

Sedbergh & District

# LOOKAROUND

April 2026

Donation £1.50

Issue 452

It's Spring and the wider world is full of trouble, but here in Sedbergh there is good news. A Pump Track is coming to Sedbergh for the weekend of the 10th. It's been talked about for

a long time, and let's hope this leads to a permanent installation. And then we have two new bus routes through Sedbergh starting. To get more buses please use these! *Ed*



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All welcome to our next event:

## Robin Ince - Let The Quiet Ones Rise

Tuesday 12<sup>th</sup> May at 7:30pm

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Robin performs poetry from his latest collection - let the quiet ones rise - and tells stories of the inspirations many of which have come from the journey he took while writing Normally Weird and Weirdly Normal which is freshly out in paperback on 30th April (and he may explain a little of how this work played its part in him resigning from The Infinite Monkey Cage)



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# CONTENTS

## Articles

Antony Gormley	57
Beatrix Potter And The National Trust	54
Book Town Quiz	17
Book Town Quiz - Answers	61
Burns Beck Moss	41
Community First Responders	11
Community Swifts	38
Dealing With Online Scammers	58
Dentdale Head To Foot	
28Family Musings	29
Fifty Years Ago	30
Friends Of The Dales	40
Handbells	44
Hardship And Exhibition Funds	12
Killington Sailing Association	47
Lizzi's Column	13
Notes From Dent Station	18
Police Report	12
Public Transport User Group	5
Pump Track Fun	6
Recollections Of Sedbergh	33
Sedbergh Environmental Market	7
Sedbergh School News	16
Spring Show	10
Telling It Like It Was	35
Tennis Club	49
The Longest Yarn	53
The Methodist Church In Dentdale	10
T.W.A.M. '26	10
Twin Sing Thing 15th - 17th May	50
Voluntary Car Scheme Poem	61
W.I. Dentdale	24
W.I. Howgill & Firbank	27
W.I. Killington	23
W.I. Sedbergh	21
Westwood Books	56
What Type Of Dementia?	59

## Business Adverts

Able Memorials	30
Black Bull	52
Blossom & Birch	54
Capstick Insurance	29
Chapel Gallery Hawes	59
Clean Machine	27
Cumbria Stoves	25
Curtains	56
Dales and Lakes Getaways	13
Dalesway Therapies	35
Dalton Woodland Burial Ground	33
Dawsons Fuels	45
Doggy Stylin Grooming Parlour	28
Duncan Law Plumber	17
Firewood & Septic Tanks	60
G.J. Baines	50
H&M Craftsmen Kitchens	61
Harrison 52 Interiors	20
Housing 21	47
Howgill Village Hall	9
Information Centre	36
J.J. Martin Funeral Director	31
M.K. Conversions Ltd	57
Matthew Cook Stonemason	39
McGarry Solicitor	14
Parkin And Jackson	32
Peoples Hall	61
Powells	49
Royal British Legion	22
S. Alderson Painting & Decorating	51
Sedbergh Weavers	37
Sheila Shuttleworth Dressmaker	23
Simon Parkin Carpets	46
Stephenson And Wilson Builders	43
The Thirsty Rambler	58
Thomson Hayton Winkley Solicitors	48
Tooby's Electrical	15
Treadwell Flooring	24
Wildlife Food Co	8
Wools Of Cumbria	55

## COVER PHOTOS

832

*Ed Welti*

# CONTENTS (continued)

## Event Adverts

Daffodil Day (18th)	-----11
The Loves of Aeneas & Dido (11th)	---0
Easter Party (5th)	-----5
Grief share Open House (Tues)	-----12
Medical Centre (16th)	-----16
Peoples Hall AGM (13th)	-----7
RBL Annual Dinner (8/5)	-----18
Sedbergh Music Festival 26 (14-26/6)	-21
Weekly Coffee Morning (Weds)	-----3
Westwood Books (12/5)	-----1

## Other Information (Continued)

Public Information Contacts	-----80
Religious Information	-----77
Sources of Funding	-----67
Train Times	-----76
Walks in Sedbergh	-----70

## Other Information

Advertising In Lookaround	-----4
Bed & Breakfast	-----71
Bus Services	-----72
Car Parking Charges	-----66
Diary of Events	-----64
Eat and Drink in Sedbergh	-----65
Groups and Organisations	-----68
Lookaround Details	-----62
People's Hall Rates	-----66
Places of Interest	-----70

## LOOKAROUND

### DIARY

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

## Weekly Coffee Morning St Andrew's Church

Every Wednesday 9:30am to 11:30am

Wed 1st April - St Andrew's

Wed 8th April - Mission Societies

Wed 15th April - St Andrew's

Wed 22nd April - Handbells

Wed 28th April - Western Dales Mission

Groups who would like to run a Coffee Morning

please call Lynda Briggs on 07904 055 259

or email [lebriggs@hotmail.co.uk](mailto: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.
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- ◇ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
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- ◇ New advertisers buying 3 months or more worth of adverts will get an extra one free.
- ◇ Further details may be found in the Lookaround Information Section.

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<b>Other</b>	
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

## CONTACT INFORMATION

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**editor@sedberghlookaround.org.uk**

*Phone:*

**07464 895425**

*Address:*

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

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

## PAYMENT INFORMATION

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*Sort Code:*

**20-55-41**

*Reference:*

**Invoice Number and your name or reference.**

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REFERENCE**

## **PUBLIC TRANSPORT USER GROUP UPDATE**

*Ed Welti*

Good news! More buses will be running to and through Garsdale, Sedbergh and on to Kirkby Lonsdale or Kendal.

Firstly, Western Dales will be running an earlier service on Wednesday into Kendal and back before going on up to Dent. We all hope it will help alleviate the frequent over subscription to the 10:18 service and stop passengers being left behind. The new service will leave from Maryfell at 8:34, getting to Kendal Bus Station at 9:02, returning to Sedbergh at 9:07 and arriving at Spar at 9:35 where the service will continue as usual to Dent, and back to Sedbergh for 10:18 at Maryfell when it will return to Kendal.

Secondly, Dalesbus will be running a service on Sundays and Bank Holiday Mondays. For those in Garsdale, Sedbergh, Middleton, Barbon and Casterton, it will give an opportunity for a visit to Booths, time for a later lunch in one of the pubs or cafes, or the chance to wander by the river (or look at the bikes) at Devil's bridge, before travelling home. The intention of the service, though, is to bring visitors down to our part of the Dales from the North East (Middleborough and Darlington), or from Swaledale or Hawes. Our problem is that we are ignored by 'Cumbria' (part of the Yorkshire Dales) and by the Yorkshire Dales (not part of Yorkshire). If visitors take the bus they'll realise that Garsdale, Sedbergh, Farfield Mill, Brigflatts and the upper Lune Valley are all well

worth exploring. See the timetable on page 72 for more information.

Thirdly, the Little White Bus will be running a service on Tuesdays from April 14th. The timetable and fare details are on page 74. Note that the fare is as published - no concessions—although children travel for £1 single. They also need drivers so please contact them if you are interested.

The results of our survey last year indicated that plenty of our respondents were interested in a Hawes service. We now need to show that it will be worthwhile for the Little White Bus to continue to run it. And again, use of the service will help us rebuild the links to our neighbouring town for locals and tourists alike.

Finally, the Little White Bus will also be running a one-off excursion to Morecambe on Thursday 13th August, which will pick up in Sedbergh. See their website for

### **EASTER SUNDAY**

**4pm**

**In & around Methodist Church  
In Dentdale,**

**An EGGSTRASPECIAL  
Tea Party & Crafts.**

**Help make flowers to decorate the +  
Try Sand & Glue Art.**

**Join the Egg Hunt.**

**Colouring in and other 'stuff'.**

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details of how to book.

Now we need to prove that the Sedbergh area will use these new services. Note that Westmorland and Furness Council have not provided funding for these routes, and will very likely not be helping to upgrade our Kendal service. The official line remains that all we need is a shopping service to Kendal, yet when they provide funding they always emphasise how important it is that those services can be used for employment and education. If we want a decent service in Sedbergh we need to use the services we have, and use them more frequently, then we can bring the case for more improvements to the Council, or more likely the Mayoral Authority, more forcefully, next time around.

The Public Transport User Group would like to thank Western Dales Bus, Dalesbus, and The Little White Bus for providing these services, and for all the work which has gone into setting them up. We sincerely hope it will be worth their while.



## **PUMP TRACK FUN HITS SEDBERGH THIS APRIL!**

*Hannah Reynolds*

A temporary pump track will be set up at Lupton Rugby Fields, Back Lane, by kind permission of Sedbergh School, from Friday 10th to Sunday 12th April, open from 9am each day.

If you're not familiar with pump tracks, they're looping circuits of small hills, rollers, and banked turns that let riders "pump" around without pedalling constantly. The track is for everyone on two wheels – bikes, balance bikes, scooters – and is designed to be fun, inclusive, and safe for all ages and abilities.

On Friday 10th, the track will be staffed with bikes, scooters, and helmets available to borrow for free – perfect for first-timers. Saturday 11th and Sunday 12th are free-play days, with members of the pump track group nearby to help or answer questions.

Pump tracks aren't just fun, they get people outside, connect the community, and give children and teenagers a safe place to learn, play, and gain confidence. They encourage friendships across ages, promote active lifestyles, and offer an inclusive space where everyone can take part. For Sedbergh, where options for older children are limited and the nearest pump tracks are in Ingleton or Kendal, this mobile track offers a rare chance for families to enjoy a pump track right on their doorstep. Other towns near to Sedbergh such as Penrith and Appleby have also hired mobile

tracks with huge support from their local communities.

This mobile track is a test run to show what a pump track can offer to Sedbergh's community. A short survey will be available online via the community forum on Facebook, on-site via QR codes, and in paper form to collect feedback from participants, residents, and interested parties. The goal is to explore a permanent track location in town.

This project is supported by Sedbergh Community Trust Fund, Westmorland and Furness Council, Sedbergh Parish Council, Sedbergh United Charities, and Lookaround magazine.

If any local businesses are interested in supporting the mobile track and longer-term goal of a permanent track, please contact us via Sedbergh Pump Track on Facebook or pop into the Half and Half and speak to Hannah.

## **SEDBERGH ENVIRONMENTAL MARKET**

*Michelle Hartley*

At the end of February we had another eco market, our tenth! It's hard to believe that the markets are still going strong, after all this time, the first being back in October 2019. But here we are ten markets later, still with lots of new stallholders and some great familiar ones too!

I'm not sure how it happened, but we had six stallholders all from Kendal at this latest market. Returning again was Pennington Spirits, a long established company whose equipment and still are run by solar panels. Ingredients are bought from local businesses or forged to create a wide variety of vegan drinks, including Apple & Seaberry Gin, Windermere Toffee Vodka, Pineapple Spiced Rum and Summit Aperitif.

The Kendal Beekeepers Association was also back, with information on beekeeping and details on the dangers of invasive species, in particular the Asian Hornet. Much progress has been made with new cameras to identify the hornet, allowing volunteers to track them back to their hive in a day instead of a week. To help further you can download the app 'Asian Hornet Watch' to report sightings and stop their movement.

New from Kendal was Dan's Plants; Dan has been in business for nine years growing peat-free plants, using no chemicals or heating at a nursery on Sizergh Castle grounds. While February might not seem like a great time for plants, he brought

Residents of Sedbergh  
are invited to attend

### **THE PEOPLE'S HALL AGM**

(Annual General Meeting)

**Monday 13th April**

**Starts 7.30pm**

**Refreshments from 7.15pm**

Come and find out more,  
get involved &  
support your community space



along giant and spring alliums, tulips, polyanthus and lots of daffodils.

Another plant stall was Herbs Growing Health, an herbal medicine practitioner who creates her own tea recipes from organic ingredients, along with locally grown and forged plants. The teas included After Dinner, Before Bed, Female Cycle and Pollen Season.

Anna of Manda Lana has been upcycling textiles for years and loves the creativity of it. Her business name derives from the circular mandala pattern and the Spanish/Italian word for wool, 'lana'. Most of her products are made of wool, including heat packs and hand and wrist warmers made from jumper sleeves. Using textile scraps she has also created a range of greetings cards.

Our only food stall was Ginger Bakers. While it has been around for 20 years it has been Green Small Business certified since 2018. The bakery is solar powered, local suppliers are used, including organic fruit and vegetables from Growing Well and any surplus products are donated to Kendal's 'Waste into Wellbeing'. Besides being eco she creates delicious puddings, including berry & beetroot brownie, orange and polenta cake, mocha pecan blondies and mascarpone & rhubarb cake.

Of our non-Kendal stallholders, returning was Shoreline Designs who creates lovely one of a kind art work and jewellery from sea glass and pottery collected from the beaches of Morecambe Bay. The art is created



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through the tricky arrangement of irregularly shaped pieces, while the glass jewellery looks stunning in the light.

New to the market was Blue Barn Candles, made from sustainably sourced soy wax with Forestry Commission certified maple wood wicks. The glass jars and cappuccino mugs holding the candles, are lovely and can either be refilled or reused for drinking from afterwards. The wonderful candles and wax melts come in a variety of scents, including Pistachio & Fig, Italian Pear & Freesia and White Strawberry & Avocado.

