there were so many more little shops than there are today. For example, I think there were five shoe

shops and a similar number of butchers. Approaching the town from the railway station, which of course no longer exists, the first shop you met was Braithwaite's Stores, Guldrey, next to what is now Morphet's motor repair workshop. It was a little convenience store for people who lived down Guldrey to buy their bread and milk and everyday groceries. Going up towards the town you passed the National School on the right, and then there was Braithwaite's petrol station, they had this shop at the town end where they sold petrol. On the other side there was Croft's, the hairdressers. Mr Croft used to cut men's hair and boys' hair, Nellie Croft used to do ladies. On the left hand

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side was Billy Davies's, a little greengrocer, who was the first person in Sedbergh to sell ice cream after the war. There was a confectionery shop, Robinson's, where you could buy cakes. There was Iveson's (no relation to us) newsagents and toy shop, and then there was George Spencer the furniture shop, all before you got to the Dalesman as it is now, or the Golden Lion as it was in those days. (Peter Iveson, born 1938)

The general pattern was you could buy anything you liked in Sedbergh, from a new car to a gas stove. We all traded with each other, and it was looked upon as being quite disloyal if you went to Kendal to buy something that you could buy in Sedbergh.

There were two or three very good tailors, bespoke tailors, who would measure you up. I don't think many people got off-the-peg in those days, because mothers used to make kiddies' clothes. But I think one could say it was beginning to stop just before the war, and people started going perhaps to

Kendal for off-the-peg clothes.
(Jack Dawson, born 1922)

There'd be about four grocers, and there was at least three shoe makers or cobblers, there was three chip shops, there was umpteen selling sweets, there was two ironmongers, there was about three men's outfitters, a hairdresser, all the pubs and two paper shops, a number of fruit shops, and this was all the affluence of Sedbergh before the war. The other part of the butcher industry was, most farmers they didn't kill lambs, they went onto the top market. Most people lived off mutton, so they

would kill a sheep and then they would hawk it about or give it away to the neighbours, not necessarily in the town but in the country districts. And most of us killed one or two pigs a year for bacon so it was usually your own bacon, you gave things like spare rib and black pudding and stuff away. (Leslie Robinson, born 1930)

Where the charity shop now is, that used to be Punch's, which was a carpentry, woodwork shop. Then there were two chemists. Powell's used to be a chemist when Mr Mitchell was there. Then there was Jack Lewis where the sleepy Elephant now is and next door to that, in the corner, was a shoe shop which Jack Lewis's brother Eddie used to run, and there was also Chris Askew's shoe shop. I think he was a brother of Harvey Askew the grocer. Jackson's, that was a lovely shop ! They provided all the stationery for the prep school and they were printers as well, so the school magazine was printed by Jackson's. There was Handley's carpenter shop, which is now the bookshop, and I remember going in there, watching him at work. He made my brother a half-sized wheelbarrow. Then there was Trotter's, opposite the post office, which was haberdashery and materials and so on, a lovely shop. There was Frank Prickett, who was the watchmaker, down Finkle Street. He was quite a character. I remember going in there taking watches to be mended. And May Peel's, it was Sedgwick's in those days, which had dresses and jumpers and things, socks and stockings. The post office, Dorothy Trotter was very much in

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charge there! and, of course, the telephone exchange. You had to go through her to get the person you wanted and she would say "Oh, I know they are away at the moment", or "You won't find them at home". So, she knew all that was going on in Sedbergh! (Mary Gladstone, born 1926)

In Dent there was a butcher's next to Penny Bank. I can't remember Penny Bank operating as a bank, but I can remember the Midland Bank having a place just across from the George and Dragon. Frank Dinsdale had what's now Dent Stores. Then there was a smithy a bit lower down where I worked, and at that time there was all those houses up the other side, all long gone. Then there was Haygarth's shoe shop, Fred Haygarth would be their dad and then John Haygarth carried the business on. Then turn round the corner at t'Dragon, there was Mary Batty's on your left, she sold same as Dinsdale's Stores: groceries, cattle feeds as well. At the other side of t'road there was Middleton's, they were t'drapers, and farther down opposite there was t'post office. And

as you go past t'phone box, where John Cooke's studio is, that used to be Len Haygarth's garage, and those houses further up on the right, they weren't there then 'cos Albert Fothergill would build that for hisself when he had t'blockworks (cement brick works). (Alan Mattinson, born 1934)

When you think back now, Garsdale was self-sufficient. Starting at Hawes Junction there was a shop and a post office up there; and down in Garsdale village there was a shop which George Kayley had, and he was also the registrar. There was Jack Handley up at Far End, opposite Banks: he was a joiner and occasionally an undertaker. And down in the Street there was Will Harper, he used to sell paraffin for tilley lamps and things, in chapels and on the farms. And then there was the Hive Garage where they did repairs for motorbikes and cars, the few cars there was then. Then when you got down to Smothet (Smorthwaite), there was a real hive of industry there. There was Tom Dinsdale; he used to make clogs and shoes, and he used to re-charge wet batteries for wirelasses, in them days

not radios, but wirelesses. And also up there Tommy Airey, he used to 'ave a butcher's place, and once a week there was a blacksmith came up from Sedbergh, and he used to come and shoe t'hosses and fettle broken gates and metalwork that was wanting redoing. Next to Smothet was the vicarage where Rev.Badrick used to live, 'e used to run the church and come into the school once a week to give the assembly service in the morning. Further down t'dale there was George Dinsdale at Swarthgill Garage, he sold petrol and did repairs for cars and motorbikes, and he was nicknamed Er er, because everything he said, "Er er, what do you want ? Er er, it's a fine day". And at Garsdale Hall there was

Joe Capstick, he was a farmer and milkman; he used to deliver milk around t'local village where there wasn't farmers living. And then there was a fish man from Hawes, Mr Andrews, he used to come with wet fish and kippers, and everybody used to have a good do of kippers in Garsdale. And then later on Jim Pratt who had t'egg packing station at Hawes Junction, he started a grocery business and it was run with his brother, Bell Pratt from Sedbergh. He used to call at three o'clock or four o'clock on a Friday afternoon, and get later and later, and it got to nine and ten o'clock on a Saturday night, so he was always nicknamed t'Midnight Grocer ! (Michael Bracken, born 1942)

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FREDDY SPENCER CHAPMAN

Karen Bruce Lockhart

Frederick Spencer Chapman DSO & Bar, ED, was born on 10th May 1907. His mother died soon after his birth and his father died on the Somme. He was bought up by a clergyman and his wife in Cartmel. He came to Sedbergh School when he was fourteen. He "loathed the monotonous bell regulated routine", considered lessons "things to be avoided by all possible means, fair or foul" and thought that organised games were "a waste of a fine afternoon". Both at his Prep School and at Sedbergh he developed a great interest in the fells and all forms of natural history. A friend from those days described him as 'the most unwashed and independent boy in the school...his pockets crammed with birds' nests, caterpillars and any natural specimens he happened to fancy...'. Despite his view of lessons he gained a scholarship to St John's College, Cambridge. While there he developed a passion for exploration and mountaineering

He joined the Greenland Expedition of 1932-33 and experienced such cold that he lost all his finger and toe nails. He spent 20 hours in a storm at sea in his Kayak. He fell into a deep crevasse, saving himself by holding onto the handles of his dog sled. He learnt to speak Inuit. He was later the first man after Nansen to lead an expedition across the Greenland ice cap.

