

Sedbergh & District

LOOKAROUND

May 2026

Donation £1.50

Issue 453

We have heard that the Gala may be revived, which is truly good news. It was the star Sedbergh event for many years. This edition reports on many other things that are happening, or have happened this

year, including the Pump Track, which was a great success over Easter, the Spring Show, anniversaries for Town Twinning and Hawes Chapel and the upcoming Music Festival. *Ed.*

KILLINGTON SPORTS 2026

THURSDAY 28th MAY

6PM START

📍 BECKSIDE FARM, KILLINGTON LA6 2EY

ADULTS £6 - CHILDREN £4

CASH ONLY ON THE GATE

COME AND TAKE PART IN A TRADITIONAL
OLD ENGLISH SPORTS MEETING FOR ALL AGES

GOOD PRIZE MONEY

🌐 www.killingtonsports.org.uk

✉ killingtonsports@outlook.com

☎ 07870 895 054

🏃 FELL RUNNING

🏊 TUG OF WAR

🛞 TYRE RACE

🏃 100 YRDS

🏃 200 YRDS

🏃 400 YRDS

🏊 SACK RACE

🥔 POTATO RACE

🥚 EGG THROWING

🏃 HALF MILE

🏃 3 - LEGGED RACE

🚴 MOUNTAIN BIKE RACE

🏊 WRESTLING

🏃 PILLOW FIGHT



NO DOGS
ALLOWED

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

CONTENTS

Articles

Artisan Markets 2026	12
Book Town Book Quiz	13
Book Town Book Quiz Answers	65
Christian Aid Week	18
Community Swifts	55
Days Out By Bus	29
Dementia Action Week 2026	62
Dentdale, Head To Foot	45
Eyes On The Skies	57
Family Musings	53
Fifty Years Ago	35
Fox's Pulpit Worship	23
Group Litter Pick	10
Hardship And Exhibition Funds	13
Hawes Junction Chapel	25
Help With Debt Problems	64
Lizzi's Corner	14
Music Festival	26
No Mow May	54
Notes From Dent Station	31
People's Hall Thanks	11
Pump Track Update	5
Recollections Of Sedbergh	41
Sedbergh School News	16
Sedbergh/Zreze Town Twinning	9
Sight Advice Group	44
Spring Show	7
T.W.A.M. '26	10
Venison Wellington	28
Virginia Hall	39
W.I. Dentdale	47
W.I. Killington	47
W.I. Sedbergh	51
Wensleydale Art Society	27
Western Dale P.C.N. Donation	12
Wildlife Highlights In May	58
Yorkshire Dales National Park	61

Business Adverts

Able Memorials	19
Audio Lookaround	65
Black Bull	22
Blossom & Birch	46
Capstick Insurance	48
Carl Berry Window Cleaner	43
Chapel Gallery Hawes	38
Clean Machine	45
Cobble Country	60
Cumbria Stoves	56
Dalesway Therapies	29
Dalton Woodland Burial Ground	18
Dawsons Fuels	49
Doggy Stylin Grooming Parlour	59
Duncan Law Plumber	12
Firewood & Septic Tanks	44
G.J. Baines	55
Guitar Lessons	16
H&M Craftsmen Kitchens	41
Harrison 52 Interiors	61
Housing 21	40
Information Centre	31
J.J. Martin Funeral Director	21
Lookaround Subscription	35
Lookaround Subscription Form	36
M.K. Conversions Ltd	47
Matthew Cook Stonemason	6
McGarry Solicitor	54
Parkin And Jackson	20
Peoples Hall	24
Powells	23
Royal British Legion	50
S. Alderson Painting & Decorating	25
Sedbergh Weavers	53
Sheila Shuttleworth Dressmaker	64
Simon Parkin Carpets	63
Stephenson And Wilson Builders	37
The Thirsty Rambler	13
Thomson Hayton Winkley Solicitors	30
Tooby's Electrical	39
Treadwell Flooring	58
Wildlife Food Co	51
Wools Of Cumbria	42
Zero Cars	10

COVER PHOTOS

Pump Track

Eddie Lord

CONTENTS (continued)

Event Adverts

Artisan Market (23rd)	-----0
Grief share Open House (Tues)	-----17
Killington Sports (28th)	-----1
Medical Centre (13th)	-----14
Sedbergh Music Festival 26 (14-26/06)	15
Sedbergh Parish Council (14th)	-----11
St John's Hospice Clinics (Tues)	-----8
Town Twinning (16th/17th)	-----9
Weekly Coffee Morning (Weds)	-----3
Westwood Books (12th)	-----5

Other Information (Continued)

Religious Information	-----81
Sources of Funding	-----71
Train Times	-----80
Useful Contact Numbers	-----65
Walks in Sedbergh	-----74