Another new stall was Pilgrim Designs, who creates a variety of products from upcycled textiles, including clothes and bags, along with rugs and baskets crocheted from old sheets and curtains. Her speciality is weighted cushions, crafted from a variety of textured fabrics, making it a perfect sensory pillow.

Returning after two years was Watch Piece Jewellery whose items are intricately created using the cases and faces, wheels and springs of broken watches. These are made into a variety of items including rings, necklaces, earrings and broaches.

Closer to home, we had the Sedbergh Red Squirrel Group, who were back to inform on the threat of the North American Grey Squirrel to our native reds and how to help by contacting them when either type is seen. Cyril, their Red Squirrel mascot, was also at the Church and walking around town, confusing children and dogs alike, but also

doing an excellent job of promoting his species.

Lastly, was Zero Pantry who was back again with an extensive selection of eco products from their shop, perfect for every room in the house. Along with these was a delicious variety of pre-packed foods, including Rocky Road, New Zealand Ginger Crunch, Vegan Nut Loaf and Spicy Lentil & Spit Pea Soup.

If you were unable to come to this market, keep an eye out for future events. If you would like to get involved in the next market or the Sedbergh Environmental Network, contact us at [sedberghcomarket@greencobweb.co.uk](mailto:sedberghcomarket@greencobweb.co.uk). If you would like more information or the contact details for the stalls, please get in touch. There are so many ways to help the environment, please visit our Facebook page for information, tips and to learn about other eco events nearby!

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## SEDBERGH SPRING SHOW

*Ed Welti*

A full report including all the winners will be published in the May edition. The Show was a great success, with a significant increase in entries from all age groups over recent years. Reverend Andy Burgess opened the Show and Westmorland and Furness Council attended to present a grant cheque to the Training Band. Finkle Folk and Sedbergh Town Training Band provided a tuneful accompaniment, though each attracted a sit-down audience as well as providing background music to those perusing all the exhibits.

The Committee would like to thank everybody who entered and everyone who attended. Thanks too, to Sedbergh W.I. who ran the café supplying coffee, tea and cake. Lookaround would like to thank the Committee for continuing to organise the show, which is such an important part of the Sedbergh Calendar. And, also, whoever organised such a beautiful Spring Day.



## T.W.A.M. '26

*Pam Dent*

Busy spring-cleaning? If you come across tools of any sort, knitting or sewing materials which are surplus to requirements, please consider donating them to Tools with a Mission, aka TWAM. TWAM collects and refurbishes usable tools and ships them out to partner charities in countries such as Burundi and Tanzania to be offered to trainee builders, carpenters, electricians, dress-makers and others to help them build a better future for themselves and their communities. You can find a list of items needed on the TWAM web-site or in the "Tools wanted" leaflet available from Sedbergh TIC, 72 Main Street, Dentdale Methodist church or at the TWAM coffee morning at St. Andrew's, Sedbergh on Wednesday 6th May. Small items can be dropped off at Sedbergh TIC or Dentdale Methodist from 1st – 31st May 2026. For larger items, please ring Pam Dent on 20042 or Sarah Woof, 25212. Thank you.

---

## THE METHODIST CHURCH IN DENTDALE

*SE Woof*

On Saturday Feb 28th, we had a full Chapel as we gathered to celebrate the refurbishment of the schoolroom. Some of those who did the work were there, and the service was taken by Rev Dr James Tebbutt, Chair of the North West Methodist District. James was much involved with the project in his previous post as Chair of the then Cumbria District.

Stephanie Roux was also able to be with us. She works in the Property

Barbon and District  
North West Cancer Research Committee



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Come and pick the amazing varieties.  
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1.30 to 4.30 pm

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Vintage stalls, Plant Stalls, Big raffle.  
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Division of the Methodist Church, and it was good for her to actually 'see' all that has been achieved. Her first visit had been at the very beginning of the project to help us get started. Sarah thanked everyone for being there and especially those who had been involved all the way through.

Afternoon tea was served afterwards and everyone had opportunity to chat and have a catch up.

Next day, Sunday March 1st was Chapel Anniversary and Rev Ashley Henderson took the service which was followed by coffee and then lunch.

The next 'special' event is the Eggstraspecial Tea with activities on Easter Sunday at 4pm, all welcome.

(See page 5 for the Eggstraspecial advert)



## COMMUNITY FIRST RESPONDERS Annual Report For 2025

*Myles Ripley*

In 2025 we received 70 calls of which 12 we were stood down.

47 of the calls were in Sedbergh and 23 in outlying districts

31 were between 8am and 6pm, 21 between 6pm and midnight, 16 between midnight and 8am

The range of conditions of the patients were very varied though most were either some form of chest pain or difficulty in breathing.

The team were reassessed in June 2025 and all passed certifying their proficiency to continue to operate.

We have held regular in house training sessions at our monthly meetings. Two of the team have had the opportunity to spend the day travelling alongside an ambulance crew observing and, to a minor extent, assisting in their work.

We have had one person volunteer to be recruited as a CFR but, sadly, recruitment has been frozen by NWS so currently we cannot progress to recruit her into the team. We are exploring other options to qualify her.

We continue to use social media and Lookaround to advertise our work, seek volunteers and offer the opportunity for basic first aid training especially the use of defibrillators. We support several local community defibrillators and to monitor their condition.





# OPEN HOUSE

*Every Tuesday*

**Coffee, Craft & Chat**

10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



Sedbergh  
Grief Share

07498 870267

*For anyone  
struggling  
with bereavement*

*A member of the Grief Share team will  
be available at Open House  
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*

## **POLICE REPORT**

*PCSO Amanda Coleman*

22/2 – A burglary was reported whereby a garage was broken into, but nothing taken. Please be vigilant and continue to keep your items locked away and out of sight.

In the surrounding areas we have had reports of Cold Calling via telephone. A person purporting to be a police officer asking for personal details both bank and personal over the phone, in some instances they have organized for cash to be picked up by a courier. Legitimate police officers would never ask for bank details/personal information over the phone.

If you receive a call from someone claiming to be from the Police, it is crucial to remain vigilant and not provide any personal or financial information.

The next Police drop in will be held at the Community office on Wednesday April 8th 10-12noon.

If you would like your bike marked for FREE then get in touch on the below email.

PCSO 5244 Mandy Coleman  
Amanda.coleman@cumbria.police.uk

## **HARDSHIP AND EXHIBITION FUNDS**

*John Sykes*

### **Hardship Fund:**

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

### **Exhibition Fund:**

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

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

**or**

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

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

## LIZZI'S COLUMN

*Lizzi Collinge MP*

Last month I held a drop-in event in Sedbergh, which I'm pleased to say was really well attended. I want to say a big thank you to everyone who came along, whether that was to raise an issue, share a concern, discuss a local matter, or simply say hello. These conversations are incredibly valuable and I'm always grateful to those who take the time to speak with me and share their experiences and ideas. Your feedback helps shape the work I do both locally and in Parliament, and it's always a pleasure to put faces to names.

One issue that came up was one I know many constituents are facing

with late Royal Mail deliveries, particularly second class letters. This is something I have been working on for a while locally and nationally and will continue to do so.


Ironically, the invitations for the drop-in also fell victim to delivery delays. I always make sure to send these invitations out two to three weeks in advance so people have plenty of time to plan. Unfortunately, many residents told me that their letters arrived far too late for them to attend. I understand how disappointing this must have been as these surgeries are one of the best ways for constituents to share their views and experiences with me, and delayed post shouldn't stand in the way of that.

### **NEW PLATFORM** for SEDBERGH & DISTRICT ACCOMMODATION

**Dalesandlakesgetaways.co.uk** is now live and providing bookings direct to Self-catering and Hotels and B&B's listed properties. New ones being added after a short application form and registration process.



**All listed properties will also appear on the current Sedbergh TIC website and the new planned revamped Sedbergh Town website at no extra charge. All forms of accommodation, Camping, Yurts, Bunk Barns, Self-Catering Properties can also still be listed on that website without the Book Now facility and will still be contactable directly to the owners.**

 **Make 2026 your best year yet – Contact Steph Baldwin on**

[info@dalesandlakesgetaways.co.uk](mailto:info@dalesandlakesgetaways.co.uk)

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LA10 5AB

DL12 8EQ

DL8 3QS

DL8 5EH

I've written directly to Royal Mail to ask for an explanation about what is going wrong. I've also asked what practical steps they are taking to make sure that my constituents aren't left dealing with these kinds of delays in the future.

In March, I also raised this issue in Parliament. I asked the Minister what the Government is doing to hold Royal Mail to account and to make sure postal services improve for communities like ours in Morecambe and Lunesdale. I was encouraged to hear that the Government recognises the problem and agrees that the current level of service simply isn't good enough.

Our local posties work incredibly

hard every day, but don't get what they need from Royal Mail to deliver the service people rightly expect. I'll continue to keep a close eye on the situation, and I'll share any formal responses I receive with the constituents who have contacted me about their experiences.

Another issue which has come about as I write is the huge surge in price for heating oil, which is affecting a number of my constituents. Whilst the war against Iran was certain to affect oil prices, my constituents have been quoted eye-watering sums to refill, with an often more than 100% increase in cost. I met with Treasury and Energy Ministers who had requested MPs share on-the-ground

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information from constituents.

As I write, the Government has taken a number of steps to respond. These actions will no doubt be updated by the time you read this but I wanted to reassure constituents that swift action was taken. Firstly, the Chancellor wrote to the Competition and Markets Authority (CMA) requesting that they are vigilant across heating oil prices. The Energy Secretary and Energy Minister have also spoken to the CMA, and the CMA confirmed that they will not hesitate to take action to protect families.

Ministers were clear that the Government will not hesitate to take action where the CMA finds evidence

of price manipulation, and will not tolerate profiteering or unfair practices. The CMA confirmed that they were urgently investigating and, as I write, myself and other members of the Energy Security and Net Zero Select Committee are due to meet with CMA privately to discuss their work on this.

The Government also said it would issue updated guidance to councils on the use of the Crisis and Resilience Fund to help heating oil consumers. I immediately wrote to both Westmorland and Furness and Lancaster City Councils to urge them to make use of this fund and worked to ensure ministerial advice came swiftly.

## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

The School returned to work after the half term holiday on Sunday 22nd February after the half term break.

As part of the SED Inspire programme Lindsay McCrae, the world famous cinematographer, shared the remarkable story of his journey from a nature-loving childhood in the Lake District to becoming a BAFTA-winning cameraman trusted by the world's foremost broadcasters. Part of his talk was his account of filming emperor penguins for David Attenborough's *Dynasties*.

During the half term break 400 plus children attended rugby camps run by the School across the North of England and Scotland

As part of Time to Talk Day early in February the School tried to avoid using mobiles and to hold conversations instead.

A confirmation service was held on Sunday 15th March.

On 13th March the poet Dean Atta spent a day with the School.

The art department held an exhibition of Yr13's A Level artwork at Farfield Mill from 3rd February to

27th March.

The Prep School had a busy last full week of term. It was Science Week and the vet Emily Sapsford spoke to Yr 4 about her profession with illustrations on Mrs Hankey's dog Boom. Children throughout the school learnt about Vietnam on the School's Geography Day. And the week before Yr5 had a trip to Edinburgh.

### **Music**

The music department held a Tea-time Concert on 5th March.

### **Hockey**

The U16 squad finished as NW winners and qualified for the national finals.

### **Rugby**

The U12s at the Prep won the Aysgarth Sevens tournament

The School hosted a Sevens tournament at which they won against Stonyhurst in the final. They also competed in the North of England Sevens but were defeated in the quarter finals.

Over 400 children attended the rugby February camps across the UK at half term.

### **Running**

The U13 girls team at the Prep came 2nd in a field of 52 schools at National Prep School Cross Country champions at Malvern College.

The Running Club attended the final Mid Lancs Cross Country League fixture at Ryelands Park in rain and mud.

Following the end of half term the Wilson Run Qualifiers began on Wednesdays. To qualify the pupils have to complete a qualifying run within a certain time, be over sixteen



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Weds 10th June



and pass a medical.

### **Netball**

The School hosted a netball tournament and finished second. The tournament was won by Queen Ethelburga's.

### **Cricket**

The Girls U15 to part in the Indoor Tournament and won as Cumbrian Champions and will represent the County in the norther finals in April.

### **Shooting**

The team went on tour to Scotland where they played George Watsons (lost), Edinburgh University (lost) and Glasgow Academy (lost), but there were some good individual scores

### **Future Events**

Sedbergh U18 National Tens 29th-30th March

Summer term begins 19th April  
Open Day 2nd May (upper school)  
Girls' 1st XI v Cumbria U18

1st XI v U18 National T20 6th May

1st XI v Merchiston Castle 9th May

Sports Day 10th May

Girls' 1st XI v Stoneyhurst 16th

May

Sedbergh Junior Regatta 16th May

1st XI v Old Sedberghians 17th

May

Half term 22nd -31st May

## **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. In which 1930 book do John, Susan, Titty and Roger Walker first appear? And who wrote it?

2. Joy Adamson wrote three books about Elsa the Lioness, beginning with Born Free. Name either of the others.

3. What is the title of Germaine Greer's 1970 bestseller that was seen as a major work in the feminist movement?

4. 'The quality of mercy is not strained, / It droppeth as the gentle rain from heaven / Upon the place beneath; it is twice blessed; / It blesseth him that gives and him that takes.' From which Shakespeare play do these lines come?