In 1936 he went on an diplomatic mission to Tibet where he wandered



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into the depths of Tibet, and with difficulty learnt Tibetan. He kept a diary of events in Lhasa, kept meteorological records, pressed 600 plants and seeds, and made notes of bird life. In 1936 he climbed the holy mountain Chomolhari, which would not be done again until 1970. His descent of the mountain over several days with one companion was one of almost unimaginable hardship, falling into crevasses, losing their cooking equipment and food, and with soaked bedding. In 1938 he was teaching at Gordonstoun, but in June 1939 he was commissioned into the Seaforth Highlanders and was sent to Australia to train forces in guerilla warfare. He then joined the Special Training School 101 which was intended to train British, Malay, Indian and Chinese to stay behind in areas the Japanese invaded, but this was vetoed by the Governor. Had it gone ahead it is possible it would have delayed the Japanese long enough to enable the British to defend Singapore.

However, he did in fact go behind the lines, being cut off with two

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companions on the fall of Singapore. In two weeks they destroyed bridges, vehicles and telephone lines, and killed about 500 Japanese soldiers. The Japanese searched for what they thought was about 200 Australian commandos. He studied how lightly the Japanese soldiers were equipped compared to the heavy equipment carried by the British. He gradually lost all his men to disease and gunfire, and was trapped in the jungle where he spent 3 ½ years with Chinese guerillas often suffering badly from malaria. In late 1943 he reestablished contact with the British but was captured. He managed to escape but all his notes and records were confiscated. He wrote to the Japanese Governor General asking that after the war these should be sent to the Royal Geographical Society, but they were never returned. He and two companions continued to work with

the Chinese guerillas, eventually managing to organise supplies from Ceylon, until early 1945 when they escaped by submarine. During that time Chapman spent 17 days in a coma suffering from tick-typhus, blackwater fever, pneumonia and malaria. He was wounded twice, and captured by both Japanese and Chinese bandits. He said he survived by considering that the role of a survivalist is to expect nothing and accept the dangers and bounties of the jungle as of a natural course.

After the war he set up what may have been the first boarding school in the world for boys and girls for the British forces in Germany. He was subsequently Headmaster of St Andrews College, Grahamstown (SA), Warden of the Pestalozzi Children's Home, Sedlescombe, and Warden of Wantage Hall at the University of Reading. He suffered from pain and headaches for the rest of his life until he committed suicide in 1971, telling his wife he did not wish her to look after an invalid

Field Marshall Earl Wavell wrote of him "Colonel Chapman has never received the publicity and fame that were his predecessor's lot [referring to Lawrence of Arabia]; but for sheer courage and endurance, physical and mental, the two men stand together as examples of what toughness the body will find, if the spirit within it is tough; and as very worthy representatives of our national capacity for individual enterprise, which it is hoped that even the modern craze for regulating our lives in every detail will never stifle."

RICHARD III IN NORTH-WEST ENGLAND

Sedbergh History Society

Karen Bruce Lockhart

Dr Christopher Tinmouth gave the Society an extremely interesting talk about the families in north Lancashire and surrounding districts who were involved in the War of the Roses and the rise and fall of King Richard III.

He started with a short summary of the descendants of Edward III to clarify who were the Lancastrians (descendants of John of Gaunt) and the Yorkists (descendants of Richard Duke of York). He explained that he was involved in the Richard III Society and was himself of the view that the Princes in Tower had in fact survived and were known to been out

of the Tower two years after they were last seen in the Tower.

His main talk, however, was about the enormous importance to Richard of loyalty as exemplified in his motto "loyaulte me lie" (loyalty binds me), and the way in which he rewarded local families for their loyalty to him when he was Duke of Gloucester and in charge of the north of England, and how the families were or were not loyal at the battle of Bosworth. That importance of loyalty made it unlikely in his view that Richard killed the Princes.

The family that he dealt with mainly was the Hudlestons of Millom Castle, and in particular Sir John Hudleston and his son Sir Richard Hudleston, and how this contrasted with the

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Stanley family. The Hudlestons were of a family of some importance in the area but not so much on the national stage, although Sir John's father had fought at Agincourt and been rewarded by Henry V. As Duke of Gloucester Richard made Sir John Sheriff of Cumberland and Warden of the western Marches, and Sir John was a Member of Parliament. Two of Sir John's sons married Nevilles, daughters of the Kingmaker, making them closely connected by family ties to Edward IV and Richard III.

Richard disapproved of this considering the girls were simply being used as pawns but made appointments to control the Stanleys. He also awarded the Hudlestons, resulting in the Stanleys mistrusting

Richard – a view that was mutual. Richard's distrust of their loyalty was proved correct when the Stanleys held back at Bosworth and eventually took Henry of Lancaster's side. Sir John was killed at Bosworth supporting the king

He also talked about the ruins of Beetham Hall, a house that was fit to entertain the king (beside the crematorium), Arnside Tower, and Hornby Castle, buildings which became involved in the rivalry between the Hudlestons and the Stanleys. Millon itself was confiscated under Act of Attainder following Bosworth, although it was eventually recovered by the Hudlestons.

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FIFTY YEARS AGO

Colin Cowperthwaite

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

Legion Presentation

There was a good company present on Friday at the British Legion White Hart Club, when a presentation was made to Mr Stan Haygarth, who retired after five years as chairman. Presenting the gift, a brass replica of a trotting horse and sulky, suitably inscribed on behalf of members, the president, Mr Norris Chamley, paid tribute to Mr Haygarth's "five years of hard slog" during which time he dealt with planning applications, appeals, and ultimately supervised the moving of the Club from Kings Yard to the White Hart premises. Responding suitably, Mr Haygarth said that he would be staying on as a vice-president.

Sedbergh Cinema to Close Down

Sedbergh Cinema looks as though it has reached the end of the road. At Tuesday's meeting of South Lakeland Council's Policy and Finance Committee, it was decided

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that the cinema should be closed down and the cinematography equipment sold. The decision came as no surprise, for last year it was reported that the cinema was losing 50 pounds per week. In view of this, it was decided to close the cinema during the winter. As a concession it was opened over the Christmas period but only 278 people attended the nine performances, and this seems to have been the final nail in the cinema's coffin. The cinema was bought by the old Sedbergh Rural District Council and taken over by South Lakeland on the re-organisation of local government. If the closure decision is confirmed by the full council, the future use or sale of the building will be investigated. Coun. F.W. Moore, chairman of the Tourism, Recreation and Amenities Committee, told Tuesday's meeting "We have tried all sorts of things with the cinema, but we are still losing money on it".