Other Information

Advertising In Lookaround	-----4
Bed & Breakfast	-----75
Bus Services	-----76
Car Parking Charges	-----70
Diary of Events	-----68
Eat and Drink in Sedbergh	-----69
Groups and Organisations	-----72
Lookaround Details	-----66
People's Hall Rates	-----70
Places of Interest	-----74
Public Information Contacts	-----84

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 6th May - T.W.A.M

Wed 13th May - Christian Aid

Wed 20th May - Dementia Awareness

Wed 27th May - St Andrew's

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

Advertising Rates

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

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

PUMP TRACK UPDATE

Hannah Reynolds

We have been absolutely overwhelmed by the popularity of the temporary pump track on Lupton Field, which ran from Friday 10th April to Wednesday 15th April. From the moment it opened, there was a constant stream of children – and adults – making the most of it. Riders ranged from the very youngest members of our community on balance bikes through to teenagers and grown-ups, all sharing the space.

What was most impressive was the way everyone worked together. Riders took turns, looked out for one another, and the more experienced participants patiently helped younger children get started. This sense of

cooperation and encouragement is exactly what we had hoped to see. Research from areas with permanent tracks shows that one of the key benefits of a pump track is its ability to create a safe, positive space for young people. These spaces can help reduce anti-social behaviour while increasing community pride and connection.

Anyone who had a go will know that riding a pump track is also fantastic exercise. For beginners, it's about building confidence and learning to navigate the track. For more experienced riders, the skill lies in "pumping" – generating speed through body movement rather than pedalling. This develops balance, coordination, core strength, and



 **WESTWOOD
BOOKS**



All welcome to our next event:

Robin Ince - Let The Quiet Ones Rise

Tuesday 12th May at 7:30pm

Tickets are £5 and are available in the shop and online

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*)



We sell gift cards and National Book Tokens

Open 7 days a week from 10:30am

Westwood Books, Long Lane, Sedbergh, Cumbria LA10 5AH

Telephone: 015396 21233

books@westwoodbooks.co.uk

www.westwoodbooks.co.uk



Matthew Cook

Former Stonemason to York Minster
and specialist in pre-1914 building
repair

Stone repairs and replacement

Re-pointing with lime mortar

Stone cleaning

Specialist surveys and consultancy

07791894782

www.cookmasonry.co.uk info@cookmasonry.co.uk

overall bike handling skills. While there is a wealth of natural, outdoor space available to children in Sedbergh, having a safe place to play where parents know where they are, and they can develop skills and fitness independently, is invaluable.

There is also a measurable economic benefit to installing a pump track: in nearby Bolton-in-Appleby, significantly smaller than Sedbergh, their pump track delivered an estimated £1.63 of social value for every £1 invested. Our nearest pump track is in Ingleton, many Sedbergh parents drive their children there regularly, which costs both time and money. A track in Sedbergh would benefit parents, encourage visitors to the town and increase the money spent in local businesses.

One unexpected but very welcome side-effect was seen at Sedbergh Primary School, where bike storage was overflowing on Monday and Tuesday mornings. Children and parents chose to cycle to school so they could enjoy a quick ride on the track before and after the school day – a great example of how the track encouraged active travel and healthy

habits.

We've already received some fantastic feedback, with many highlighting the sense of community, the inclusive atmosphere, and the enjoyment across all age groups.

"Fantastic addition to the town. It has been a real joy seeing all the children out enjoying themselves, sharing, helping and encouraging each other. Such a positive experience."

Some feedback highlighted the waiting time and that while mixing age groups created a positive community atmosphere older children and confident riders would benefit from a bigger track and space to ride faster.

Our survey on attitudes towards a permanent pump track is still ongoing. If you haven't yet shared your views, you can complete the online form via the Sedbergh Pump Track Facebook group, or fill in a paper copy at Sedbergh Information Centre.

Your community needs you to identify a space to install a permanent track. It needs about 4000 square metres and owners of the land willing to rent/sell/gift it!

Organised by Sedbergh and District Community Trust Fund

Location provided by Sedbergh School

Supported by Westmorland and Furness Council, Sedbergh Parish Council, Sedbergh United Charities, Farm and Fell, The Dalesman, The Black Bull Inn, The Meat Hook, Half and Half, Sedbergh Lookaround, JMP Food Services, Cerberus Printing, Eddie Lord Builders.

SEDBERGH SPRING SHOW

Anna Wetherell

What a fabulous time we had at Sedbergh Spring Show on 21st March! We had a record number of entries and visitors, the music was wonderful, and the queue for tea & cakes was down the corridor at times. As ever, it was an amazing community event with plenty of chatter between friends and neighbours and thorough enjoyment of the work on show, as well as of the musical entertainment.