5. Horace Walpole's 1764 story The Castle of Otranto was the first novel in which genre?

6. Which author famously wrote how dipping a 'petite madeleine' in tea and tasting it unlocked his memories?

7. Whose autobiographies are called Boy, published in 1984, and Going Solo, published in 1986?

8. Who has written the 'Expert' guides to gardening, starting with Be Your Own Gardening Expert in 1958?

9. 'There is grandeur in this view of life, with its several powers, having been originally breathed by the Creator into a few forms or into one;

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# Annual Dinner



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and that, whilst this planet has gone cycling on according to the fixed law of gravity, from so simple a beginning endless forms most beautiful and most wonderful have been and are being evolved.' Of which book is this the final sentence?

10. Which American novel, published in 1880, was subtitled A Tale of the Christ? And who wrote it?

11. 'Old age should burn and rave at close of day; / Rage, rage against the dying of the light.' Which famous line precedes these, and who wrote the poem?

12. In 1930 W C Sellar and R J Yeatman published 1066 And All That. What is the title of the sequel published two years later?

## NOTES FROM DENT STATION

*John Carey*

*The Dent Station Team*

Things are looking up with the imminent reopening of the Dent Head road, perhaps even before this edition appears in print. Let's hope so. But yet again, we appear to be at the mercy of world events. In the space of a few weeks heating fuel has more than doubled in price and we will have to bear the increase. It is indeed fortunate that summer is on the way! We can sympathise with all residents in rural communities, reliant upon oil for heating. Unlike mains electricity and gas services there is no price cap.

Meanwhile on the railway, things were going well until the end of February when a retaining wall, located just south of Kirkby Stephen, collapsed during an overnight possession. This resulted in closure of the line on two days with significant delays on a further two days whilst the debris was cleared and temporary repair effected. A rail replacement bus service ran on the days in question. It should be added that there is much evidence along the railway of infrastructure works in progress including drainage, stabilisation of embankments and tree felling, all of which should improve the resilience in the long-term. In addition, we have recently heard that consideration is being given to replacement of signalling, often the cause of delays to the train services.

Preparations are under way for celebration of the 150th anniversary of passenger trains on the Settle

Carlisle on 1st May 1876. In fact, the railway actually opened for freight in 1875 following which time Dent Station was built. We suspect that the stone used for construction of the station was brought in from the Huddersfield area using the newly opened railway. There will be steam special from Carlisle to York on 25th May to mark the event and, no doubt, other festivities.

But another important anniversary recently passed by without ceremony. Indeed, last year, it was 50 years ago in 1975 that the smaller stations including Dent were reopened, having been closed by British Rail in 1970 and destined to an uncertain future. This was largely due to the efforts of one Colin Speakman, then a school teacher, well-known writer and officer in the Ramblers Association, in arranging the charter of the first DalesRail stopping service and the regular DalesRail trains thereafter. Some basic repair works were undertaken to the platforms in order to allow passenger use, these funded by the council and National Park. Were it not for these early stopping services there is probably little chance of the railway being here today, as it surely assisted in the successful campaign against closure.



Indeed, the actual reprieve came in 1989.

It is also worth mentioning that, in conjunction with the DalesRail services, buses were chartered from the National Bus Company (Ribble and United) and Sedbergh was amongst the possible destinations, all with a through ticket from Leeds and other starting points. It was some years later that the idea of a voluntary group fundraising and managing services in the Dales re-emerged in the form of DalesBus, a not for profit subsidiary of Friends of the Dales. These days, the volunteer DalesBus team manage some 20 routes on Saturdays, Sundays and bank holiday Mondays.

This neatly leads me on to the new 832 DalesBus service which will run on Sundays and bank holiday Mondays from Hawes to Kirkby Lonsdale via Sedbergh as from Easter weekend on 5th April and until 18th October. This has been achieved by rerouting a service which runs into Hawes from the northeast and is very much a pilot to see how it goes. Thus, Sedbergh has been placed directly on the DalesBus network.

It may seem strange to be putting on a Sunday service when Sedbergh is desperately in need of additional weekday services, but every small



step counts! It is hoped that the service will, nevertheless, be of some benefit to bring visitors into the town, hitherto virtually impossible on a Sunday, and allow local residents the chance of a quick trip to Kirkby Lonsdale, maybe even Sunday lunch or a shopping trip to Booths. The bus will depart Sedbergh at 1315 and return from Kirkby Lonsdale at 1520. This is a larger bus so should be space for all including low floor access and wheelchair bay. For further details please see [www.dalesbus.org/832.html](http://www.dalesbus.org/832.html)

As regards the possibilities of an improved weekday Sedbergh-Kendal service it would appear there have been no further developments although the local public transport group continues to lobby hard. It will be some time before a decision is made; however, the omens are not particularly favourable.

But back to Dent Station, we are fortunate that the S1 Western Dales

Bus continues to provide a vital link to and from Sedbergh and Dent village every Saturday and ideal for a trip to Carlisle, departing at 0958 from Sedbergh Post Office to Dent Station and then hopping on the 1047 train to Carlisle. This would involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back to Sedbergh. Please check [www.westerndalesbus.co.uk](http://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](http://www.dalesbus.org) For rail journeys please consult

[www.northernrailway.co.uk](http://www.northernrailway.co.uk) which will also give details of any potential disruption. The small green 'Dales Area Timetable' booklet including all bus and train times should be available through the tourist information office in the near future. 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](mailto:john.carey@settle-carlisle.com) and, as always, I would be delighted to help.

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## SEDBERGH W.I. REPORT

*Moira Folks*

Third time lucky! Our walkers actually hit a fine day at last for their February walk, their destination being Tarn Hows. Rain had been forecast but it held off and ten members joined in a short circular walk of just over three miles, starting from the National Trust car park. The route followed the off-road path to the south-east before rejoining the road to the path north-east past Sawrey Ground. This linked to a track going up to the north-west to Rose Castle and then down to join the circular track around the tarn and back to the car park. Then a short drive took the group to the Outgate Inn for lunch before returning home.' Many thanks

to Anne Pitt for her report and for guiding us round a new route which adds to the interest and gradients of the walk rather than just sticking to the lakeside path, lovely though that is on a sunny day. There was no sun this time, but it stayed dry and there was a lot of friendly chatter to enliven the walk. Some of us were shocked by the number of fallen trees, victims of disease and storm, when we remembered the beautiful trees of yesteryear.

The WI nationally is being encouraged to adopt the slogan 'BYSTANDERS CAN BE LIFESAVERS': the idea is to train as many people as possible in the use of CPR and defibrillators to be able to help to save someone's life in an



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For more information, visit our website:

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



emergency. We invited Myles Ripley from the Sedbergh and District First Responders to train a small group of us for such an event, which he did on February 13th. We were glad to have the chance to practise using a defibrillator on a Resuscianne-type mannequin. In Sedbergh, defibrillators can be found at the Medical Centre, the Tourist Information Centre and the old phone box in Millthrop as well as certain places at Sedbergh School.

Following Angela Emms' talk to us in February about St John's Hospice in Lancaster and their need for fundraising, the lunch club met in the Courtyard Café at the Hospice for a very enjoyable lunch on 26th February before we once again braved torrential rain and spray on the M6!

On March 6th, three of our members were able to take up Anne Symons' invitation to coffee at her home, where we had a happy, chatty morning and delicious cakes.

We held our Annual Meeting on March 11th. Our Secretary, Lesley McCririe, reported on our activities over the past year with mention of

some individual monthly meetings, and special occasions like the June Outing and Christmas Dinner, as well as the monthly clubs like the book group, walking group, and lunch club and craft and chat. Christine Chamberlain, our Treasurer, gave her annual report. We currently have one vacancy on the committee to replace our Programme Secretary, Caroline Clarke, who is retiring, but we hope that a new member, Nancy Smith, will be able to take over Caroline's role in April, helped by Ellen Morrison. Anne Petyt thanked the committee for all their hard work during the year. We are all very sorry to say goodbye to Angela Dixon who has been with us since 2020 and in charge of organising the refreshments rota very efficiently. We thank her for her cheerful friendship and wish her well on her move to the east coast: there's a WI waiting for her there! We are very pleased to report that Louise Atkinson is happy to continue as our much-appreciated President!

Book club met at Pam Drower's home on March 12th to discuss 'Beyond This Horizon' by local author David Thompson who was born at

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Kirkby Stephen in 1939 and a boarder at Appleby Grammar School in the 1950s. The story has a farming background but also there are references to both world wars. Sedbergh School gets a mention too, and the Appleby Horse Fair! The background changes as the boys grow up and move to London: to University College and the Slade School of Art, and a love interest is introduced. There was wide divergence in our assessments of the book (between 10/10 and 0/10!), but the average came down to 5.5/10. Incidentally, the author is a sculptor, trained in London.

Our next meeting in the People's Hall will be held in the committee room on Wednesday 8th April when we welcome Nick Morrice whose subject will be 'How I came to support Kathmandu Orphans'. It sounds like a fascinating subject! Do come along and learn more! Guests and new members are always welcome. For further details, please contact our president, Louise Atkinson, on 07885 378883; or our Secretary, Lesley McCririe, on 07930 177423.

## KILLINGTON W.I.

*Wendy Fraser-Urquhart*

Our speaker was John Murray QPM who is now the chairman of Cumbria Neighbourhood Watch. In his working career he served in the military and then joined the police force, finally rising to the top. He served for many years as Chief Inspector hence on his retirement being presented with the Queens police medal by Queen Elizabeth II. Nowadays he helps make Cumbria a safer place for us all. He told us about the cooperation with the Young Farmers organisation aiming to cut down on the considerable amounts of rural crime. For all of us he strongly recommended the installation of video doorbells which can be purchased from time to time for £59.99 instead of the usual retail price of £99. He also advised us if we had any information on crime which we wanted to pass on confidentially to the authorities we should phone Crime Stoppers on 0800555111.

The main purpose of John's visit was to inform us about the changes to BT landline telephones which will be taking place next January 2027. All BT landlines work off underground copper wiring but this will be discontinued and all phones will have to be BT hybrid phone, Digital Voice. Many BT phones are already of this type. For information contact BT [www.bt.com/digitalvoice](http://www.bt.com/digitalvoice) .

After all that information our brains were reeling. We were delighted to stop for tea, cakes and chat. It was good to welcome 2 guests, perhaps prospective members, Helen Bromley and Pam Dent. We hope you come

again.

We registered our votes for our competition, a holiday souvenir, which was won by Jan Dinsdale. We drew the raffle which was won by Helen, one of our visitors. These days our raffle tickets cost £1.00 each and the prize is half the cash from the ticket sale, the rest goes to support our funds. Birthday wishes went to me. Old age draws on apace!

Then on the rest of our meeting – who? What? When? Where? Why? Firstly we had the pleasure of listening to our member Sarah Woof reading the piece of prose entitled “My roots” which she had written for the federations “Olive Clark writing challenge”. It was informative and entertaining - thank you Sarah. We considered future events.

The final item of our meeting was the most important of the day. We have just been informed by the national WI organisation that following a recent ruling by the High Court in London that changes have to be made to the WI constitution. This means that transgender women will no longer be allowed to be WI members. We have not been consulted on this in any way and some of our members disagree strongly with it. Much further discussion will have to be held before we decide on the response of our Killington WI members.

Our next meeting will be Tuesday the 14th of April at 2:00 PM in the Peoples hall when the competition will be for our spring posy and Elaine Horne’s subject will be plant propagating. Do come. Think of the money you will save by growing your own.

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### **DENTDALE W.I.**

*Thelma Belfield*

Almost a quarter of the year has passed, the weather remains very unsettled, but there has been the occasional glimpse of spring, with daffodils blooming in the gardens, and tonight, on the way to our monthly meeting up, there was just a glimmer of daylight in the western sky. The days are getting longer.

Pam our president welcomed everyone to the meeting with a special welcome to Tim Deighton, who was our guest speaker. Tim I’m sure, is known to many local people for his sterling work providing experiences of outdoor activities for groups of children of varying ages.

Before Tim began his presentation, Pam dealt with a number of business matters, beginning by reminding us all that it is the Dent Run on the 14th March and especially the members who had volunteered to help with baking cakes, preparing teas for all the runners and clearing up the debris afterwards. Other matters mentioned were an invitation from Casterton WI to join them at their Open meeting on 1st April and a Pudding Night being held on 4th April to raise funds for Dent Memorial Hall. Although June is still some time away, it is when we hold our Summer outing, usually having a full day out. This year though, we are looking at the possibility of somewhat shorter experience, with maybe a nice lunch somewhere plus an activity that allows a greater flexibility for members who have carer responsibilities or health related disabilities. Ideas were asked for and it will be interesting to see what is finally decided upon. The final request from Pam was for recommendations for our charity of choice for this year's fund-raising events.