Frostrow W.I.

Mrs Fishwick presided over the February meeting held in Settlebeck School. There was a good attendance to listen to the speaker,

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Mrs Addison, VCO. Her talk entitled "History and Organisation of WI" was interesting and very helpful, especially to new members. Flower of the month competition was won by Mrs Mounsey, with Miss Bainbridge in second place.

Tea and biscuits were served by Mrs Mounsey and Miss Bainbridge.

20,000 Trees are Lost in Dentdale Forest Fire

National Tree Planting Week suffered an untimely blow on Tuesday when a forest fire at Cowgill, near Dent, destroyed some 20,000 young spruce trees. Firemen from Sedbergh, Hawes and Kendal fought for nearly three hours to get the blaze under control after nearby railway workers raised the alarm. Covering about 250 acres, Cowgill Forest is owned by Economic Forestry (Northern) Ltd. and was planted with Sitka spruce trees in 1974. A spokesman for the company said on Wednesday that the fire could have been much worse and praised the firemen for their prompt action. He estimated the damage would amount to 2,000 pounds. About 20 acres of land was affected, he added.

Old Folk's Welfare

The quarterly meeting of Sedbergh and District Old Folk's Welfare Committee was held recently at Highfield House, when the Vicar, Canon D.A. Rogers, was in the chair. Reporting on Dent activities, Miss E.T. Middleton said that there were now nine people receiving meals, which were cooked in the school kitchen. In the absence of Mr. G. Hague, the treasurer, the financial

report was given by the secretary, Mr. A.G. Wilkinson, and showed that the committee had approximately 1,000 pounds in hand. The Sedbergh Meals-on-Wheels organiser, Mrs. Chris Williams, expressed thanks to helpers and the Task Force North Group who had decorated the kitchen. Members agreed to make a donation to the funds of Sedbergh Secondary School for the help given by them to the M.O.W. service. The chairman welcomed Mr. D. J. Ashburner to his first O.P.W. committee meeting, and Mr Ashburner asked if the committee would consider providing elderly people, who lived alone, with cards to put in their windows should they require assistance. Members agreed, provided that there was sufficient demand.

Mr. R.E. Billington

The death has occurred of Mr Robert Edward Billington, a well-known Sedbergh licensee who for the past eight years has been landlord of the Red Lion Hotel, Finkle Street. Mr Billington died suddenly at his home at the age of 64. A native of the Otley area, he had lived in Kendal for a long time before moving to Sedbergh, and for 28 years had been a driver for the Horncop Concrete Works. He was on active service during the last war, spending part of the time with the long-range Desert Group in Africa. As a hobby he bred and exhibited guinea pigs and was a member of the Lunesdale Foxhounds. He was also a member of the Kendal and District Licenced Victuallers Association, and one of the founders of Sedbergh and District

Darts and Dominoes League. Mr Billington is survived by his wife, one son, and two grandchildren.

Dent Family Service

The service took place at St Andrew's Church and was conducted by the Rev. A.J.W. Barker. Miss Pamela Mason read the lesson. A special prayer was said for the two confirmation candidates from Dent, Miss Pamela Mason and Miss Jackie Richardson. On Saturday, a small group from the village went to Cautley Chapel to hear Mr Silverwood and an excellent singing trio from Nelson.

Secondary School

There was a busy programme for Sedbergh Secondary School recently when, in addition to a large party attending a Careers Conference at Longlands, Kendal, there was a successful parents evening on Wednesday. Pupils and staff also attended a performance of "Dracula" at the Duke's Playhouse, Lancaster, on Saturday. Mr David Lord and four pupils journeyed for the third time to the caving area at Horton-in-Ribblesdale, where they featured in a BBC TV film concerned with leisure pursuits in West Yorkshire.

Ex-Miner hopes Dalesfolk will See the Light

Yorkshire miner turned evangelist, Herbert Silverwood, is trying to get people back to their chapels in an old-style revivalist campaign. By special invitation he is staying in Cautley, near Sedbergh, and on Saturday began his 10-night mission in the tiny chapel. Each night the crowd seems to get bigger as the word spreads, and on Tuesday morning extra

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seating had been put inside the chapel ready for the evening's congregation. At the age of 75, he has preached on racecourses and beaches and wherever he thought people would listen - in fact, he says there are not many parts of the country where he has not been. Recently he featured in a Yorkshire Television programme, The Dale that Died, and as a result was asked to return to the Dales to speak to the people. "Some were getting a bit slack in their chapel attendance, and I am hoping to get them interested enough to come back", explained Mr Silverwood. Unlike old-time campaigners, he does not want to frighten people into religion by threats of Hell fire, because he thinks that would embarrass his congregation. Instead, he wants to see the spirit of God coming from the people. On Tuesday afternoon he took a trip around some of the more remote farms in the Sedbergh area to invite people to attend his services at Cautley. Looking forward to success at Cautley, Mr Silverwood said: "Maybe I will stay on for a few days if people want me to".

SEDBERGH COMMUNITY SWIFTS

Tanya Hoare

In our cold and damp winter it is heartening to remember that our swifts are still enjoying the warmth of central Africa. And it is only 2 months to go now until they return at the beginning of May – or even the end of April!

We are asked to give a lot of talks on swifts all over the north-west, as well as much further afield, to spread the word about these incredible birds. This week we braved the weather to give a talk to residents of a group of villages on the remote North Yorkshire /County Durham border - what we do for swifts! In the morning there was light snow on the Howgills,

but we were dismayed to hear from the organisers that there were several inches of snow over there and that the notorious A66 was closed. Google maps suggested an alternative via Tan Hill which certainly didn't seem like a good idea! It would have been a great shame to cancel as these talks are booked a year in advance and widely publicised. And especially so as we had been invited to go for a second time, since the first talk had proved so popular and had been very much enjoyed. In the end we decided that a much longer route via Hawes, Leyburn and Richmond would be feasible, and, panic over, we did make it safely. It was worth all the effort – they were a great audience who already knew of many

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pairs of swifts nesting there and were keen to help further, and hopefully inspired to start their own swift group.

The severe weather and gale force winds was also an issue in January when we gave a talk at Tullie House in Carlisle for the annual meeting of the Carlisle Natural History Society and Cumbria Bird Club. Together with M6 restrictions for bridge repairs and the closure of the west coast mainline, both we and the audience had considerable difficulties to get there. We were giving a talk on migration and how birds sleep on the wing. This is a fascinating topic because swifts are the world record breakers for continuous flight – for 9 months of the year they are entirely airborne, only landing for the 3 months in the nest when they are breeding. So how do they sleep? There are birds like the arctic tern that migrate a longer total distance, or the bar-tailed godwit that makes a long non-stop journey across the Pacific, but for continuous flight the swift holds the record.