And the winners were...

Sedbergh Spring Show 2026 **Cup and Trophy Winners**

Handicrafts Cup

Anne Symons

Flowers and Plants Cup

Wendy Preston

Garments Cup

Margaret Townsend

Home Produce Cup

Carole Ockerby

Art Cup

Barbara Hartley

Photography Cup

Chris Wood

Children's Cup (Under 11)

George Perry

Junior Cup (11-16)

Wolfie Denton

W. Milburn & Sons Handwriting Cup

Lottie, Sedbergh Primary School Year 5

Cup for special effort (donated by Rev Bill Long)

Gemma Park

Roger Underwood Cup for most new entries

Hadden Turner





Lookaround Cup for Favourite Entry (Adults)

Chris Wood

Lookaround Cup for Favourite Entry (Children/Juniors)

Joshua Brown

WI Cup

Killington

Shield for Overall Winner of the Show

Wendy Preston

Many congratulations to you all!

The Spring Show is a team effort, so many thanks to all those on the organising team, especially Valerie Welti, Wendy Preston, Andrew and Janet Whitaker, Ellen Morrison, Jane Fisher, Anna Wetherell and Heather Pakeman. Many thanks also to those of you who helped us to set everything up and then put it away again at the end; Sedbergh WI for keeping us all fed and watered; Finkle Street Folk and the Sedbergh Town Training Band for the musical entertainment; Rev Andy Burgess for opening the show and awarding the prizes; the judges for deciding who was awarded what and the stewards for recording it; and, of course, thanks to all those of you who baked, arranged, knitted, crocheted, sewed,

wove, photographed, glued, painted and whatever else was required to create all those wonderful entries! Especial thanks to Sedbergh Playgroup, Sedbergh Primary, Dent C of E Primary and Settlebeck School for co-ordinating all their submissions, and Sedbergh 1st Scout Group Beavers for joining in as well.

We'll be back next year! If you have any suggestions, would like to join the organising team, or simply offer help on the weekend itself, please just get in touch with Valerie Welti (valerie.welti@btinternet.com or message on 07969 376649). And we'll let you all know what next year's date will be once it's booked. See you there!



St John's Hospice

**St John's Hospice at
The Marchesi Centre,
Windermere**

**Open Clinics run 1.30-3.30pm
Tuesday afternoons, with our
specialist palliative care team.**



**Free and open to all with life
shortening illnesses and their carers.
Health professionals welcome too.
No appointments needed.**

**To find out more, call 01524 382538
or visit sjhospice.org.uk/southlakes**

21ST ANNIVERSARY CELEBRATION OF THE TOWN TWINNING BETWEEN SEDBERGH AND ZREČE

**On Saturday 16th
May there is a
free concert in
St Andrews
Church at 3pm**

**On Sunday 17th May
there is a free evening
event at the People's
hall featuring music
and dance.**

**DETAILS OF THESE EVENTS ARE STILL TO BE FINALISED SO KEEP YOUR EYES OPEN
FOR FURTHER INFORMATION IN THE TOWN, AND ON
THE SEDBERGH COMMUNITY FORUM.**



SEDBERGH/ZREČE TOWN TWINNING 21st Anniversary Celebration Saturday 16th May and Sunday 17th May

Dave Smith

This year marks the 21st Anniversary of the signing of the Twinning Charter between the towns of Sedbergh and Zreče, in Slovenia. The Town Twinning Group invites all of the people of Sedbergh and District to join us on the afternoon of Saturday 16th May for a concert in St Andrew's Church at 3pm

In addition we are organising an evening event at the People's Hall on Sunday 17th May which will feature more music and dance.

The details of these events are still to be finalised so keep your eyes open for further information in the town, and on the Sedbergh Community Forum.

The two events will provide an opportunity for you to meet members of the Zreče community and a group of Slovenian dancers who will be travelling from Slovenia to take part in the celebrations. You will, no doubt, see our visitors around in the town during this period and please do take the opportunity to say hello and discover more about their wonderful country.



TWAM '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.

GROUP LITTER PICK

6 pm 11th May

David Burbidge

Many of us are used to picking up litter as we go on our walks - even the poo bags which some dog walkers leave by gates, on stone walls or hanging from trees (do they think they'll pick it up later and then forget?)

Even if you're not used to picking up litter, please join a group meeting outside the Sedbergh TIC at 6pm on Monday 11th May - and we will head off in different directions to cover the whole town and surroundings.

On the Scottish island of Islay (which I am visiting and writing this) where plastic bottles and other rubbish can litter the beaches, (dropped by visitors or blown in from the sea,) the islanders arrange regular litter picking sessions - and collectively take great pride in making the beaches as beautiful as they can be.