Once business was concluded it was over to Tim, and he began by sharing with us just how he became involved with providing children with memorable outdoor activity experiences. It all began in his teenage years with a trip to Africa to climb Kilimanjaro. Tim's father regularly travelled to Africa on business and consequently seeing the mountain at a distance he vowed that one day he would climb it. In 1987 he took Tim and his brother and

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they climbed Kilimanjaro. That experience stayed in Tim's heart and as he himself said, whether for good or bad, it became the cornerstone for his future. He completed his education obtaining a degree in Geography initially. He wasn't sure where his career pathway would lead at that point and he spent sometime in the army before finally decided to do a post graduate teaching degree at Oxford, which ultimately led to his first post as a teacher in Blackpool. This was an inner-city school and, in Tim's own words, it was definitely a culture shock. Attendance by many of the pupils was transient. Blackpool is a seaside resort with employment focussed on providing holidaymakers with a good time. During the season when they wanted donkey rides, candy floss, sticks of rock and all the many other sideshows on offer, the children of the families providing these activities were required to help

out and consequently were not at school, not participating in learning and not being educated. It was this set of circumstances that triggered Tim's future employment. The frustration of trying to teach pupils the set curriculum led to him arranging outdoor field trips to remote areas for groups of the children. As it is said, "great oaks from little acorns grow". Many of the children had never been out in the countryside and some found it very scary and needed a lot of encouragement and support. But gradually with Tim's help they participated in outdoor activities, making campfires, grinding corn between stones as stone age people did and building mud huts, learning to work as a team. They were being educated and learning, albeit in a very different environment to the classroom. Following on from the success of these early field trips, Tim developed training days for both children and adults, including young trainee teachers helping to prepare them for coordinating outdoor activity experiences for the children they were working with. Since those early days, Tim has worked with schools providing both single day and week-long trips, climbing mountains and canoeing the Scottish lochs. He is also heavily involved with organising and coordinating the Duke of Edinburgh Award scheme events. Whilst the lochs and mountains of Scotland are regular venues, Tim also takes groups to North Africa to the Atlas Mountains, where he has a reliable team of helpers and guides



for support. For young teen-agers, this provides additional opportunities, they learn to communicate in different languages, the support team speak, Berber, Arabic and French. Visiting a foreign country is a great lesson in preparing young people for life travelling, being independent and self-reliant. Tim also shared with us, that although there is a considerable cost element for children participating in these activities, there is funding to support families where necessary. Tim's enthusiasm, dedication and commitment to providing these educational opportunities is inspirational and there were many questions whilst we enjoyed our tea and biscuits.

Our evening ended with drawing the raffle and Barbara and myself were lucky winners and the results of the competition were announced. We have reached the end of the alphabet and an item of interest beginning with the letter Z was the challenge. Gill was in first place with a beautiful miniature zebra made from actual zebra skin. I was placed second with my zodiac signs and Anne was in third place with her unusual black and white zebra shaped mug.

We are very fortunate to enjoy a wide variety of different subjects at our meetings and at our April meeting we look forward to hearing from Dilys Evans who will talk about Kenya. There is always a warm welcome and of course a cuppa and delicious homemade biscuits. Do come and join us.

## HOWGILL & FIRBANK W.I.

*Bridget Postlethwaite*

Our monthly meeting was held at Firbank Church Hall on the 5th March. In Sarah's absence, Bridget welcomed 8 members and the guest speaker for the evening, Rick Eastwood from Bowness Bay Brewery.

Rick gave us details on how beer is made, from boiling the water, adding barley, then eventually the yeast and the hops. All must be done at the correct stages and at the correct temperatures. The best barley gives the palest beer with lots of sugars; roasting the barley gives it a darker appearance and richer taste. It takes about three weeks before the beer is ready to drink. Along with all the

information, Rick passed around samples of the barley, showing the great variation between grains. A taste test of all the beers he brought was thoroughly enjoyed by everyone. Bridget thanked Rick for a most informative and enjoyable talk.

We are hosting a domino drive on Tuesday 31st March at Firbank Church Hall. Everyone welcome.

The raffle was won by Tanya with Liz second, and the competition for a limerick 'There once was a brewer called Rick' was won by Kath with Liz again second. The evening rounded off with our usual Jacobs join.

Our next meeting is on 2nd April at Firbank Hall, where we will welcome Jenny Parker who will give us a talk on lacemaking. Everyone welcome.

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## **DENTDALE HEAD TO FOOT The Police Commissioner for Cumbria**

*Andrew Povey*

David Allen, the elected police commissioner for Cumbria, gave an interesting talk on the role of the police commissioner. Strictly, his title is Police, Fire and Crime Commissioner as Cumbria is one of five areas where the commissioner has responsibility for the fire service as well as the police.

David's background is as a police officer and subsequently as an HR manager in the NHS.

His aims as the commissioner include increasing the visibility of the police. This has been achieved by recruiting extra neighbourhood police officers and police community support officers.

Initiatives in combatting anti-social behaviour, rural crime, drugs and violent crime, particularly against women have also been undertaken.

In Cumbria fifteen 'hot spots' have

been identified where more crimes are committed; resources are targeted towards these areas.

The role of the police commissioner is to set the budget and to formulate the policing plan. These are done in consultation with the Chief Constable. He also has to hold the Chief Constable and the Chief Fire Officer to account on behalf of the public.

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

Our next event on 10th April 2026 will be Jeff Clegg, talking about 'Mines in Stereo'. 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

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## FAMILY MUSINGS

*Sarah Woof*

Those who know me well know I really enjoy eating Jelly Babies and have been quite active in encouraging our grandchildren to do likewise. If really annoyed at someone, there is a certain satisfaction at biting of the JB's heads first.... so imagine my horror at the Dent Run to see a chap turning round and running back toward the nearby start line to retrieve the bag of jelly babies he had lost out of his pocket! Worse still, he didn't get them all and they lay in the road for some time before being rescued, probably by a dog.

Dent Run is an awesome event

which has been going for many years. We chatted to one chap who first ran it 42 years ago, actually before our son, who ran the shorter route this year, was born! It is a road race and this year the floods 2 days previous had meant quite a lot of clearing up had to be done. It raises thousands of £ for Dent School and receives such wonderful support.

Going back to Jelly Babies one can now get Jelly Chicks, Jelly Bunnies and more; I prefer the traditional sweets but then that's me to the core, traditional. Yet with that excited anticipation for what is in store, this month will bring sheep and lambs and I may need every ounce of energy and some Jelly Babies!

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## **FIFTY YEARS AGO**

*Colin Cowperthwaite*

A selection of news items which appeared in local newspapers during April 1976:

### **Junior Guild Concert**

The annual concert which winds up the winter session for the Junior Guild, was held on Good Friday in the Methodist schoolroom. The speaker was Mr Brian Park of Frostrow. Title of the play presented was "Judgement of Jesus" and those taking part were: Diane Alderson, W. Dixon, Susan Capstick, Jillian Pratt, Jeanette Ferguson, Karen Winn, Helen Konczynski, Ann Haygarth, Veronica Brown, Sharon Winn and Wendy Rycroft. Poems were read by

Barry Elliot, Judith Stainton, Sharon Konczynski, Jayne Souter, Beverley Balderston, Stuart Shaw and Stephen Dalzell.

### **Wilson Ten Miler**

The annual Wilson ten mile race for pupils at Sedbergh School, a gruelling event which dates back into the last century, was won by J.P. Rountree of Winder House, with a time of 1hr. 14mins. 10.5secs. Close on his heels, in second place, was N.D. Gibson in 1-15-09, and and third R.D. Mahoney in 1-16-12, fourth R.J. Rountree, also from Winder House (1-17-09), fifth J.P. Boyle (1-17-16), sixth J.R.W. Sedgwick (1-17-32). In a field of more than 70 runners, 65

finished the course in less than an hour and three quarters.

### **Mothering Sunday**

The afternoon service at Cowgill Church benefited from the cancellation of the service at Deepdale Chapel, as both congregations united. Prayers were said by Mr Warburton. Miss Susan Greenwood and Miss Jill Oversby read the lessons, and the Rev. A.J.W. Barker led the service. The evening service was held in Dent, where Mrs Mitchell read the lesson, and Mr Bush's choir was heard to effect. Each child received a bunch of flowers from the vicar to give to their mothers and grandmothers.

### **The late Miss A.A. Handley**

The funeral took place last Saturday week, at Sedbergh Parish Church, of Miss Agnes Ann Handley of Catholes. She was 76. Of an old Sedbergh family, she was the younger daughter of Mr and Mrs James Handley, and was born at High Hollins, Frostrow. After she left school, Miss Handley spent all her life on the family farm, first at High Hollins and, for the past 55 years or so, at Catholes. A staunch Anglican, she had been a Sunday School teacher and was a regular worshipper at the Parish Church. She is survived by her 86-year-old sister. The service was conducted by the Rev. E.P.E. Long, and interment was at Sedbergh cemetery.

### **Sedbergh W.I.**

The recent meeting was held at the former Council Chambers. During the business meeting, members were asked to submit recipes for sweet or savoury biscuits to be included in a



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WI recipe book. A design for the cover was also needed. Mr H.W. Bracken was to have showed slides and given a talk on birds. Unfortunately he was indisposed, and Mr J. Lewis very kindly took his place as projectionist. The slides were of birds, flowers and fish, also views of Scotland and of local scenes and people. They were all much appreciated. Mrs Skeate gave a vote of thanks.

### **Eastertide at Dent**

Many local people met at the Methodist Chapel on Sunday for the united Sunday School anniversary service, which was conducted by Mr Thompson of Wigton. Children taking part in singing, recitations, and collecting were Julie Burton, Teresa Capstick, Christine Dodd, Alison Goad, Rosemary James, Christine Middleton, Dawn Rawnsley, Irene, Alison and Neil Stevens, Gillian and Susan Tyson, Sharon, Carol and

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Hayley Williamson, Kirsten and Vanda Wilkinson. Some of the words sung by the children were written by Mrs G. Haygarth and Miss S. Middleton, who were thanked along with the superintendant, Mr R.H. Sanderson. Miss E. Middleton was organist and pianist.

### **Garsdale Temperance Meeting**

The annual Temperance meeting was held at Garsdale Low Smithy Chapel on Friday, when the Rev. H.S. Hills was in the chair. He introduced the speaker, Mr W. Parkinson of Woodplumpton, near Preston, who based his message on Psalm 86, "Teach me thy way O Lord". Duets were sung by Carol Bracken and Janet Thwaite, and the organist was

Mr Walter Harper. Supper was served at the close, and the proceeds of the evening were for Temperance funds.

### **A Day at the Opera**

The Scottish Opera Group visited Sedbergh Secondary School on Thursday week, and rehearsed and performed "London's Burning" in the morning, when children from Dent, Garsdale and Sedbergh primary schools were present. They repeated their performance in the afternoon for senior classes of Sedbergh Primary school and the Secondary school.

### **Bright Hour Anniversary**

The Bright Hour meeting on Thursday week took the form of a celebration, for it marked 25 years

since the "B.H." in Sedbergh was formed. A celebration cake was made by Mrs D. Hills, and cut by Mrs Doris Waller, who has been the secretary for the past 14 years. Vocal entertainment was provided by Mrs Clark, Mrs Dawson and Mr George Flint, who each sang solos, accompanied at the piano by Mrs Margaret Martin. Mrs Hamilton also sang a solo, accompanying herself, and Mrs Garnett gave a recitation. After an interval for tea, provided by the committee, the artists again entertained, with the Rev. H.S. Hills as compere. A congratulatory card was received from Mrs C. Brunskill, a former member.

**The late Mr W.F.E.N. Crossley**

The funeral was held last Saturday, at Sedbergh Parish Church, of Mr W.F.E.N. "Bill" Crossley of Cleveland, Joss Lane. A former manager of the Midland Bank at Sedbergh, Mr Crossley had been in indifferent health for some years. The only son of Mr and Mrs William Crossley of Middlesborough, he was born at Redcar and educated at a public school. Choosing banking for a career, he joined the Midland Bank and remained in their service for 44 years, 22 of which were spent in the Hull area. During the war years he served with the RAF and became a flight lieutenant. He came to Sedbergh in 1959 as manager of the Midland branch, and remained there after retiring in 1967. The service was conducted by the vicar, Canon D.A. Rogers, and interment was at Sedbergh. Mr Crossley is survived by his wife, a son and daughter, four grandchildren, and two sisters.