Swift conservation is a two-fold approach, most importantly by preserving existing nest sites to maintain the population, as well as putting up boxes and internal nest bricks. Swifts are a bird that we CAN help, they share our homes, the buildings we live and work in, so WE can all make a difference ourselves.

Please remember that we are always happy to offer advice for helping swifts, don't hesitate to contact Sedbergh Community Swifts:

Email ta.hoare@btinternet.com or ring 01539 824043

CUMBRIA'S WILDLIFE IN MARCH

Myles Ripley

As the grip of winter finally loosens across Cumbria, March marks a period of frantic activity. The landscape is "waking up," making it one of the best times for nature lovers to visit.

1. The Return of the Osprey

One of the most anticipated events in March is the return of Ospreys from their wintering grounds in Africa. By late March, these magnificent birds of prey typically arrive back at Foulshaw Moss Nature Reserve and the nesting site near Bassenthwaite Lake. Keep an eye on the skies for their distinctive hovering and dramatic dives into the water.

2. Red Squirrels on the Move

In March, Red Squirrels become much more active as they begin their first breeding season of the year. With the trees still mostly bare, they are much easier to spot darting

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through the canopy in places like Smardale Gill..

3. Spring Foraging & Flora

The forest floors begin to transform in March. You'll see the first carpets of Wood Anemones and the iconic Wild Daffodils that inspired Wordsworth, particularly in the Ullswater valley. It's also a prime time for early foraging; experts often lead Spring Foraging Courses at Acorn Bank to identify early edible greens and fungi.

4. Wetland Wonders

March is a "crossover" month for birds. While you might still see winter visitors like Whooper Swans, you'll also hear the distinctive "peewit" call of Lapwings as they begin their tumbling display flights over damp pastures and nature reserves like Eycott Hill.

5. Marine Life & Coastal Activity

Along the coast at South Walney Nature Reserve, you can spot Grey Seals hauled out on the beaches. March is also when the Natterjack

Toads—one of Britain's rarest amphibians—begin to emerge from hibernation to start their loud, rasping chorus in the coastal dunes on warmer March evenings.

March Events for Nature Lovers

This month, check out these local opportunities:

- Wildlife Recording Talk: Learn how to help nature recovery at Kendal Museum on 28 March.
- Borrowdale Temperate rainforest talk – March 2nd 3:00pm - 4:00pm Kirkby Stephen Methodist Chapel, Kirkby Stephen, Cumbria
- Kendal Kingfisher group walk near Stainton on Sunday 8th March at 9.30am
- "Hope for Wildlife in Cumbria" talk in Kirkby Lonsdale Wed 25th March at 7.30pm in the Bective Room.

More info on these talks/events can be found on the Cumbria Wildlife Trust website <https://www.cumbriawildlifetrust.org.uk/events>



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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

Autumn Term

The Prep held a Christingle service with the simple message of bringing light to those who surround us. On 23rd January Reception to Yr 5 held an Exeat concert. The Prep also published their bi-annual Sedbergh Prep Chronicle

In order to support the local food bank the Prep School held a Reverse Advent Calendar. Instead of receiving something each day, a Reverse Advent Calendar encourages families to give an item in the lead-up to the holidays. This raised a very large donation of tins and other foods for the Community Cupboard which serves both Kirkby Lonsdale and Sedbergh and surrounding areas. It filled the shelves for the next few months

The Prep had their usual extremely busy end of term with carol service, recitals, performances and including the ever-popular nativity plays by the Pre-Prep and a musical by Years 3 – 5. The Pre-Prep held an Elf run for St John's Hospice

On 8th December the school held their final celebration of the 500 Year

Anniversary when they held their annual Carol Service in York Minster. This was attended by the whole upper School and years 7 and 8 from the Prep, and parents, Old Sedberghians and guests. About 1700 made up the congregation and filled the Minster singing enthusiastically. The choir sang beautifully. The sermon was given by the Archbishop of York, who led a round of applause at the end.

Term ended on 11th December

Lent Term

Term began with the boarders returning on Sunday 4th December

Much of January was occupied by the mock exams

The School is pleased to have been named as a finalist again for European School of the Year by the ST Secondary School awards, a year after having been named European School of the Year last year. It is a reflection of the commitment of the School to its overseas pupils

On 10th February Mr Robin Pyper, the incoming Headmaster, held a webinar at which questions could be put to him

During the Easter holidays Yr 5 pupil Archie will be trekking to the

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



summit of Mount Etna to raise funds to add to the £1,000 he has already amassed for a climbing wall for the Prep.

Years 9 and 10 have been rehearsing for a production of Chitty Chitty Bang Bang later in the term

On Sunday evening 8th February the annual Jazz and Swing concert was held and much appreciated by the parents and friends of the school

In the third week of term the School suffered from a bout of sickness which left as many as 130 in bed or at home.

The Academic Challenge between the nine Houses has been being fought hard all term. This is a competition along the lines of University Challenge on television

PC Clark visited the Prep again after his very successful visit last year, giving an “engaging and age-appropriate session” on on-line behaviour, social awareness, and gaming safety, and what to do if they were worried by anything online

Half term began on 13th February returning on 22nd February

Rugby

On 30th January boys from the Prep went to watch Saracens v Newcastle Falcons

Running

Both the Prep and the upper School were well represented at the South Lakes Cross Country Trials. Two boys from the Prep represented Cumbria at the Inter-County Championships

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The Running Team went to Blackpool with 35 runners for the third round of the Mid Lancs Cross Country League with satisfactory result at each level. Meanwhile in Scotland Lucia C won the Under 15 Scottish Inter-District Championship and led the Scottish East team to overall success

The Rawthey Run for runners of 11-13 on 16th January took place in fine weather with 640 runners from 41 schools and 97 teams. It started with a parade of the teams led by Pipe Major Logan M. An innovation this year from a 600m loop relay and was won by a combined team from St Martin's & St Mary's and Queen Katherine's

The Symonds (formerly the

Morgan Run) Run which is 7.5 Km with 182 m ascent took place on the following Saturday with 300 runners starting. Among the runners was the newly appointed Headmaster Robin Pyper who came in 36th. Teams took part from all 9 boarding houses, Sedbergh Town, guests, parents, staff and the Prep School – and this year an Old Stonyhurst team

The first Epic run was along Frostrow Wall, the second to Holme Fell wall, and the third Epic run was via Rash Bridge and was 10.5 km with a height of 150 m. The 4th was to Rise Hill, the 5th to Calf Top (13 miles) and the 6th to Brackensgill and Frostrow Wall, the last before half term.