We can do the same here in Sedbergh.

Please wear waterproofs, and bring appropriate gloves, and/or litter picking sticks which can pick up litter without you needing to bend down. We will have a number of gloves and litter pickers but if you have your own that would be useful.



We offer complimentary nibbles and refreshments

We offer a luxury electric tesla
And now offer 8-seater luxury travel

We are a family run business Providing the local area with
eco-friendly reliable and luxury travel



07595 699 862



www.zero-cars.co.uk



richard@zero-cars.co.uk

We offer luxury and eco travel and we can take
you to any airport, cruise ports or events we are
here the journeys that mean something

So, when your ready call Nicol in the office
today and book your next journey with zero
cars!

We look forward to driving you soon

Sedbergh Parish Council would like To Invite you to the Parish Annual (Electors) Meeting 2026



**To be held at the Committee Room,
The People's Hall, Howgill Lane, Sedbergh
on Thursday 14 May 2026 at 7.00pm**

This is YOUR meeting and an opportunity to come along and discuss what projects are currently being progressed by your Parish Council, and those that have recently been completed. It is also a chance to have your say on what you might like to see happening in our community in the future.

This meeting will be followed by the formal Annual Meeting of the Parish Council and the normal monthly May meeting of the Parish Council. Thank you.

A few days after this litter picking evening, our town is being visited by Boris Podvrsnik, the Mayor of Zreče, and other visitors from our twin town, for a weekend celebrating 21 years of town twinning. In Slovenia, visitors are often struck by how little litter there is, partly because their communities are used to working together to make the environment as beautiful as they can be - and take great pride in it. This is our chance to display a similar collective spirit here in Sedbergh.

Please just turn up and join us on the night at 6pm May 11 - even if you don't mind picking up litter, but won't pick up dog poo! If you need more information, ring David Burbidge, 015396 2116

PEOPLE'S HALL THANKS

Gill Baines

The People's Hall would like to thank the following organisations for their funding contributions. The Harold and Alice Bridges Trust gave £3,000 towards the decoration of the hall including the sanding and varnishing of the hall floor. Sedbergh United Charities and Widows Hospital Trust also gave £2,000 towards this. Sedbergh and District Community Trust have given £3,000 towards the refurbishment of the kitchen with which a new commercial oven has already been purchased and installed. Westmorland and Furness Council have contributed £1,500 towards purchasing a large

DUNGAN LAW Ltd

Plumbing & Heating Engineer

Bathroom Suites & Tiling

Central Heating Systems

General Plumbing



Mob: 07796 544596

Tel: 015396 20930

TV screen for projections with surrounding storage cupboard for the committee room. In addition the Primary Care Network has given £1,000 towards the recent redecoration of the committee room. Treadwell Flooring have very kindly donated the new carpet tiles for the committee room and hallway between that room and the kitchen, for which the hall has paid for the fitting. Thank you Gordon, Nicola and Robbie Sproul. Thank you also to Steven and Robbie Alderson for their hard work in all the decorating completed so far. We would like to thank everyone who continues to use the hall for a wide range of activities, events, meetings and classes allowing the committee to contribute the balance required for these upgrades, as well as the general upkeep of the hall for continued use. All of these contributions will help to attract further bookings and improve our capacity for marketing it as an attractive wedding, event, class and meeting venue. We will soon be seeking contributions towards new window coverings and chairs to further improve the offer.

ARTISAN MARKETS 2026

Debbie Wilson

The May Market will take place on Saturday 23rd May to coincide with the Bank Holiday weekend. This market will be the first of only two this year, the second taking place over the August Bank Holiday Weekend. Both markets will be based in a new location for us at St Andrews Church and the Church yard. We will still have lots of your favourite stalls from previous years, including several food stalls. The market is already looking very busy as I write this at the start of April. The good news is that as there is space for both indoor and outdoor stalls, we can have more stalls! Please email Debbie at office@sedbergh.org.uk if interested in booking a stall and being part of this popular event.

WESTERN DALES P.C.N. DONATION

Myles Ripley

Sedbergh and District Lookaround are extremely grateful for a generous donation by the Western Dales Primary Care network. Western Dales Primary Care Network (PCN) is made up of 3 GP Practices - Sedbergh, Lunesdale & Bentham. They work together to deliver coordinated, integrated healthcare services to our local population, working as one to share resources, staff & expertise.

They recently decided at a Patient User Group that we were a deserving local cause and decided to make their donation. We are very grateful for their generosity.

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

BOOK TOWN BOOK 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. Sergeant Cuff was an early example of the detective in fiction. In which 1868 novel does he appear and who wrote it?