**MORE RECOLLECTIONS OF  
SEDBERGH IN THE MID 19TH  
CENTURY**

*Colin Cowperthwaite*

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

At the foot of Joss Lane, underneath the window where sat the two spinsters, "Georgie Poss" lived. For forty-eight years and more without a break, he walked daily to Dent and even to Dent Head as a "liveried" postman. Fawcett was his name: some of his family went to Salt Lake City. There he lived with a family of seven or eight in two rooms, in apparent comfort, until many years later when they moved into a larger house nearly opposite. Looking up Joss Lane was to be seen the old Independent Chapel on the left, and a little higher, Brunswick House. The British School stood seventy or eighty yards higher up. Now in addition to Prospect House (as then known) built in 1853, and the British School house built later, there must be many changes, and I expect my father's great wish that the two fields (then

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his property) across Joss Lane, "Upper and Lower Longstaff", should become building sites is realised. There was a little spring in the centre of the low field with a drinking trough: in this lived for many years a very tame frog with only three legs, which we considered our property, as we did also a robin with only one foot which frequented our yard year after year; below the frog's home was our animal cemetery, on a marshy tract caused by the well. At the top of Joss Lane was a gate leading into fields and on to Winder, and near the gate stood "Savage's", the only thatched farm house in the neighbourhood, and marked as being the house in which the famous Professor of Geology, Adam Sedgwick, lived while at school. Starting again from the foot of Joss Lane, on the east side of it stood a flat of two rooms, and next to this three old houses said to have been used in days gone by for spinning or weaving, each having a large room at the top reached by a step-ladder. In the first of these lived Ben Kendal and his wife. Mrs. Ben was greatly in request by neighbours on occasions of births and deaths, and especially for pig-killings. In the middle house lived a very quiet family, whose door was always kept closed, and few went in or out, but the last corner house had always an open door; in it lived "Old Jack" and his wife Rachel Willan. Jack was dubbed old "Bacon Jack" on account of his great fatness, for the word "stout" was quite inadequate. He was a grand old man, of fine character and worked hard at his cobbler's bench at the window; his wife, in her frilled cap tied under her chin, sat

nearly all day long near the centre of the kitchen knitting bump her hardest and calling out cheerfully through the ever wide-open door to any passer by she knew. Old Jack was a man of few words, seldom looking up from his cobbling; he generally allowed me a piece of cobblers' wax to play with. We used to be sent over there to be "out of the way". Next to Jack Willan's was one of the Sedbergh local 'decorations' of that time, viz. a large midden, the receptacle of ash and every kind of rubbish; this was neatly walled in and had a door on the street side. In the house adjoining this was born J.D. Watson the artist, the eldest of a large family. His first teacher was, I believe, my mother. One of his earliest exhibited pictures was "The Village Cobbler" (old Jack Willan), and I have a clear remembrance of standing by watching him sketch old Jack at his bench. He was then a young man – I think he was born about 1831. After passing Joss Lane, on the south stood the house where we were born, it was just finished when my father took possession (he had been lodging at Tommy Dent's while waiting to go into it). This house, later called "The Terrace" and after that the "Prep. School", was built by Mr Wilkinson, Mr Evans' predecessor. He meant eventually to retire to it, and he made it roomy as he had six daughters and two sons; but he died, and my father moved into the house in July 1831, and it remained in my family till Mr P.A. Thomas took it over in 1897. Mr Wilkinson built the house with an archway from a philanthropic desire not to deprive passers-by of the view of Holme Fell, which before

the house was built was the only view of the countryside to be seen from the street towards the south. This opening was afterwards built up. A thatched cottage with a good sized walled garden had stood on the site of this house, and in the garden stood an ancient sundial. Still going eastwards, opposite the gable end of Mr Watson's house, was the "Folly", down which we as children were never allowed to go on account of its insanitary condition; there was a midden there, and another larger one in the Main Street right in front of a cottage which was, I believe, a tramps' lodging house. This cottage with the midden in front so troubled my father, that he managed to buy up the whole of the property between our house and the Folly and, clearing away the offending midden, he substituted a neat little garden plot and restored the cottage throughout. Years afterwards it was our sanatorium for the Prep. School.

## TELLING IT LIKE IT WAS

*Colin Cowperthwaite*

A few more snippets from local 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 must give credit to the joint editors, Anthea Boulton and Veronica Whymant, for allowing me to use their material.

**(Willie Whitwell, born 1914):** We kept ferrets. Aye, we allus had two or three ferrets. Aye, well that used to be our pocket money when we were lads, was the rabbits. They were only about sixpence each, but sixpence went quite a long way in those days. We had a port for them. A chap used to come up from Burnley to collect rabbits and fowls, and take them back. Yes, he used the skins, aye. I asked him, I said, "What do you do with all these when you get them to Burnley?". "Well", he said, "there's a place there called Turf Moor. They play football.... we have a stall there and we sell chicken sandwiches! Most people in the town don't know the difference between a chicken and a rabbit!". And they don't! But that was back before the war, back in the twenties and thirties. I don't suppose there'd be a lot of inspectors around in those days!

**(Bob Turner, born 1933):** Where J.M. Pratts are still, once upon a time they used t'come round with a Morris Commercial vehicle with sides that

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used to open up, and they used to sell everything ! And buy ! They'd buy rabbits from yer ! I was quite a dab hand with the catapult ! One of the lads that lived behind the garage at Swarthgill, he was a dab hand at making catapults with car inner tube tyres, the red stuff, and he showed me how to pick catapult sticks out of the hedge and say "No, that won't be ready for about five months", and he'd fasten it round the top two prongs with string to teach it t'grow fer the right shape. I don't know whether you would call it skill, I think it was just adaptability. Pratts would give us, oh, about ninepence, something like that, they used t'buy them off you. I know if you bought

one it's likely the same rabbit that came back, but by then they were one and thre'pence !

**(Albert Fothergill, born 1923):** I had a little job. I used to go to Kendal with Rowley Sanderson on a Saturday and that was the best job I ever had, it was a shilling for the day, collecting parcels for deliveries for the shops in Dent. Rowley Sanderson was a carrier. I was twelve. He had a small wagon, a Bedford. I worked on farms, I would probably creosote a hen hut for somebody for tuppence; a penny or tuppence.

**(Austin Robinson, born 1942):** When you went home at night you 'ad your tea and you got changed

and you went out and you did a bit of work. There was no 'omework, I've never done any 'omework in me life. Up to about twelve or thirteen you 'ad to start doing a bit of work. Farm boys, it was all the same. And then when tractors came along you couldn't wait to get 'ome ! I was eleven. Me father, 'e wasn't mechanically minded at all, 'e'd been brought up with 'orses, and 'e didn't like it, but I took to it like a duck to water. I remember mowing and things like that, yeah. You'd have got locked up nowadays wi' health and safety, but it's the way it was.

**(Cissy Middleton, born 1914):**

There were thirteen of us and I was the eighth. An' me mum died when I was twelve. Me elder sisters were looking after the younger ones. Me elder sister was ten years older than meself so it went the same, when I was eight or ten she'd be eighteen and that sort of thing. Ever since we were little we'd all our jobs t'do. Right from being small, even if we were little, we'd t'go and fetch a few sticks in. Even when we started school we'd all our little jobs t'do – go an' feed a few 'ens, feed a lamb or two, feed a calf - whatever there was goin' we was allus brought up t'do little jobs. When we got t'about six or seven years old and when it came t'summertime an' we'd to start thinkin' 'bout 'aytime, we all bought a rake, a small rake, an' they were made by Willie Middleton o'joiners at Dent, which were famous for rake makin'. Of course men 'ad their big rakes but we little ones, we only wanted one t'height of ourselves, which wasn't so big an' not so many teeth in it.

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**(Dennis Pratt, born 1935):** Charlie Metcalfe had a coal business and he used to pick the children up in Grisedale and I used to help Charlie with the coal. I used to hold the bags while he filled them up, and then we'd go off and deliver and he'd say "Right, you can drive my Austin back", and that's how I learnt to drive. He didn't pay me but he'd let me drive ! I went to work for George Dinsdale at Swarthgill (Garsdale) leading manure every Saturday, and what the big highlight was, he had what they called a land-cart, a car with the rear end cut off and a body put onto it, and we used to put two heaps of muck on so we got a lot of drives. And he used to say "Don't put much on", but that was the reason, so we could tear down the fields, because when I was nine years old I could drive and change gear and everything !



## **SEDBERGH COMMUNITY SWIFTS**

*Tanya & Edmund Hoare*

it is only one month to go before our swifts return, usually in the first week of May, although last year at Lowgill we had a record early arrival of 3 swifts returning on April 27th. Other spring migrants, including sand martins, have already been recorded this year.

One of the most exciting and important happenings in Sedburgh last year was having swifts exploring the new houses at Showfield Gardens and Station Rd, opposite Close's garage. We really want to encourage as many people as possible to watch out for them there this year. This is very important as it is evidence that swift nest bricks do work when installed in developments. Residents had reported parties of swifts flying around the houses from May onwards which was exciting news, and even more so when we were told they some flown up to investigate some of the nest bricks that had been incorporated into the properties, You may remember

reading that 50 integral nest bricks were installed by the developer during construction when we obtained a planning condition for this, at the ideal ratio of 1:1 buildings to bricks.. They are not positioned in each property, but in clusters of 2-3 in some of them, where there is a clear fly-in and sufficient height for the chicks, that have never flown before, when they fledge and leave the nest on that crucial maiden flight. Bat bricks, which look somewhat similar. have also been incorporated in different gables, usually in pairs.

Even more exciting was seeing swifts actually going into a nest brick! We had been patiently watching some nest bricks one evening in July (and patience is not normally one of my strong points – unless it's swifts!) when we saw a pair of swifts repeatedly trying to fly into one hole. We were utterly overjoyed and amazed that this should happen so soon on this estate. These swifts would have been non-breeders, young swifts almost ready to breed, exploring suitable nesting places for the following year and practising their

technique. Eventually the swifts managed to get in. When a new pair finds a nest place they then roost there each night, and next year return to that nest hole to breed.

This observation is fantastic news for all the national swift network, and it is evidence and ammunition for us in trying to get developers to install nest bricks in all their new developments. Why are they so resistant? Swift nest bricks are inexpensive, very simple to put in during construction, and the cheapest way to enhance biodiversity – one of the planning policies that they must follow when submitting planning applications.

The best way to ensure that swift nest bricks are installed in all new housing developments would be appropriate legislation. The Scottish Parliament has recently publicised a Bill making it mandatory for all new housing to incorporate swift nest bricks, although this is not yet ratified. Sadly when the same issue was debated by parliament in Westminster, the matter was rejected, due to the vote being enforced by a three line Labour whip to vote against. It is hard to understand the reasoning as incorporating swift nest bricks can be done at negligible cost and inconvenience. The very weak alternative is that installation of swift nest bricks will be “suggested” in planning guidance. The Senedd in Wales also rejected legislation regarding installation of swift nest bricks in a vote last November. Northern Ireland prefers the decision



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to be left to local councils, rather than incorporating it in legislation. This is most frustrating when wildlife, enhancing biodiversity and the environment are meant to be high on the agenda.

So we are appealing for you to join in swift watching at Showfield, the more eyes we have the better! So if you live in one of the new houses, or know someone who lives there but may not read this article, or simply would like to help do please get in touch with us.

In fact, the best way to promote swifts to a new location is to play attraction calls using a very simple electronic caller system. So if any residents would like to have this installed, please contact us as soon as possible and we will arrange it. And if you would like advice about putting up nest boxes, callers or integral nest bricks, don't hesitate to get in touch. We generally have a supply available.

To contact Sedbergh Community Swifts: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043.

**FRIENDS OF THE DALES**  
**Three Reforms to Stop the**  
**Criminal Killing of Birds of Prey**

*Victoria Benn, Membership and  
Events Officer, Friends of the Dales*

Despite more than 70 years of full legal protection, raptor persecution remains a serious and persistent wildlife crime. The Yorkshire Dales is one of the UK's worst-affected areas, with 152 confirmed incidents of persecution or suspicious disappearances recorded between 2009 and 2023.

To tackle these wildlife crimes effectively, the charity Friends of the Dales is asking people and supporting organisations to add their name to its Petition to Government seeking three reforms: better national recording of wildlife crime; the introduction of sentencing guidelines and the strengthening of penalties for offenders; and more effective regulation for those industries where the crimes often happen.

Head over to its website at [www.friendsofthedales.org](http://www.friendsofthedales.org) to find out more and add your name.

The charity also has the following events scheduled to support its Eyes on the Skies campaign speaking out against birds of prey persecution:

Birding for Beginners - Saturday 9 May, 10am – 4pm

Designed especially for 18-35 year olds, this event offered in collaboration with the Upper Wharfedale Field Society, comprises an informal but informative morning session near Grassington to get you clued up on what to look (and listen!) for. In the afternoon participants will then venture out on a 4–5 mile scenic



*Hen Harrier*

© Mark Harder

walk, spotting birds along the way and learning how different species use the landscape throughout the year.

To book email: [victoria.benn@friendsofthedales.org.uk](mailto:victoria.benn@friendsofthedales.org.uk)

Online Talk – Talking Raptor Persecution with Dr Ruth Tingay -  
\*New date\* Wednesday 20 May, 5.30pm – 7pm

A unique opportunity to hear from wildlife conservationist Dr Ruth Tingay, who has worked in the field of raptor research and conservation for more than 30 years. A former President of the international Raptor Research Foundation, Ruth now focuses on campaigning against the illegal killing of birds of prey in the UK through the blog Raptor Persecution UK. Ruth is also a co-director of the wildlife conservation organisation Wild Justice, with Chris Packham.

Book at: [www.friendsofthedales.org.uk/events](http://www.friendsofthedales.org.uk/events)



## RESTORATION, RECOVERY AND RE-OPENING

### Your local CWT reserve

*Cumbria Wildlife Trust*

Burns Beck Moss is a quiet, tucked-away gem. Andrew Walter and David Harpley explain why its wetland wildlife is waiting to be rediscovered. Burns Beck Moss is a valley mire, and, like many peatlands in the UK, it has been extensively modified by people. The moss has been drained and cut for peat at some point, then in the 1970s it was prepared for forestry planting. Fortunately, the planting did not go ahead, but the herring-bone drains and the straightened and deepened river can be seen in old aerial photographs. In the 1990s, proposals for further drainage and agricultural improvements led to the Trust's



*Jack Snipe © Joe Murphy*



*Broadwalk © Andrew Walter*  
purchase of the site, protecting Burns Beck Moss from further damage and enabling restoration of the peatland habitats for future generations.