Yrs 9,10 and 11 took part in the



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Cumbria Cross Country Trials at the Prep

Twelve boys and twelve girls made an early start from Sedbergh for the long journey south to Coventry to contest the 54th King Henry VIII Relays for Boys and the 26th Relays for Girls—one of the most prestigious schools relay fixtures in the calendar. The race consists of a single lap of the demanding War Memorial Park circuit, with boys' teams of six and girls' teams of four. The Boys A team achieved 16th place in a field of 60 teams and the Girls' A team 10th place overall, while the young girls' team secured 1st C team honours

The Northern Inter-Countries Schools Cross Country Championships were held at the School for the first time on 7th February

Netball

Several teams played Settlebeck and had some hard-fought matches

Equestrian

The National School Eventer Challenge at Kelsel Hill competing as a combined Pupils from both the upper School and Prep competed in h Girls and Boys and upper and lower school in one team gaining further National qualifications on the way

Three Prep school riders competed for the School in the County and National Dressage Qualifiers and were the best in Cumbria, and qualified for the Nationals both as a team and individually

Fives

In the Northern Schools Fives Championships at Durham, the boys brought home two singles champions and a doubles champion and doubles runner up

Future Events

Confirmation Service 8th March 10.15

Inspire Lecture: Sarita Robinson – Survival Psychology 6th March

Open Morning 21st March (upper school)

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 2.30 pm 24th March
Junior 4 Mile Cross Country 25h March

End of Term 2pm 27th March
Sedbergh U18 Tens 29th-30th March

Summer term begins 19th April
Open Day 2nd May (upper school)
Sports Day 10th May

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SEDBERGH PARISH COUNCIL

Janey Hassam

This short report covers the Council's normal monthly meeting held at 7.30pm on Thursday 13 February 2026, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next scheduled meeting is 7.30pm on Thursday 12 March 2026 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh. Meetings are generally held on the second Thursday of each month.

Casual Vacancies

Following recent advertisement for Co-option, Members welcomed Mark Crawford to Sedbergh Parish Council.

Howgill Lane road closure

Members noted residents' concerns in respect of the planned road close at Howgill Lane (close to the playing field) by United Utilities later this month. This followed several weeks of disruption for residents of Howgill due to ongoing resurfacing works. The clerk advised that communications were ongoing with United Utilities to look for any alternative solutions for the water mains replacement. Residents and Members noted that issues over general access (including emergency vehicles)/condition of Slacks Lane, diversion route, concern for winter maintenance, agricultural deliveries/collections etc were all valid matters that needed to be addressed.

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Westmorland and Furness Council – public engagement event, Flood and Coast Risk Management Team.

Members welcomed a brief update from Westmorland and Furness Council ahead of their planned public engagement event on 16 February. Members were able to highlight various issues directly, including historic issues of water flooding over the playing field, condition/ maintenance of current infrastructure etc. However, they did note their disappointment that the Council had not been engaged earlier in the process.

Various other matters were discussed, including, planning matters, resident queries/

correspondence, Premises license application, request for financial support for a temporary pump track and notice of a Fell Care Day being hosted by Lake District National Park on 12 November 2026.

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

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

www.sedberghparishcouncil.gov.uk



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LIZZI'S COLUMN

Lizzi Collinge

As I write this, I'm looking forward to holding my next constituency drop-in in Sedbergh and hoping for a good turnout of local people. I really like these opportunities to have a more relaxed chat and get to hear from people who may not write in to me but still have something to say or something that it's helpful for me to know. I often pick up casework at my drop-ins and being able to help people with individual issues is something I prioritise and find very satisfying. In my next LookAround column I'll let you know what I found out!

When I was elected I said I would be proactive in communicating with constituents and my regular drop-ins are part of this. I've also launched a monthly e-newsletter covering my work at home in Morecambe and Lunesdale and down in Westminster. If you would like to sign up to this,

please email my office requesting to be added to the mailing list.

I'm also hosting a CLP (Constituency Labour Party) meeting in Sedbergh on the same day as the drop-in. We hold our meetings all around Morecambe and Lunesdale and all local members are more than welcome to join. I enjoy showing off different parts of the constituency to members and this is a chance for members to get to know each other a bit more. If you're a local member and aren't getting regular updates, let me know and I'll make sure you're on the mailing list.

Recently, I met with a group of farmers in Cowgill, organised by the local NFU branch. We discussed a number of important topics, ranging from inspections to energy. It's always a pleasure to sit down with local farmers and I have built a strong relationship with the NFU as their representatives.

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A key issue which was raised was the burdensome nature of inspections which farmers are required to be a part of. There is a clear issue with duplication and inconsistency which really concerns me. Inspections are obviously necessary for animal welfare but for farmers who look after their livestock well and have committed their life to farming, it adds a mental toll that can feel overwhelming. I have written to the Minister about the need to streamline these processes so that the toll on farmers can be alleviated. As a member of the Farming All-party Parliamentary Group (APPG) I will also be raising this issue at meetings, as we continue to focus on the health and wellbeing of our farmers. We often hear that food security is national security and this is absolutely true, so we need to look after those who play such a crucial role in our country's security.

As ever, if you need my assistance you can contact my office via email on lizzi.collinge.mp@parliament.uk or leave a message on 01524 566 015. I prioritise contacts that are constituents needing direct help – if you have a query about a local or national policy I will reply as soon as I can, but you will have to wait a bit longer. In the first 6 weeks of this year, I received 3,000 emails from constituents, so I appreciate my constituents' patience as I prioritise helping those in need. If you want to keep up to date with my work, as well as signing up to my newsletter you can follow me on Facebook @LizziCollingeMP for real-time news and updates.

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LOCAL COMMUNITY SUPPORT

*Sedbergh Dementia
 Action Alliance*

There are many groups and events that exist in Sedbergh which we have attempted to summarise below to help those who may be unaware of them.

Regular Group Meetings Available To All Without Membership

Good places to have a chat and a cuppa and share your thoughts/ concerns

- Mondays - Sedbergh Songsters 10.15 – 12.15 – Contact Claire Pope peggleside@gmail.com
- Tuesdays – Cornerstone Open House 9 – 12 contact Janice

Rusling

- 2nd Tuesday of the month 10am – 12 noon – Kendal Town Hall – Kendal Dementia Hub
- Wednesdays – St Andrews Church Coffee mornings – 9.30 – 11 every week
- Coffee & Chat at Peoples' Hall 10 -12 every week run by the Primary Care Network
- Thursday (Fortnightly) Gladstone House community tea 2 – 3.30

Organisations That Assist People

In many cases you can sign up for regular phone support/chat/check up calls with the organisations below.

- South Lakes Carer support -

<https://>

www.carersupportsouthlakes.org.uk/

- Dementia UK Admiral Nurse

Helpline

Call our Helpline for free on 0800 888 6678 or email

helpline@dementiauk.org to speak to a dementia specialist Admiral Nurse

They also offer “virtual” consultations or, if you are close to one of their centres, face to face consultations.