2. High Adventure (1955), The Crossing of Antarctica (1958), No Latitude for Error (1961), Nothing Venture, Nothing Win (1975) and View from the Summit (2000) are among the books by which famous person?

3. Who in 1961, after the death of his wife, wrote A Grief Observed? He is most famous for a classic series of children's books.

4. Grasmere Journal was published in 1897, 42 years after the



THE THIRSTY RAMBLER

WE ARE A SMALL & COSY, DOG FRIENDLY MICRO BAR SITUATED IN THE BEAUTIFUL TOWN OF SEDBERGH.

WE OFFER THE FINEST SELECTION OF NORTHERN BEERS THAT WE CAN FIND, SERVED IN TOP RATE CONDITION WITH GREAT CRAIC & A WARM, COSY ATMOSPHERE TO ENJOY IT IN.

WE ARE PROUD TO BE DIFFERENT, UNIQUE, SMALL & INDEPENDENT & LOVE TO SUPPORT OTHER SMALL BUSINESSES WHEREVER POSSIBLE.

WE LOOK FORWARD TO WELCOMING MUDDY BOOTS & DIRTY PAWS!



SEDBERGH
14-16
MAIN STREET

WWW.THETHIRSTYRAMBLER.CO.UK

 07874 838816

 DRINK@THETHIRSTYRAMBLER.CO.UK

 THETHIRSTYRAMBLERSEDBERGH

death of the writer. The entry for 15th April 1802 describes an encounter that gave rise to one of the most famous poems in the English language. What is the first line?

5. Born in South Shields in 1906 this novelist became one of Britain's most prolific authors, with many stories set in the north-east. Titles – many of which have been dramatised – include books on the Mallen family, Tilly Trotter, Mary Ann, Bill Bailey and Kate Hannigan. Who?

6. Who in 1930 published *My Early Life: A Roving Commission*?

7. What is the one-word title of the book by the American author Henry David Thoreau published in 1854? Its alternative title is *Life in the Woods*.

8. Name the Scottish explorer who wrote *Travels in the Interior Districts of Africa*, published in 1799.

9. Starting in 1934 P L Travers wrote a series of children's books about an unusual character. A very successful film was made of some of these in 1964, and a second film was made in 2018. Who was the character?

10. *The North Ship*, *The Less Deceived*, *The Whitsun Weddings* and *High Windows* are collections of poems by whom?

11. In which cathedral is the largest chained library in England?

12. The surname of the author of *The Prince*, written c. 1513, is now used to describe someone who, especially in politics, is ruled by expediency rather than morality, and whose conduct is crafty and perfidious. Who was the author?

LIZZI'S CORNER

Lizzi Collinge

Last month I met with the Chief Executive of Morecambe Bay NHS Foundation Trust, which oversees our local hospital services, to discuss a number of important issues affecting residents across our area, including here in Sedbergh. I wanted to take the opportunity to share an update on what I have been working on, and the priorities I will continue to push in the months ahead.

One of the key topics we discussed was access to radiotherapy services. At present, there is effectively a 'radiotherapy desert' in south Cumbria meaning patients are required to travel to Preston. This can be especially difficult for people suffering the side effects of treatment, particularly feeling sick on long car journeys, and the distance adds further strain at an already challenging time. I raised the need to improve access closer to home, including the possibility of establishing a satellite radiotherapy centre in South Cumbria. With ongoing discussions about the hospital in Preston potentially moving further south, the case for providing


SEDBERGH
MEDICAL CENTRE

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

2026

Weds 13th May

Weds 10th June

Thurs 9th July





SEDBERGH MUSIC FESTIVAL 2026

14th - 26th JUNE

TICKETS ON SALE

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

SEDBERGHMUSICFESTIVAL.COM OR TRYBOOKING
AND TICKETS ARE AVAILABLE IN THE INFORMATION CENTRE

treatment within Cumbria for local residents has become even more pressing.

We also spoke about A&E services at Royal Lancaster Infirmary (RLI). I have heard from a number of constituents, including from in and around Sedbergh, who have had distressing experiences. Facing very long waits, sometimes lasting over 12 hours, and in some cases feeling they had no choice but to leave early in order to make the journey home without facing extremely high out-of-hours taxi fares. I made my views clear to the Trust: the current situation is not good enough. Patients deserve timely, accessible emergency care, and I will continue

to press for meaningful improvements to ensure people receive the support they need when they need it most. The Urgent Treatment Centre in Kendal does a great job for lower-level health concerns and whilst there is no way a full A&E could be safely delivered there, I did raise the possibility of moving extra resources to deal with more serious cases. People in Sedbergh have a long distance to travel to get urgent care and anything to make this easier would be welcome.