### Restoration

At the time of acquisition in 1995, the moss was in a bad way. The hydrology had been disrupted and broken by drainage, resulting in peat degradation and fragmented habitats. After extensive survey work, contour mapping and water-level monitoring, a program of ditch blocking works was started to re-wet the peat. In 2008 the Trust was blocking the drains with what was then considered state-of-the-art plastic piling.

This was done by hand with the help of volunteers who together created 130 dams.

With all of the obvious drains blocked, we hoped the hydrological restoration was complete. However, recent monitoring showed the nature reserve remained too dry, allowing the development of scrub, and Burns Beck Moss was categorised as 'unfavourable declining' by Natural England – something more needed to be done to get the hydrology fully reinstated.

Thanks to funding from National Highways, Cumbria Wildlife Trust was able to develop a new restoration plan.

The plan included three main elements:

*Scrub removal:* The colonisation and development of scrub was one indication that the site was too dry. Scrub increases the loss of water from the peat through transpiration. It also reduces the mire habitats as a result of shading as the scrub spreads. The first element of the restoration was therefore to reduce the scrub to past levels and to prepare the way for the bunding and river works.

*River meandering:* The river had been modified in the past to create a very deep and straight-sided drain running in a straight course through the nature reserve. Even though the river had been dammed by the Trust for many years, it never showed any sign of infilling with sediment,

vegetation or woody debris, and it was still drawing down the water table. Consequently, the river restoration was designed to put the river back into what looked like an original paleo channel in the aerial photographs, with a much shallower profile and a longer route through the nature reserve.

*Cell bunding:* After topographical lidar mapping, bunds were designed to follow the contours of the bog surface. The bunds were created in cells so that if one failed, not all of the water would be lost. The existing surface peat had degraded through oxidisation because it had been drying for so long. As degraded peat is no longer impermeable to water, a lot of the water flow was sub-surface and not visible. However, a technique known as trench bunding allows an impermeable bund to be created. This involves digging a trench to find good quality peat, then excavating other good quality peat nearby to fill



After Restoration © Colin Aldred - Aerial Artwork

the trench to just above the surface. Finally, a turf from the excavation is placed on top to finish the bund. The aim is for water levels across the bund to be as close to the surface as possible, with the lower side of the cells and places where borrow pits were dug becoming areas of open water, whilst other areas on the higher side would be saturated peat and vegetation.

Burns Beck has water flowing into the nature reserve from several sources, so flow control structures were needed to allow water to flow through the bunds without eroding them. Work began in 2024 and the ground work was done by Treeclear, who were able to complete all of the elements of the restoration with the machines they had on site. The project was complete by the spring of 2025 and the bog started to recover, with its hydrology much better restored.

### **Recovery**

Within a few months the site was greening up and the bunds were holding back the flow of water. A range of wetland vegetation is developing in the cells, including Sphagnum and mire species, sedges and fen species. The land is full of optimism and new life. Burns Beck Moss restored is now a true wetland!

Why not come and see for yourself? The nature reserve is open and can be experienced from the new boardwalk. It's just a short section, so take time to appreciate the restored wetland habitats and the sights and sounds of the intimate surroundings. The boardwalk itself is a desirable basking area for lizards

on warm days. Sections of the old drain are now deep pools of open water buzzing with dragonflies, with natural shelter provided by lilies. You can get close to sedge warbler, reed bunting and snipe in the fen habitats, reed beds and scrub.

The restoration of Burns Beck Moss was part of a Network for Nature project funded by National Highways.

### **Plan your visit**

Location: near Killington, just a few miles from J37 of the M6. Grid Ref: SD 595 880. what3words

///anchors.modifies.singing.

Parking: off-road parking within a flat area of a quarry.

Access: the new path is wide, wheelchair-accessible and includes two-tone edging strips to aid those with visual impairment. There are regular stopping points with benches where the ambience of the surroundings can be soaked up. The recycled plastic materials will ensure the path will stand the test of time where timber has failed in the past. Interpretation panels help to highlight some of the boggy inhabitants, with sound clips, films and tactile elements too.

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## SEDBERGH HANDBELLS

*Nicola Crawford*

Anyone opening a window on a warm, Tuesday evening in Sedbergh will be familiar with the welcome peel of the church tower bells. This regular practice punctuates the week and reminds us of the long tradition of bell ringing in the town. What you may not know is that a smaller set of bells, handbells, is now rung regularly on a Wednesday night. Since early 2025 a group of around 15 keen handbell ringers have been exploring the art of tintinnabulation, (a wonderful word that just means, the ringing or sound of bells). This has only been made possible because of the generosity of a trusting team member, who very kindly lets us ring their family's set of 13 handbells, for which we are most grateful.

So, why handbells? It is not known when man first used a portable bell to create a metallic ringing sound, but there are examples of such bells originating from China, India & Korea which date from 1400 BC. There are many examples of handbells being used in the performance of religious



ceremonies as well as in secular society ever since. For example, town criers alerting their audience and school bells to maintain routine. However, ringing tunes on handbells specifically designed for that purpose did not become popular until the 1700s. Belfry funds were often used to purchase a set of handbells that were equivalent to the tower bells in number and musical sequence. Church tower bell teams discovered ringing such handbells was a useful addition to their routine as it allowed them to practice without disturbing the local population and to also imbibe in the local hostelry whilst ringing! Groups also found they could



ring other tunes, firstly trying carols and hymns, then moving on to chamber music and subsequently, to popular classics of the day.

This practice grew and teams dedicated to ringing only handbells, rather than church tower bells, began to be found across the country. In its heyday, between 1855 – 1925, an annual competition was held at Belle Vue Gardens, Manchester, where teams ringing up to 200 handbells regularly competed. With this number of bells to ring, teams used the traditional “off-table” style of ringing which was adopted by many English teams. The bells are arranged (laid flat) on a table, which is covered with a layer of foam and a cloth. They are picked up, rung and replaced on the

table. A ringer may have anything up to 22 bells in front of them, which they pick up and play when needed. The foam “damps” the sound of the bells as they are put down. This would have provided quite a spectacle and special excursion trains helped transport the 15,000 people attending the competition. However, due to both the invention of the radio and the impact of the First World War, by the 1930s, few teams remained.

Handbell ringing had a revival of interest when the “Handbell Ringers of Great Britain” society was formed in 1967 leading to the formation of many new groups. A thriving community of campanologists now continue to enjoy tune ringing across



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the UK.

But enough of the history, what do we do in Sedbergh? Well, anyone who attended the Carol Service at St Andrew's last year will have heard us playing carols on handbells. Also, those venturing into St Andrew's at Late Night Shopping could have heard folk tunes and foot tappers too. But, the most important thing we try to do is have fun. We are a group of mixed abilities, so we have two sessions: one focussing on training, for those with little, if any musical experience; and a second for those working on more challenging pieces. Our group also has members from choirs, orchestras and some who haven't been involved in music for many years. Interestingly, people often think that because they have a musical background, ringing one bell won't require much concentration, but it can be surprisingly challenging as

well as quite addictive. So, something for everyone?

If you are curious to find out more, would like to try ringing a handbell or just fancy hearing "On Ilkley Moor bar t'at" played on handbells(!), please come and join us at our coffee morning at St Andrew's, Wednesday 22nd April, 9.30am – 11.30am. There will be cake, coffee and music and all proceeds raised will support the maintenance of the bells we play and bolster our fund to buy more bells in the future. Whilst we would love to welcome new ringers, with only 13 bells and 15 in the team we are currently up to full capacity. However, if we are successful in raising funds to acquire more handbells we would look forward to expanding the team.

If you would like more information about our plans for the future, or wish to support us in any way on the 22nd April please do feel free to contact me on [nicolacrawford1@gmail.com](mailto:nicolacrawford1@gmail.com)

## **KILLINGTON SAILING ASSOCIATION**

### **A.G.M. Annual Report**

*Geoff Pardoe, Chairman*

Membership continued to be maintained so that our finances continued to be healthy and no membership fee rise has been necessary again this year.

A much newer RIB to act as our escort boat has been purchased to replace our ageing previous one which has been sold at a discount to Kentdale Scouts. A new 4.7 rig for the club ILCA has been purchased along with the addition of a Hartley 12 to our fleet. More winging equipment has been purchased to support this expanding activity at the lake. The site and clubhouse continue to be maintained with new external lighting,

a replacement shower installed and two new outside benches amongst other jobs. Bendrigg Lodge have installed a new hoist on the floating jetty.

Last year saw a successful Open Day "Discover Sailing" and this will be repeated this year on Sunday June 14th from 11am to 3pm. Booking arrangements will be publicised nearer the time. The junior regatta in 2025 went well with over 20 dinghies competing from 7 teams and this event will be repeated on Saturday May 16th for teams consisting of three sailors from Years 8 and below. Canoe polo has been a regular activity at the club and we were pleased to hear that 3 of their group have been selected for the GB Squad.

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Many groups, mainly youth, use the lake ranging from cadets to scouts via schools alongside the long term use of the lake by Bendrigg Lodge. Several canoe groups are also members; Lakeland Canoe club, Cumbria Canoeing alongside Lost Earth adventures.

Informal tuition on a peer to peer basis was run on Friday evenings from mid April to mid July with sessions for dinghy sailing, windsurfing, stand up paddleboarding and canoeing. These sessions will happen again this year starting on 1st May. Escort boat cover was provided on Saturday afternoons from Easter to the end of the school summer holidays. We are very grateful to all the club members who volunteer to

help those activities.

Club racing was run monthly from May to October and these were variably attended depending on the weather and other random factors! These, again, will be run in 2026 monthly starting on 9th May.

The lake does get algal blooms and the Canal and River Trust are trialling the introduction of barley bales into the lake to see if they can improve the situation. There is a long threatened road closure due to a United Utilities project but no date has been announced.

The Club is very healthy and welcomes new members although the space available for storing craft at the lake is very limited – a victim of our popularity.

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### **SEDBERGH TENNIS CLUB A.G.M.**

*Heather Pakeman*

After our AGM held on Thursday  
12th March we would like to share  
with you some of the decisions we  
made which will hopefully encourage  
you to try out some of the  
opportunities we can offer.

Once again we have decided not to  
raise our membership fees and they  
continue to be the cheapest in the  
county. This entitles you to play  
Tennis and also Pickleball on the  
Guldrey Lane courts ( as well as  
indoor Pickleball in the winter  
months, for an additional small fee).  
£40 for adult membership, £70 for a

family/couple and £10 for children/  
students.

We will hopefully be offering Junior  
coaching on the courts in the summer  
months with details to follow from  
Michael Cartmell.

Outdoor Pickleball sessions will  
begin soon (dates to follow) and  
weather permitting, will run on  
Tuesdays and Thursdays from  
5:00pm and Sundays from 2:00pm. If  
its too wet or too windy we won't be  
there!! Court lines are permanently  
down so you can also play at any  
time.

There are people who enjoy  
playing tennis and if this is you, then  
we have members who would love  
you to join them. If there is interest in

tennis coaching for adults we can look into providing this.

If a regular commitment for Tennis or Pickleball doesn't work for you there is an Honesty Box where you can pay as you go. Just £2/person/hour- a bargain.

We are a sociable bunch with occasional tournaments, meals out and sociable activities on court side. Come and join us. Any ability and any age are all welcome and we look forward to seeing you out on the courts.

## TWIN SING THING 15TH - 17TH MAY

*David Burbidge*

As I am sure most of you know, for over 20 years Sedbergh in the Yorkshire Dales has been twinned with the small Slovenian town of Zreče - during which time we have had almost a 100 exchanges of choirs and singers, school children, Scouts, hillwalkers, poets, artists, bird watchers, folk dancers, wild flower enthusiasts, skiers....and many others.

It all started with a BBC documentary, made in 2004, called The Town That wants a Twin, about how we were looking for a twin town. The BBC paid for representatives from 4 towns from different countries - France, Austria, Cyprus and Slovenia - to visit Sedbergh and try to win our hearts.

Bakers, hotel managers, choir leaders, footballers and others stayed in the homes of our baker, brewer, hotel manager, town band leader, footballers and others! Even the Slovenian Policeman Matej stayed with our community policeman Dennis Whicker, driving around together in a squad car, and talking to our school children about road safety. After each town had visited for a week, we all came together in the village hall with a presentation from each town, with singing, and town bands, and folk dancing, and poems, and speeches - and a vote.

Our community overwhelmingly chose the Slovenian town, partly because like us they are a rural community surrounded by beautiful countryside. But also we very much



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liked them as people, being very down to earth with big hearts and small egos, and a shared love of nature and community.

Over the weekend of May 15th - 17th, Slovenians and Slovenophiles will be visiting Sedbergh for our celebrations - including singers and dancers from both our countries. There will be a number of activities for you to join such as informal singing in the pub, country walks with wild flower and bird spotting (named in both languages), Slovenian and English folk dancing, Slovenian and Yorkshire cake (Potica and Parkin), a community litter pick to make sure we look our best, displays in the shop windows, and much more. I will be leading a weekend teaching songs with harmony in Slovenian and English at Farfield Mill on Saturday and Sunday from 10am, with wildflower walks along the riverbank to sing among the spring blooms.

When we go on the train to sing in Zreče, naturally we go further afield to visit other towns and places - we climbed up Slovenia's highest mountain Triglav; we swim in lakes and under waterfalls near Bled;

engage with choirs in the capital Ljubljana; and meet singers by the seaside at Piran. We often talk about the "Greater Zreče area".