- Alzheimers Society

People can access post diagnostic support through their health or social care professional, or people can self-refer by ringing the phone numbers in their area listed below:

South Cumbria on 01253 696854 or

northlancashire@alzheimers.org.uk

National Helpline: Call the Alzheimer's Society on 0333 150 3456 for expert advice and emotional support.

Sedbergh and District Lookaround

AUDIO & LARGE PRINT LOOKAROUND

The Audio Version is supplied **FREE** on a delivered USB Memory Stick and is played on a **FREE** Speaker.

The Large Print Version is delivered and supplied for **FREE**.

If you would like to receive either the Audio or Large Print, or you know of someone that would benefit or appreciate it, please contact Rosemary on Sedbergh 20540, or Colin on 20659.

- Age UK South Cumbria. Call Age UK South Cumbria

030 300 30003 or email us on admin@ageuksouthcumbria.org.uk

Printed info is available at TIC, health centre, St Andrews,

Face to face advice may be available via the Pharmacy and/or health centre

Please do give us some feedback about this information – ideas for additions, errors, comments on the type of information – we are thinking of printing it out as a leaflet and distributing hard copies around the area.

SIGHT ADVICE

Keith Birbeck

Unfortunately, owing to adverse winter weather conditions the Sight Advice South Lakes [SASL] Sedbergh group planned January meeting was cancelled.

Our first meeting of 2026 was held Tues 03 February in the Peoples Hall. As is traditional for our first meeting of the year, we enjoyed a lovely Jacobs Join, made up both tasty savoury and sweet plates of food provided by members. It was our pleasure again to welcome Louise Braithwaite the Volunteer Coordinator for SASL. Louise updated the group on recent guidance and notifications regarding sight degradation or loss. She also discussed future social collaboration events with other community groups, specifically a trip in May to the Windermere Jetty Museum followed by lunch. Members warmly thanked Louise.

Our next meeting is on Tues 03 March at the Peoples Hall. The group welcome new members from the Sedbergh community, if interested call Keith Birbeck 07557 871961 or Susan Harper 015396 206613.

HANDY PERSON SCHEME

Westmorland & Furness council

Help for elderly and vulnerable people who are unable to carry out essential work at their homes. The scheme does not provide an emergency service. Some households can benefit from a handy person service. It helps elderly or vulnerable people carry out very simple but essential work at their homes. It is free except for the cost of materials. You will have to pay for materials like hand-rails, grab rails, key safes or light bulbs - unless materials have been supplied by a partner agency (as in the case of some security items). Please note that the contractor will visit to measure the size of the handrails and provide a quote to you if you need to purchase materials.

This scheme applies to all residents, whether you rent privately, own your home or are a Social Housing Resident. If you are a Social Housing tenant, or renting privately, and request jobs that are your landlord's responsibility, you will be redirected to contact your landlord. Eligible households can use the service up to six times a year. Check

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eligibility and the types of work listed below before making a request.

We don't provide an emergency service.

Please give us as much detail as possible when making your request.

Who we can help

People who:

- are unable to undertake the task themselves
- have no other person available to help them

- live in Westmorland and Furness Council area

You must be aged 65 and over or be:

- disabled
- vulnerable
- recently discharged from hospital
- at high risk of falling due to a medical condition
- potential victims of crime referred by the police

Work can the handy person can do

The work includes:

- fitting of minor security measures such as spy-holes, door and window locks and security lighting
- fitting key safes, door bells or telephone extension leads
- changing light bulbs and fluorescent tubes
- fitting plugs/fuses or fixing down/ making safe trailing or loose wires
- putting up curtain rails, curtains or blinds. The customer should provide the rail
- installing internal and external grab rails
- erecting shelves or affixing coat hooks
- fixing down or trimming loose or hazardous carpets

- replacing toilet seats or sealant around sinks/baths

- unblocking sinks and repairing minor leaks

- replacing tap washers, cistern washers and ball valves or draining/ bleeding radiators

- initial help following hospital discharge (for example, resetting heating controls)

- minor repairs to gates, fences and paths to prevent tripping hazards or to help secure the property

- pressure washing to create a safe path only, not for a whole area

Work is limited to a maximum of three hours on site if one handy person visits, or 1.5 hours if two handy people visit.

Gardening and decorating are not included.

You do not need to be a homeowner to qualify for the handy person scheme but you may need permission for some works that would not normally be the responsibility of the tenant.

Eligible households can request this service up to six times in a 12 month period.

If the works fall outside the scope, you may be able to request and pay for private works directly from the contractor.

Contact us

Email:

housingstandards@westmorlandandfurness.gov.uk

Telephone: 0300 373 3300

Address: Housing Standards, South Lakeland House, Lowther Street, Kendal, Cumbria LA9 4DQ

FIRST AID KITS

Myles Ripley

Recently I was asked to write this article for Lookaround concerning what you might consider having in a home first aid kit. Everybody will differ in what they think essential, desirable, unnecessary. But have a read through and think about the items to see what you think.....

Please remember now that we have a well set up Chemist in Sedbergh again, the pharmacist and other staff are a really good source of advice and supply of the materials.

“Essential Components” for a Home First Aid Kit

Bandages & Dressings:

- ◆ Assorted adhesive plasters/Band-Aids.

- ◆ Sterile gauze pads (small, medium, large).
- ◆ Adhesive tape.
- ◆ Elastic roller bandage (e.g., Ace bandage) for sprains.

Antiseptics & Wound Care:

- ◆ Alcohol-free cleansing wipes though plain tap water is often just as good
- ◆ Antiseptic liquid, cream or ointment. I prefer liquid to cream.
- ◆ Antibiotic ointment.

Tools & Equipment:

- ◆ Tweezers (for splinters/stings).
- ◆ Scissors (with rounded tips).
- ◆ Disposable non-latex gloves (2 pairs).
- ◆ Thermometer (digital preferred)



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- ◆ Maybe a pulse oximeter that measures heart rate and oxygen levels
- ◆ Flashlight with extra batteries.
- ◆ Instant cold pack.

Medications & Creams:

- ◆ Pain relievers (e.g., paracetamol, ibuprofen, aspirin) - do double check what is suitable for you and your's eg ibuprofen is not suitable for asthmatics. Paracetamol is the most suitable for most people. But if you have anyone with a history of heart attack, Aspirin would be good to have in the house.
- ◆ Antihistamine tablets or cream (for allergic reactions).
- ◆ Hydrocortisone cream (for rashes).

Documentation & Other:

- ◆ First-aid manual or guide.
- ◆ List of emergency contact numbers.

Maintenance Tips

- ◆ Check regularly: Review expiration dates on medicines, creams, and wipes, and replenish used items.
- ◆ Storage: Keep the kit in a cool, dry place, easily accessible to adults but out of reach of children.
- ◆ Customization: Add specific items for your family, such as extra children's medication or specific allergy treatments. And.... What might you carry in the car's first aid kit?