You'll probably have seen that several times recently, RLI has been escalated to OPEL 4 (Operations Pressure Escalation Level 4) which is

the highest level of alert in the NHS, signifying that the hospital is experiencing extreme pressure and unable to deliver comprehensive care. I'm a member of the All-Party Parliamentary Group (APPG) on Patient Safety and I intend to continue raising awareness around our local services within this forum, including our local A&E, as well as with ministers.

Please don't forget, if you need my support please do get in touch. This could be about a healthcare issue, housing, transport, DWP concerns or anything else you feel you need some extra help with. You can contact my office via email on lizzi.collinge.mp@parliament.uk or leave a message on 01524 566015. I prioritise contacts that are constituents needing direct help – if you have a query about a local or national policy I will reply as soon as I can but you will have to wait a bit longer.

GUITAR LESSONS

**IN SEDBERGH
WITH
DAVE SYKES
07974 653361**

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The new Headmaster, Robin Pyper, started the summer term in the saddle, while Dan Harrison started his new role as Executive Head of the four Sedbergh Schools, having served for eight years as Headmaster.

On 15th May the Sedbergh School Group was launched. At its core, the Sedbergh Schools Group is a charitable group, not for profit, designed to combine the strength of a collective with the individuality of each of the present four schools, Sedbergh School, Sedbergh Preparatory School, Sedbergh Vietnam and Sedbergh in China.

The Prep School U11 climbers won the first round of the Eden Rock Primary School competition 12 pupils from Years 4-6 took part in the first round of the Eden Rock Primary Schools' climbing competition. All the pupils climbed really well, and one team of 6 pupils qualified for the finals, which took place on Wednesday. Disappointingly for them, all our Year 6 climbers were in London and so unable to complete but a brave team of Year 4 and Year 5 climbers stepped up to the plate.

The mixed team won out of 22 teams. A team from the Prep won the Plate at the Stoneyhurst Sevens.

Year 6 had a trip to London, visiting Westminster Abbey, Buckingham Palace and the National Gallery among other sites. Year 9 all went on a Geography trip to Edinburgh on the last day of term.

On the evening of Monday 23d March, the night before the Wilson

Run, the School held a dinner in Powell Hall for Old Sedberghians, parents and guests. The guest speaker was Jack Buckner, a former distance runner who competed in the Commonwealth and Olympic Games, and in the World Championships, and is now CEO of UK Athletics. The Headmaster, Dan Harrison, gave his last speech as Headmaster as he moved on to the position of Principal at the end of term.

The next day dawned wet but seemed nothing out of the ordinary for Sedbergh. However, by 2 o'clock the weather had deteriorated to the point where the Rawthey was about to flood, the roads were becoming impassable in places, and the ghylls were dangerous as huge amounts of water roared down them. There was no choice but to cancel the Run for the day together with the evening concert at which the pupils who complete the Run are clapped onto the stage. In the Run's 142 year history the Run has only been cancelled four times (meningitis, snow, foot and mouth and Covid), although postponements have been more common, for instance, the



100th run had to be postponed a few days, a situation made worse by the fact that it had also been postponed the year before.

However, after an early morning inspection on Thursday, 26th March, the decision was taken to proceed with the Run that afternoon. As it turned out the weather was very cold and with a bitter wind, and the ground underfoot muddy and very wet so the run was slow. It was won by Hugo Berry, grandson of Norman Berry who won in 1962 (and who wrote the definitive book on the Run). A granddaughter had also won the Girls' race a few years

before. Hugo came in in 1.19.41 about 7 minutes ahead of the second runner and about another three minutes ahead of the third. The Girls' winner was J Price-Lyall in 1.36.11. The route had had to be changed at Cautley due to a local objection but had been carefully measured. Unfortunately, the Wilson Run Concert, for which is very popular with parents of the runners, had to be restricted to pupils only as it had to be held in Powell Hall, the Hirst Centre not being available.



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*

The weather again affected the Sedbergh National Tens on 29th March when play had to be suspended on the first day, but the next day 30th March was considerably better. Sedbergh did not make it to the final, losing their match by one point in the semi-finals. The tournament was won by Kirkham

The Sedbergh Association held a dinner for 170 Old Sedberghians, friends and guests in the Victory Club in London to celebrate the achievement of the School's Rugby Football Club which has over the years since its inception in 1878 has produced over 600 Rugby Internationals. A "Team of All Time" was chosen which remarkably included both a male and female World Cup Winner

Archie in Yr 5 climbed Mount Etna to raise fund for the Prep School climbing wall, funding his flight there by his own savings.