And so we invite all Slovenians living in the UK and beyond, and you, our good friends from Sedbergh and the Greater Sedbergh area, to join us here in Sedbergh over the weekend. I like very much that this transcontinental connection between our two countries, described by Slovenian and British Ambassadors as "the most successful and active town twinning in Europe", has at its centre not capital cities but two rural communities where fellowship, singing, hospitality, connection to nature, and kith and kinship, are valued more than sophistication, wealth and status.

You might also like to join us in Slovenia for a week of singing in the mountains from May 21st, staying on a beautiful organic farm, meeting local choirs and singers, with other outings (nothing too strenuous) including a couple of days singing alongside the Waldorf School choir in the capital Ljubljana. You will be most welcome.



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and drinking songs. Or make your own way to Slovenia earlier, if you want to extend your holiday, and join us in Kranj when our train arrives at 17:45 on May 21st.

Srečno pot! Gute Reise! Bon Voyage!

David Burbidge, Lakeland Voice,  
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"And this shall be as a bond between us - that we are of one blood you and I, that we cry peace to all and claim kinship with every living thing; that we hate war and sloth and greed and love fellowship - and that we shall go singing to the fashioning of a new world." Woodcraft folk

## THE LONGEST YARN 2 Britain at War Exhibition, Rheged

*Mrs Gillian Wright*

I am a member of The Craftworkshop, Main Street Sedbergh and have been a lifelong crocheter & knitter. You might remember I wrote a similar piece for the first exhibition celebrating the 80th Anniversary of the D-Day Landings. This was the brainchild of Tansy Forster (a Brit who has lived in Normandy for 23 years). Diane (a fellow knit & natter friend) and I agreed to do a panel for that one; paratroopers waiting to board a Horsa Glider on UK soil. The first exhibition toured the UK and went on to the USA for a year. Just this week it arrived back in Normandy at a Norman Church in Saint-Hilaire-Petitville.

Being the 80th anniversary of VE Day Tansy decided to do a second exhibition showing all what happened in the war years in Britain. So there are panels depicting the King's Speech, rationing, air raid shelters and the like. We decided to do another panel, this time depicting children being evacuated assembling in a school playground.

Both my parents were evacuated



from Liverpool, Mum to Wrexham and Dad to Shrewsbury, together with his sister Thelma, but they got split up being chosen by different families. They all came back to Liverpool in time for the May blitz 1941. All the children depicted in the panel have the names of real-life evacuees who were relatives and friends. In the panel, having the same dimensions of 1m x 0.5m width, we had to make the school a certain size to fit. To be in proportion, the children and teachers had to be no more than 4 inches tall. So they could be moulded into different shapes, they had articulated arms and legs with garden wire wrapped up in drinking straws. I used 2mm needles and 4 ply yarn and each one took 6 hours to make! We estimated it took us over 200 hours to make in total. It has been touring Britain since August last year and is still on show in 2027.

The closest place to see it at the moment is Rheged Penrith, opening times from 26th March to 27th April. You can book tickets at £5 each is on their website [www.rheged.com](http://www.rheged.com)

Fundraising is ongoing and any excess will be donated to veterans' charities and full details for donations & other venues in UK can be found on [www.thelongestyarn.com](http://www.thelongestyarn.com)

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## **BEATRIX POTTER AND THE NATIONAL TRUST**

*Karen Bruce Lockhart*

Beatrix Potter came of a wealthy cotton family living in London and inherited a substantial sum. However, her real riches came from the royalties of her outstandingly successful children's books which sold in their millions both nationally and internationally. She was also one of the first authors to license the manufacture of her fictional characters, patenting Peter Rabbit and supervising the production of such merchandise

In 1905 after the death of her fiancé and the success of Peter Rabbit she bought Hill Top which became her

retreat. She did not live at Hill Top or run the farm herself. She rented the farm to a tenant farmer who lived there, but she took an active interest and visited frequently. Although she was brought up in a restricted lifestyle in London, she spent long summer holidays in the Lake District as a child and became interested in the countryside and farming. She learnt a lot about farming and sheep as the owner of Hill Top and overseeing the management of the farm. She gradually became very knowledgeable about farming and in particular Herdwick sheep. She was greatly respected by local farmers. Soon after acquiring Hill Top in 1907 she began to purchase other farms in



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the district, always installing tenant farmers. This brought her into contact with the local farmers and taught her about Herdwick sheep. It was extremely unusual for a woman of her social class to own farms in Edwardian England, and even more so to take an active interest in their management. Even if she owned such property, it was expected that her husband or other male relative would deal with it.

However, when she married a local solicitor, William Heelis, in 1913 she moved permanently to the Lake District and became even more involved in farming and Herdwick sheep. She began to win prizes at local shows for her sheep. And she

continued to purchase farms and to take an active interest in the preservation of the local agriculture. Eventually she was voted president of the Herdwick Sheep Breeders Association. By the 1920s and 30s she was buying farms principally for preservation purposes.

Beatrix Potter was not involved in the setting up of the National Trust but took an active interest in it and was one of its most important early supporters. She was a close friend of Canon Hardwicke Drummond Rawnesley, one of the three founders of the National Trust. having met him in childhood when staying at Wray Castle. She worked closely with the Trust, helping it to acquire land and

manage farms. She became one of the most important influences in preserving the Lake District landscape. On her death she left the Trust one of the largest gifts they had ever received – fourteen farms and about 4,000 acres of land much of which was open fellside suitable for the Herdwick sheep.

Beatrix Potter saw that the famous Lake District landscape exists because of centuries of sheep farming, and she used her land purchases to protect that whole system. Because of this strategy and the National Trust, large parts of the Lake District still look much as they did in Potter's time. Herdwick sheep remain one of the defining features of the region.



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## **WESTWOOD BOOKS March Update**

*Heather Thomas*

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

### **Upcoming Events**

Robin Ince – Let The Quiet Ones Rise

We are delighted to be welcoming back Robin Ince on Tuesday 12th May. Robin performs poetry from his latest collection - let the quiet ones rise - and tells stories of the inspirations many of which have come from the journey he took while writing Normally Weird and Weirdly Normal which is freshly out in paperback on 30th April (and he may explain a little of how this work played its part in him resigning from The Infinite Monkey Cage)

Doors open at 7:00pm and the event starts at 7:30pm. Free hot drinks will be available on arrival. There will be an opportunity to buy books and get them signed afterwards. £5 entry fee is redeemable against the price of the book. Should you wish to reserve a book please email us [books@westwoodbooks.co.uk](mailto:books@westwoodbooks.co.uk)

### **Book Club**

Second Wednesday of the month, 7pm at the bookshop

Our March book was *Machines Like Me* by Ian McEwan which brought up some interesting themes and discussions around AI and what makes us human. This was one of our top rated books with the group giving it 8/10. Our next book will be



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## ANTONY GORMLEY

*Jenny Howard-Vyse*

The Arts Society, Wensleydale's next meeting is on Tuesday 28th April, at 2pm. Held at Tennants, in Leyburn, DL8 5SG. There is plenty of free parking, a café and restaurant. All welcome.

The lecture is given by Rosalind Whyte who has a BA and MA from Goldsmith's College, and an MA (distinction) from Birkbeck College. She is an experienced guide at Tate Britain, Tate Modern, the Royal Academy and Greenwich. She also lectures at the Tate. Rosalind last came to speak to Arts Society Wensleydale on 250 Years of the Royal Academy of Arts, London in March 2023.

The lecture - a Body of Work - Antony Gormley's career spans nearly 40 years, during which time he has made sculpture that explores the relationship of the human body to space, often using his own body as his starting point. His work has been shown throughout the world, in galleries including the Tate in London and the Hermitage in St Petersburg, but is also often on open display, as public art, such as Another Place at Crosby Beach, near Liverpool. As well as works that he is well known



The Leviathan by Rosie Andrews. Everyone is welcome to come along to discuss on Wednesday 8th April.

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

for, like the iconic Angel of the North, this lecture will look at some of his earlier and less well-known works, to give an overall view of the development of his work across his whole career, up to the present time.

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

## DEALING WITH ONLINE SCAMMERS

*Karen Evans, Chief Officer South Lakes Citizens Advice*

My mum doesn't live nearby, but we keep in touch by using the internet. I discovered today that she has been scammed into sending money to people she has never met, because she is very kind-hearted, and I think she has given away her bank details. Whatever can I do?

Online scammers take advantage of people's kindness, and some are very clever at gaining trust before they ask for money and bank details. It is very embarrassing to admit that

you have been scammed, but the cleverest people can be caught out, and it's important to take action as soon as you can.

Check if she can get her money back: Tell her bank about the scam as soon as possible - they might be able to stop the transaction before it reaches the other account. If the transaction went ahead, she could ask for a refund. The bank will make a decision by looking at the evidence, e.g. emails, and they should reply within 15 working days.

Protect from further risks: If she feels personally threatened, she should call 999 and ignore all messages but report them to the police. Remind her to be very suspicious of requests for money from now on. Her bank should alter her account details to protect her but keep an eye on her bank statements and look out for any unusual transactions. Also, check her credit score to see if there are applications

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📍 [THETHIRSTYRAMBLERSEDBERGH](https://www.instagram.com/thethirstyramblersedbergh)

for credit you don't recognise. She should re-set her passwords and update her anti-virus software.

Report the scam: Report the scam to Citizens Advice, who will pass it on to other relevant organisations. Your mother's evidence could help them stop the scammer targeting other people, and she should not feel embarrassed about it.

If you need more help with any of these actions, contact South Lakes Citizens Advice to speak to an adviser.

Free, confidential advice and help are 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](http://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](mailto:manager@southlakesca.org.uk)

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## WHAT TYPE OF DEMENTIA?

*Dementia UK*

Around one million people in the UK are estimated to be living with dementia in the UK, and someone develops the condition every three minutes.

Dementia causes changes in memory, thinking, personality and behaviour, but symptoms vary depending on which type the person has. Understanding the various types of dementia means people can get the right support to help them live better with the condition.

The most common are Alzheimer's disease, vascular dementia, Lewy body dementia, frontotemporal dementia and mixed dementia.

Alzheimer's disease is the most common form of dementia, accounting for around 60% of diagnoses in the UK. It is also the most common form of young onset dementia (where symptoms develop before the age of 65). Alzheimer's disease is a type of dementia that mostly affects older adults, but it can also develop in younger people under

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[info@chapelgalleryhawes.com](mailto:info@chapelgalleryhawes.com)

[www.chapelgalleryhawes.com](http://www.chapelgalleryhawes.com)

the age of 65, when it is known as 'young onset Alzheimer's disease'. It causes problems with memory, thinking and behaviour. As a progressive condition, it will affect more and more aspects of a person's life over time.

Vascular dementia is the second most common type of dementia, affecting around 150,000 people in the UK, followed by Lewy body dementia and frontotemporal dementia. Vascular dementia is a form of dementia that occurs when the brain does not receive enough blood supply, meaning it cannot carry out its normal functions.

It is caused by damage or disease to the blood vessels in the brain, often as the result of a stroke or transient ischaemic attack(s) (TIAs), also known as 'mini strokes'.

Vascular dementia can also result from other conditions that affect the supply of blood to the brain, such as high blood pressure, heart disease and diabetes.

Frontotemporal dementia (FTD) is an umbrella term for a group of dementias that mainly affect the frontal and temporal lobes of the brain, which are responsible for personality, behaviour, language and speech. Unlike other types of dementia, memory loss and concentration problems are less common in the early stages.

Frontotemporal dementia is a rare form of dementia affecting around one in 20 people with a dementia diagnosis.

Lewy body dementia is an overarching term for a set of complex and challenging conditions that can be mistaken for Alzheimer's disease due to the overlap in symptoms. This means it may be misdiagnosed. However, getting an accurate diagnosis as early as possible will enable the right support to be put in place to help manage its progression and maintain the person's quality of life.

Mixed dementia is a condition where two or more types of dementia occur together, which often makes it challenging to diagnose and manage. A person with mixed dementia will experience a combination of the symptoms associated with the types of dementia they have.

Alcohol-related brain damage is a brain disorder caused by drinking too much alcohol over a prolonged period of time, which can result in memory loss, impaired judgment and difficulties with coordination and balance.

Much more information on all these forms of dementia can be found on the Dementia UK website [www.dementiauk.org](http://www.dementiauk.org)

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**sedberghpeopleshall.org**

For bookings email  
**booking.peopleshall@gmail.com**

## SEDBERGH VOLUNTARY CAR SCHEME

*Georgina Devine*

When I was coming back from Dent Head to Foot group last Friday, The driver was called Ed.

I was telling him about the poems I do.

He wanted me to do a poem about the voluntary car drivers, To try to encourage more people to join them.

Tell them we're a nice, good bunch of drivers,

And I would like to encourage more volunteer drivers for Sedbergh.

It's nice and relaxing, no pressure. Ed says it's great to help people to get about to different places. Shops, shopping, doctors, activities, groups.