The main additional items I would

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carry would be a silver foil blanket for those in shock, a CPR face mask/shield to protect you if you need to carry out CPR. An emergency light to signal people and possibly a rescue tool to cut seatbelts.... (I would have recommended a knife but there are legal issues!)

The main items I would delete from the home first aid kit would be the creams, plasters, thermometer, elastic bandages and I would beef up the adhesive tape to something like gaffer/gorilla tape.

PAYING WATER BILLS

Linda Wilkinson, Citizens Advice

My water bills are going up again, on top of everything else. I can't manage to pay the increase. I've tried cutting down on showers and laundry, but what else can I do?

You are not alone. Citizens Advice recently found that one in five bill payers in England and Wales were unable to afford their water bill in the last year. 36% cut back on other essentials, 37% cut back on the amount of water they used, and 22% went into arrears.

Help might be available if you are on a low income, such as a social tariff or the WaterSure scheme, but each water company has different rules. First of all, contact your provider either online or by phone (details will be on your water bill) and check if you are eligible. Water companies cannot cut off your water supply, but they can take you to court for debt and they can have payments deducted from benefits, so it's important to talk to them as soon as possible.

The Consumer Council for Water (CCW) website has lots of useful information on saving water – checking for leaks can save a lot of money if you are on a water meter – but do not compromise your family's health.

Citizens Advice say it's a postcode lottery for bill support and creating a single social tariff is the best and fairest way to strengthen support and protect low-income households.

If you are still finding it hard to manage, contact South Lakes Citizens Advice for help with managing debt, checking your eligibility for benefits, and/or possible one-off grants.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. How to access:

- Call 015394 46464 (9.30am – 2pm, Monday – Friday)
- Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)
- Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)
- email advice via the submission page on our website

www.southlakescab.org.uk

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.

BOOK TOWN QUIZ ANSWERS

1. Tarka the Otter – Henry Williamson
2. Golden Treasury
3. Four
4. C S Forester
5. Dr Benjamin Spock
6. Samuel Taylor Coleridge
7. Larkin – The Darling Buds of May – H E Bates
8. Abbey Theatre
9. E Nesbit
10. Both read a poem at a presidential inauguration, Frost at Kennedy's in 1961 and Gorman at Biden's in 2021
11. Spike Milligan's
12. The Oxford English Dictionary

PERSONAL MESSAGES

FIRST RESPONDERS

Sedbergh Community First Responders invite you to their AGM on Monday 2nd March 18.15 in the Rawthey Room, 72 Main Street

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.

USEFUL CONTACT DETAILS

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01539 795000 or 0845 6060265

Police in any area

101

Report Grey Squirrels

sedberghredsquirrels100@gmail.com

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 06/06/2027
 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.

MARCH 2026

01	Avant Garde	FM
01	Lent Lunches weekly till 1 April (Feb)	StAS
02	1815 First Responders AGM (Feb)	RR
03	1400 Sight Advice Sedbergh	PH
04	1100 PMR/GCA support group	FM
04	1930 Archaeological Heritage Mapping	PH
05	World Book Day (13)	WB
05	2359 YDRT Photo Competition Closes (Feb)	TBA
06	1400 DHTF - Police Commissioner (28)	DMH
06	1900 Old Dent History evening (6)	DMH
08	1600 Amabile Choir Concert (10,(8th))	StAS
10	1400 WIK - Landline Telephones (30)	PH
10	1930 Domino Drive	FCH
11	1000 Police drop in (22)	RR
11	1000 Metamorphosis	FM
11	1930 Remembering Wartime Kirkby Lonsdale	OL
11	1930 WIS AGM (29)	PH
12	Health Centre closed - staff trg (23)	MC
12	1830 Offering Time (Feb)	Clough Roo
12	1900 Sedbergh Tennis AGM	tennis pav12
12	1930 Sedbergh Parish council meeting (63)	PHCR
13	1100 Sedbergh Economic Partnership	SHC
14	Dent Run (8,14)	Dent
14	1000 Mothers Day Workshop (15)	BB
18	1730 Talking Raptor Persecution (Feb)	online
21	1300 Sedbergh Spring Show (1)	PH
21	1430 Training Band at Spring Show (7)	PH
21	1930 Messiah (20)	Kendal Par
22	1500 Messiah (20)	Grasmere S
24	1430 Wilson Run (16)	Back Lane
24	1500 Bad Boys Italian Art (9)	Tennents L
26	1830 Offering Time (Feb)	Clough Roo
27	Spring Term Ends	DPS
27	Spring Term Ends	SPS
27	Spring Term Ends	SSAT
27	1400 Lent Term Ends	SS
27	1400 Sedbergh School Term End (Feb)	SS
27	1930 Cinema - Ballad of Wallis Island (29)	PH
28	1400 Jumble Sale St John's Hospice	PH
28	1900 Quiz Night... with a twist (town band) (5)	PH

APRIL 2026

10	1400 Dent Head to Foot Mines in stereo	DMH
11	1500 Darts Tournament	WHC
11	1930 Dido and Aeneas (17,0)	StAD
12	Confluence in Time	FM
12	Winter into Spring - Green Door Artists	FM
13	Summer Term	DPS
13	Summer Term	WHC
13	Summer Term	WHC
14	1400 Killington WI Plant Propagating	PH

15	1000 Common Land - Septenary Perspectives	FM
15	1000 Nothing Lasts - Sue Dawes	FM
15	1000 Untangling Colour - Vicky Ellis	FM
16	Health Centre closed - staff trg	TBA
16	1930 Sedbergh Parish Council	PHCR
19	1800 Summer Term Begins	PHCR
24	1100 Sedbergh Economic Partnership	SHC

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
22	Half Term	DPS22
1400	Half Term Begins	SHC
24	Town Twinning celebrations	TBA
31	Metamorphosis	FM
31	1800 Half Term Ends	DPS

JUNE 2026

01	Half Term	DPS
01	Half Term	SHC
01	Half Term	SHC
05	Dent Head to Foot Summer outing	TBA
05	1100 Sedbergh Economic Partnership	SHC
09	1400 Killington WI Fell Ponies	PH
10	Health Centre closed - staff trg	TBA
12	Common Land - Septenary Perspectives	FM
12	Nothing Lasts - Sue Dawes	FM
12	Untangling Colour - Vicky Ellis	FM
13	YFC Tractor Pull Up Winder	HP
14	Sedbergh Music Festival Begins (18)	StAS
14	1000 Come & Sing Day	StAS
15	1300 Juanjo Blázquez	TBA
15	1930 Jess Gillam	StAS
16	1300 Sedbergh Songsters	StAS
16	1930 The Julian Cann Quartet	StAS
17	930 Killington WI Coffee Morning	StAS
17	1300 Cornucopia	StAS
17	1930 Cumbria Opera Group	StAS
18	1300 Sedbergh School Musicians	StAS
18	1930 Sedbergh Orchestra	StAS
19	1300 Nick Humdall-Smith & Jen Hartley	StAS
19	1900 Sedbergh Town Band	StAS
19	1900 Town Band at Music Festival	StAS
19	2100 Evie Plumb	STS
20	1100 The Trott Foundation Concert	StAS
20	1230 Milnthorpe Steel Band	StAS
20	1930 Harry the Piano	StAS
20	2100 The Chequered Acafellas	STS
21	Sedbergh Town Band (7)	Grange

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.