Future Events

Sedbergh Choral Society concert
26th April 7.30pm Powell Hall

Girls U15 XI v Cumbria U15 XI 1st May 16.30

Senior School Open Day 2nd May
from 9.30 am

Sedbergh Prep Open mornings 5-8th May

1st XI - U18 National T20 6th May

1st XI v Merchiston Castle 9th May

Sports Day 10th May

1st XI v MCC 14th May 11.30 am

Girls' 1st XI v Stoneyhurst 16th

May

Sedbergh Junior Regatta 16th May

1st XI v Old Sedberghians 17th

May

Half term 22nd - 31st May

CHRISTIAN AID WEEK IN SEDBERGH AND DISTRICT

Rev. Anne Pitt

Our national Christian Aid Week is starting soon, running from Sunday 10th to Saturday 16th May inclusive. There will be a coffee morning in St Andrew's Church Room on Wednesday 13th from 9.30am with a cake stall and raffle and envelopes for donations will also be circulated. Many will be delivered through letterboxes but if you don't receive one and would like to donate then envelopes will be available in our local churches. As, in the past year or two, it can be a challenge to go from house to house collecting them and is often not appropriate. So, like last year, please just drop the envelopes off in St Andrew's Church or at the Information Centre, 72 Main St, Sedbergh, or, if you know them, with your local distributor. They can also be handed in at the Wednesday Coffee Morning.

Christian Aid supports many grass roots projects around the world where local groups give training to enable people living in extreme poverty develop skills to enhance their life chances and each year

DALTON WOODLAND BURIAL GROUND



**Natural Woodland
Burial Ground**



"Return to the Earth, naturally"

www.daltonwoodlandburial.co.uk
Burton-in-Kendal: 01524 782442

Christian Aid Week focuses on a particular project where someone's life is being helped. This year the spotlight is on a project in a settlement in Nairobi, Kenya where, despite the great development in other parts of the city, life is very difficult.

Where hardship means hunger... urban farmers can grow hope.

In the crowded informal settlements of Nairobi, most parents wake up with the crushing knowledge that if they don't earn money that day, their children won't eat that night.

That includes Fridah Moraa, a recently widowed grandmother who lives with her twin sons, daughter and grandson in Dagoretti, a sprawling

settlement that's among the biggest in Kenya.

'When I wake up, I have a lot of worries. Sometimes I don't have food,' says Fridah. The aching hunger is bad enough. The relentless stress is overwhelming. Fridah's situation is devastatingly common.

That's because alongside Nairobi's imposing skyscrapers and luxury safaris, Kenya's capital holds areas of acute deprivation.

In areas like Dagoretti, there are limited formal work opportunities and heartbreakingly low pay, with most people living on less than a dollar a day. On top of this, food prices are high, in part due to the climate crisis.

Most families spend a big proportion of their household income

ABLE MEMORIALS

Monumental and Architectural Masons

New Memorials and Additional Inscriptions

Showroom with over 30 Memorials on display at

1 Wildman Street, Kendal

Please call for a brochure or free estimate

on 01539 735583

or 07779 025745

Home visits available by local mason Edward Waller

buying fresh vegetables and basic ingredients.

Getting three meals a day is not easy. Most manage two, some, just one. Others go the whole day without eating. The terrible consequence of this situation is that many families are simply not getting the nutrition they need.

More than a third of Kenya's population is undernourished. Almost a third of children in rural areas are stunted, and just over 4% of children die before their fifth birthday. The effects of malnutrition can last a lifetime, with stunting permanently affecting both physical and mental development.

In the busy and noisy streets of Dagoretti, Fridah and her family live

in rented corrugated metal shelters. They share toilet facilities with other families in the compound and have no running water. Day-to-day life is precarious and volatile. Fridah's worry about how to get enough food for everyone in her family resurfaces urgently every morning.

To bring in enough money to feed everyone, and cover all essential outgoings, Fridah sells vegetables on a market stall. She wakes early to carefully select the best produce at the wholesalers. With no means to keep her produce fresh, or space to store stock, Fridah makes the tiring two-hour round trip six times a week.

'The challenge is that sometimes I have customers, but no money to buy vegetables. But I can't give up – my

PARKIN & JACKSON LTD

Cumbria's Oldest Monumental Masons
Since 1855, families have trusted in us to
provide Memorials for their loved ones.



New Memorials & Additional Inscriptions.

Hand Carved Lettering & Designs.

Cleaning, Repainting & Renovations.

Memorials designed to your specifications.

Specialists in UK stone.



14 Appleby Road, Kendal, LA9 6ES - 01539 722838 - 07932 813514
www.parkinandjackson.co.uk - info@parkinandjackson.co.uk

children need to go to school. They need to eat.'

On days when she doesn't have enough customers, or cannot buy stock to sell, Fridah's stress soars. At times like this, she'll often go without food so that her children can eat a little.