To find out more: call Myles Ripley on 07880161648 or read the Voluntary Car Scheme Customer Leaflet available from the Information Centre

## BOOK TOWN QUIZ ANSWERS

1. Swallows and Amazons – Arthur Ransome
2. Living Free / Forever Free
3. The Female Eunuch
4. The Merchant of Venice
5. Gothic
6. Marcel Proust
7. Roald Dahl's
8. Dr D G Hessayon
9. On the Origin of Species
10. Ben-Hur – Lew Wallace
11. Do not go gentle into that good night – Dylan Thomas
12. And Now All This

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## LOOKAROUND DETAILS

### **LOOKAROUND INFORMATION**

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

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

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

Items for the 'Lookaround' should be emailed to:

[editor@sedberghlookaround.org.uk](mailto: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.

### APRIL 2026

01	1300	Pilgrim Cello - Kenneth Wilson	StAS
02	1930	WIHF - Lacemaking (27)	FCH
05	645	Dawn Service	Winder
05	1315	832 Bus Service Sedbergh 1st Run (5)	TBA
05	1600	Eggstraspecial tea party (10,5)	DMC
05	1800	Shelly's Bane	Thirsty Ra
05	1900	Moonshine Shakers plus!	Half & Hal
08	1930	WIS Kathandu orphans (21)	PH
10	900	Pump Track (6)	Lupton Fie
10	1400	Dent Head to Foot Mines in stereo (28)	DMH
11	1500	Darts Tournament	WHC
11	1930	Dido and Aeneas (Mar)	StAD
12		Pump Track (6)	Lupton Fie
13		Summer Term	DPS
13		Summer Term	SPS
13		Summer Term	SSAT
13	1930	Peoples hall AGM (7)	PH
14		Little White Bus Hawes Service Begins (5)	TBA
14	1400	Killington WI Plant Propagating (23)	PH
14	1930	Domino Drive	FCH
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
18	1330	Daffodil Day Whelprigg (11)	Whelprigg
19	1800	Summer Term Begins	PHCR
22	930	Handbell Coffee Morning (44)	StAS
22	1930	WIS Fashion Show	PH
24	1100	Sedbergh Economic Partnership	SHC
28	1400	Antony Gormley (57)	tennants I

### MAY 2026

01	1400	Dent Head to Foot Kenya	DMH
08	1900	British Legion Annual Dinner (18)	GC
09	1000	Birding for beginners (40)	Grassingto
09	1100	Pmr/Gca support group	FM
12	1400	Killington WI Bees	PH
12	1930	Domino Drive	FCH
12	1930	Robin Ince Poetry reading (56,1)W/wood boo	
13		Health Centre closed - staff trg	TBA
13	1930	WIS County Tops J'oG to LE	PH
14	1900	Parish Annual Electors Meeting	PHCR
14	1900	Parish Council A.G.M.	PHCR
14	1930	Sedbergh Parish Council	PHCR
15		Town Twinning Zrece visit (50)	TBA
16	1000	Junior Regatta	Killington
17		Town Twinning Zrece visit (50)	TBA
20	1730	Raptor Persecution (40)	Online
22		Half Term	DPS
22		Half Term	SPS
22		Half Term	SSAT

22	1400	Half Term Begins	SS
22	1845	BBQ	FCH
24		Town Twinning celebrations	TBA
25	1900	Duck Race	HVH
27	1300	Garsdale Sports	GVH
31	1800	Half Term Ends	DPS

### JUNE 2026

01		Half Term	DPS
01		Half Term	SPS
01		Half Term	SSAT
05		Dent Head to Foot Summer outing	TBA
05	1100	Sedbergh Economic Partnership	SHC
09	1400	Killington WI Fell Ponies	PH
09	1930	Domino Drive	FCH
10		Health Centre closed - staff trg	TBA
10		WIS Summer Outing	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 (21)	StAS
14	1000	Come & Sing Day	StAS
14	1100	Killington Sailing Open Day (47)	Killington
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 Hurdall-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 (Mar)	Grange
21	1930	The Budapest Café Orchestra	StAS
22	1300	Christopher Steele & Peter Noke	StAS
22	1930	BIM Trio	StAS
23	1300	Chethams's School of Music	StAS
23	1930	Roderick Williams	SPH
24	1930	Manchester Baroque	SPH
25	1300	Choral Scholars of York University	StAS
25	1930	I Fagiolini	SSC26
		Sedbergh Music Festival (21)	StAS
26	1930	Jeneba Kanneh-Mason	StAS

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

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 1<sup>st</sup> September.

## PEOPLES' HALL HIRE RATES

From 1 <sup>st</sup> 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 - rosemaryhandley@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
Crickit 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)

Orchestra - Sedbergh -----	drnicolacann@outlook.com
Over 60's Swimming Group -----	Sedberghswimmingclub@gmail.com
Parent Support Group -----	Mrs Goad - 015396 20402
Parish Council - Dent -----	Scott Thornley - 07368 455353
Parish Council - Garsdale -----	Clerk - clerk@garsdaleparishcouncil.gov.uk
Parish Council - Sedbergh -----	Janey Hassam - 07966 134554
People's Gym -----	membership@sedberghgym.club
People's Hall -----	Steve Longlands - 015369 20885
Pepperpot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Janey Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
PMR/GCA support Group -----	0300 111 5090 / kendal@pmrgca.org.uk
Poetry Club* -----	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Royal British Legion -----	Keith Birbeck - 07557 871961 / keithbirbeck@gmail.com
Schools - Dent Primary -----	015396 25259
Schools - Dent Primary - Friends of -----	015396 25259
Schools - Sedbergh Primary -----	015396 20510
Schools - Sedbergh School -----	015396 20303
Schools - Settlebeck -----	015396 20383
Scouts -----	Bill Mawdsley - 07989 201481
Scouts - Beavers -----	Bill Mawdsley - 07989 201481
Scouts - Cubs -----	Bill Mawdsley - 07989 201481
Sedbergh Book Town -----	booktown@sedbergh.org.uk
Sedbergh Community Tree Group -----	Evelyn Pardoe - plantmoretrees3@gmail.com
Sedbergh Environmental Group -----	sedberghcomarket@greencobweb.co.uk
Sedbergh Ladies Friendship Group -----	Jo Birkbeck - 07769 908663
Sedbergh Songsters -----	TBA
Sedbergh United Charities -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
Senior Golfers -----	Mr Braddon - 0330 1138850
Shooting Club - Sedbergh -----	Richard Martin - 07884 559829
Sight Advice South Lakeland -----	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale) -----	Anastasia Micklethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 07877 301088
Swimming Club -----	Sedberghswimmingclub@gmail.com
Tennis Club -----	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Transport Users Group -----	Ed Welti - sd.transportusers@gmail.com
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 / 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 Information Centre for £1.***

## 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

<b>Proprietor</b>	<b>Address</b>	<b>Phone (015396)</b>
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09)	21529
	<i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	
e-mail:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>		

## CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN	34032
	<i>Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i>	
	<i>Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i>	
	e-mail: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a>	
	website: <a href="http://www.scrogghouse.farm">www.scrogghouse.farm</a>	
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: <a href="mailto:hello@killingtontower.co.uk">hello@killingtontower.co.uk</a>	
	website: <a href="http://www.killingtontower.co.uk">www.killingtontower.co.uk</a>	
The Roost at Bowersyke, Killington, LA10 5EW		07927 295262
	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i>	
	e-mail: <a href="mailto:booking@theroostcottage.co.uk">booking@theroostcottage.co.uk</a>	
	website: <a href="http://www.theroostcottage.co.uk">www.theroostcottage.co.uk</a>	

### 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

**NORTHERN DALESBUS**  
**832 SUNDAY AND BANK HOLIDAYS**  
**Hawes - Sedbergh - Kirkby Lonsdale**  
*From 5th April - 18th October 2026*

	Sun/Bank Hol		Sun/Bank Hol
Hawes Mkt Place Mkt Hall	1240	Kirkby Lonsdale Booths	1520
Garsdale Head The Moorcook	1252	Kirkby Lonsdale Square	1522
Garsdale Street	1300	Sedbergh opp. Library	1545
Sedbergh Farfield Mill	1310	Sedbergh Farfield Mill	1548
Sedbergh Library	1315	Garsdale Street	1558
Kirkby Lonsdale Square	1340	Garsdale Head The Moorcook	1605
Kirkby Lonsdale Booths	1342	Hawes Mkt Place Mkt Hall	1620

All single fares are no more than £3.  
 Under 19s travel for £1.  
 Dales Rover tickets and Elderly/Disabled bus passes valid.  
 Operated by Arriva North East as part of the DalesBus network

**WESTMORLAND AND FURNESS COUNCIL**  
**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

**WESTERN DALES BUS  
S1T TUESDAY AND THURSDAY**

**Kirkby Stephen Co Op to Kendal Morrisons via Sedbergh and Oxenholme, and return  
From 1st April 2026**

	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	*
563 from Penrith arr.	9:21		14:16	
563 from Penrith dept.	9:49		14:44	
	..	..	..	..
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	*

**LITTLE WHITE BUS**  
**TUESDAY**  
**Hawes - Garsdale Station - Sedbergh**  
*From 14th April 2026*

..	Tues	Tues	Tues
Hawes dep	0925	1245	1500
Sedbergh arr	1010	1330	1545
Sedbergh dep	1010	1405	1545
Garsdale Station	1040	1435	..
<i>Train to Leeds</i>	<i>1053</i>	<i>1440</i>	<i>1607</i>
<i>Train to Carlisle</i>	<i>1054</i>	<i>1450</i>	..
Garsdale Station	1045	1440	1610
Hawes arr	1100	1445	1625

£10 return Hawes to/from Sedbergh  
£5 single Hawes or Stn to Sedbergh or vice versa  
£3 single 1610 Stn to Hawes  
£2 return/£1 single Child

**WESTERN DALES BUS**  
**S1W WEDNESDAY**  
**Dent Village to Kendal Morrisons via Sedbergh and Oxenholme and return**  
*From 1st April 2026*

	Weds	Weds	Weds	Weds	Weds
Kendal Morrisons	*	*	11:06	13:21	15:50
Kendal Blackhall Road	*	9:12	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	*	9:26	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	8:34	10:18	11:53	15:02	*
Sedbergh Library	8:36	10:20	11:55	15:04	*
Sedbergh Opp. Morphets	8:37	10:21	11:56	15:05	*
Killington M6 bridge	8:46	10:30	12:05	15:14	*
Oxenholme Station	8:56	10:40	12:15	15:24	*
Kendal K Village	9:01	10:45	12:20	15:29	*
Kendal Bus Station	9:07	10:51	12:26	15:35	*
Kendal Morrisons	*	10:56	12:31	15:40	*

**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>	<i>0934</i>	<i>1106</i>	<i>1501</i>
<i>Trains to Leeds</i>	<i>0920</i>	<i>1146</i>	<i>1455</i>
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>	<i>1106</i>	<i>1501</i>	<i>1703</i>
<i>Trains to Leeds</i>	<i>1146</i>	<i>1455</i>	<i>1717</i>
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

**WESTERN DALES BUS**  
**S1S SATURDAY**  
**Dent Station to Kendal Morrisons via Sedbergh and Oxenholme and return**  
*From 1st April 2026*

	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	9:18	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**

Associate Minister

**Rev'd Dr Sally Pickering**

**sally.pickering@westerndales.org.uk**

Usually works Saturdays, Sundays, and Mondays.

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 Woolf 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	10.30am, Morning Prayer
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** - 2<sup>nd</sup> and 4<sup>th</sup> Sunday 2pm.

*Combined plans for Western Dales Mission Community  
April 2026*

	Time	5 <sup>th</sup>	12 <sup>th</sup>	19 <sup>th</sup>	26 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8.30am		HC-BCP	HC-BCP	HC-BCP
	10.30am	Easter Day HC	Choral Matins		HC 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Easter Day HC	Service 4pm- Messy Church	Joint Service	Morning Service
St. Mark's, Cautley LA10 5LZ		9.30am Easter Day Service		10.30am MP	
St. John's, Garsdale LA10	10am	Easter Day Service		Lambing Service	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service		Service
All Saints, Killington LA6 2HA	2.30pm	10.30am Easter Day HC			
Holy Trinity Howgill LA10 5JD	9.30am				
St. John's Firbank LA10 5EF	2.30pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am	Easter Day HC	HC		All-Age Service
Dentdale Methodist Chapel LA10 5QJ	10.30am	4pm Eggstraspecial Tea with Easter activities		Morning Service	
St. John's, Cowgill LA10 5RJ	2.30pm	9am Easter Day HC		HC	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	<b>Tues</b>	<b>7<sup>th</sup></b>	<b>14<sup>th</sup></b>	<b>21<sup>st</sup></b>	<b>28<sup>th</sup></b>
St. Andrew's, Dent LA10 5QL	9.30am			HC-BCP	
	<b>Weds</b>	<b>1<sup>st</sup>/8<sup>th</sup></b>	<b>15<sup>th</sup></b>	<b>22<sup>nd</sup></b>	<b>29<sup>th</sup></b>
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Roman Catholics	21.00				Compline Night Prayer
HC- Holy Communion (HCx- 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](http://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](mailto:101@cumbria.police.uk)

Crimestoppers 0800 555 111

## **Community Officers**

Mandy Colman - 07773 181425

[Amanda.coleman@cumbria.police.uk](mailto:Amanda.coleman@cumbria.police.uk)

Adam Roberts—07773 217740

[adam.roberts2@cumbria.police.uk](mailto: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](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125

[www.sedbergh.org.uk](http://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](mailto: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*