DIARY KEY	
AS	Art Society
BC	Sedbergh Bowling Club
BF	Brigflatts
BVH	Barbon Village Hall
CCCN	Cornerstone Community Church, New St
CM	Coffee Morning
CWT	Cumbria Wildlife Trust
DCMH	Dales Countryside Museum, Hawes
DCP	Dent Car Park
DCS	Dentdale Chapel Schoolroom
DHTF	Dentdale, Head to Foot
DMH	Dent Memorial Hall
DMC	Dent Methodist Chapel
FCH	Firbank Church Hall
FM	Farfield Mill
GC	Golf Club
GH	Gladstone House
GVH	Garsdale Village Hall
HS	History Society
HVH	Howgill Village Hall
HTH	Holy Trinity Howgill
JLCP	Joss Lane Car Park
KL	Kirkby Lonsdale
KPH	Killington Parish Hall
L	Library, Main Street
LHCP	Loftus Hill Car Park
MC	Medical Centre
MCD	Meditation Centre, Dent
PH	People's Hall
QG	Queens Gardens
RFC	Rugby Football Club
RR	Rawthey Room, 72 Main Street
SASL	Sight Advice South Lakeland
SCC	Sedbergh Cricket Club
StAS	St Andrew's Church, Sedbergh
StAD	St Andrew's Church, Dent
StJCC	St Johns Church, Cowgill
StJCG	St Johns Church, Garsdale
StMC	St Mark's Church, Cautley
SIC	Sedbergh Information Centre, 72 Main St
SPS	Sedbergh Primary School
SS	Sedbergh School
SSAT	Settlebeck School Academy Trust
SSL	Sedbergh School Library
STC	Sedbergh Tennis Courts
TBA	To Be Announced
TR	Thirsty Rambler
WA	Wensleydale Arts
WHC	White Hart Club
WID	Women's Institute, Dentdale
WIHF	Women's Institute, Howgill & Firbank
WIK	Women's Institute, Killington
WIS	Women's Institute, Sedbergh

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

Nationally recognised and award winning restaurant. Also has 'The Stables' bar for sports and events, and kitchen in the garden for sunny days and evenings.

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

The restaurant serves modern 'traditional' cuisine using local producers. There's a welcoming fire and plenty of real ales, lagers and gins in the bar.

HADDOCK PADDOCK

MAIN STREET

Closed due to fire damage

HALF AND HALF

MAIN STREET

Bar with sofas and a good fire, or window seats if you fancy watching the world go by. Lots of events evenings, including pizzas or other food once a month or so, and a quiz on Wednesdays.

NUMBER 46

MAIN STREET

Great sandwiches, rolls etc, perfect for taking with you when walking in the Fells (I speak from experience). Or pop in for a cup of excellent coffee!

THE RED LION

FINKLE STREET - 015396 20433

A lovely traditional pub serving local ales and wholesome food. Just what you need when you've come down from the fells.

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food. Great Sunday lunches a speciality.

SEDBERGH PIZZA

MAIN STREET - 015396 28262

Takeaway with some seating serving good pizzas, burgers, kebabs. Open late.

SMATTS DUO

MAIN STREET - 015396 20552

If you fancy a full English breakfast, lunch or afternoon tea this is the place for you.

THE MUG STORY

MAIN STREET

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

Thirsty after rambling? This micro bar is the place for a relaxing drink with good company. The best 'real ales' in town.

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

Walk to the Mill and have lunch or tea in the café. Sit outside by the river on a fine day.

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

1 hour = £1.50

4 hours = £5.00

2 hours = £2.70

All day (9 hours) = £7.00

3 hours = £3.90

Payable all days 9am - 6pm

Maximum stay = 24 hours

Annual Resident Permit = £70

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

PEOPLES' HALL HIRE RATES

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

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

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

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	Mr Colin Brunold - 07762 217385
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Phil Johns - 07807 909860
Bridge Club -----	Mr Alison - 015398 24666
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
Cornerstone Community Church -----	William Allen - 015396 20194
Crickets Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 07855 102930 / annemcclurg@btinternet.com
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill - Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	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 Craggstones Wood, before a final stroll across the base of Winder. *(Walk 11)*

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

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)	21529
	1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW	
e-mail:- stay@drawellcottage.co.uk		

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN	34032
	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	
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)		21175
	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)		21175
	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11)	
45845		
	<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		07927 295262
	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i>	
	e-mail: booking@theroostcottage.co.uk	
	website: www.theroostcottage.co.uk	

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 December 2025

(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	10.43	07.03	09.08	10.40
09.16	09.16	12.39 (S)	09.38	10.42	13.38
10.48	10.47	14.01	12.12	12.12	16.35 (N)
12.17	12.17	15.53	14:40 (G)	14:40 (G)	18.41
14.43	14.43	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	..
19.44	19.44	..	21.20 (G)	21.20 (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
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ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

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

1st Sunday	2.30pm, Afternoon Service
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Methodist Service Times

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

*Combined plans for Western Dales Mission Community
March 2026*

	Time	1 st	8 th	15 th	22 nd
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC	Joint Mothering Sunday Service	HC 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Service 4pm- Messy Church		HC
St. Mark's, Cautley LA10 5LZ	9.30am			MP HCx	
St. John's, Garsdale LA10	10am	HC		Mothering Sun- day Service	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service	Service	Service
All Saints, Killington LA6 2HA	2.30pm	Afternoon Ser- vice			
Holy Trinity Howgill LA10 5JD	9.30am		HC		
St. John's Firbank LA10 5EF	2.30pm		Afternoon Service		
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC
Dentdale Methodist Chapel LA10 5QJ	10.30am	Chapel Anniver- sary			
St. John's, Cowgill LA10 5RJ	2.30pm			Joint Mothering Sunday Service	
Quakers, Friends Meet- ing 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 (venue tbc)	Meeting for Worship (venue tbc)	
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

Jamini Kathirgamanathan (Principal),

Ben Houghton, Emma Fairley,

Amelia Dore, Katie Mckay.

Therapists:- Daisy Coupe, Debra Broadbent-Jay .

Monday, Tuesday, Thursday, Friday 0900 - 1700

Wednesday 0900 - 1800

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:

March 2026