'Sometimes I don't know how I'll buy food. I don't know how I'll feed my family. But I believe in myself and pray to God that I will succeed.'

Growing hope.

Thanks to an offer of support by Christian Aid's partner, Beacon of Hope, Fridah's now building her hope and resilience.

Fridah was introduced to an impactful agricultural project called 'Imarisha Kilimo' (which means 'strengthen agriculture' in Swahili), run by Beacon of Hope. This offers Dagoretti's residents the opportunity to train as urban farmers.

By offering skills training, seeds, tools and space-efficient plots to grow produce near their homes, parents like Fridah are turning the tide on urban poverty.

Central to this course of learning is how to tend cone gardens. These vertical planters, with tiers of produce, not only have a small footprint, but retain precious water. They don't require ground to be dug and can be established in even Dagoretti's narrowest alleyways. As Project Officer, James Omwanda, says: 'There's not enough space. There's never enough space in Nairobi.'

Intrigued by the idea of growing food in the heart of the city, Fridah started attending urban farming

J.J.MARTIN

FUNERAL DIRECTORS



JJ Martin are your local, independent funeral directors based in Sedbergh and covering the surrounding areas.

We provide free advice, pre-paid funeral plans and a 24 hour service.

EDWARD WALLER:

07779025745 or 015396 20130

BRIAN GOAD: 015396 25334

www.jjmartinfunerals.co.uk

info@jjmartinfunerals.co.uk

training sessions. 'At first, I didn't understand. I was wondering, where can someone farm here in Nairobi?'

With grit and determination, Fridah's studying hard, making sense of all the lessons offered. Sessions don't just cover farming techniques, such as pest management, compost production, and seed cultivation, but business skills, including money management and marketing.

Gaining both knowledge and confidence, Fridah was eager to start growing her own food. 'I discovered I could sow here – right where I stand! I learned that here in Nairobi, you can farm where you live, even if you don't have land.'

Hidden at the end of a concrete alley, noisy with little children and dogs, and shaded by drying washing, you'd never guess a lush, plant-packed space could thrive.

As Fridah pulls open the rickety gate and takes in what she's

achieving, her face shines with pride. Ever resourceful, she's using the metal fences for climbing plants and repurposing discarded containers as planters.

Fridah's now beginning to reap the benefits of the nutritious produce she's growing. Colourful kale, tomatoes and a range of indigenous vegetables are now being sold on her market stall and fed to her family.

Joyful Fridah delights in being able to nourish her family with the food she's growing herself, which better protects them from the threat of malnutrition. From living meal to meal, not knowing if her children will go to bed with empty stomachs, she now cherishes the security her small urban farm is bringing. 'Urban

farming has changed my life.'

Fridah adds: 'When what I have planted grows – that is what makes me happy. When I get money that I have earned – that is what makes me happy.'

Christian Aid and its supporters are joining together once again during Christian Aid Week (10-16 May) to fundraise in all kinds of ways – from coffee mornings and craft stalls to hiking and biking for the 70k in May challenge.

With seven days to make a difference, every gift, act and prayer counts.

£5 could buy the seeds that kickstart a family's nutritious vegetable garden.

£10 could pay for the pair of




THE BLACK BULL

Family run 17th Century Coaching Inn with Restaurant,
Rooms & Bar in the heart of Sedbergh, offering an
exciting choice of menus and offers throughout the week.

015396 20264
bookings@theblackbullsedbergh.co.uk
theblackbullsedbergh.co.uk

The Black Bull
44 Main St.
Sedbergh
LA10 5BL

Open 7 Days
Bar Menu - 12noon to 5pm
Monday Pie Night
Tuesday Curry Night
À La Carte - Wednesday to Saturday 12noon to 3pm & 6pm to 9pm
Sunday Service - 12noon to 8pm



Powell's Fruit Merchants

Specialist Suppliers of High Quality
Fruit & Vegetables to the
Retail & Catering Trades

Local, UK and Imported Fruit & Vegetables
Salads and Produce direct from the Growers
Potatoes from Lancashire, Lincolnshire,
Cornwall etc

Also, extensive range of deli goods
Cheeses, butter, milk, yoghurts & eggs
Herbs & Spices, Preserves & Condiments
Teas, Coffees, Juices & Cordials
Smoked Salmon, Kippers etc
Dried Goods, Nuts, Seeds & Pulses

**FREE DELIVERIES IN SEDBERGH TOWN
MINIMUM ORDER £10**

52 Main Street, Sedbergh, Cumbria LA10 5BL
Telephone: 015396 20304 | powellsfruitmerchants@gmail.com

The Flower Shop Sedbergh

Personal Friendly Service
Beautiful Fresh Seasonal
Flowers

Wide Range of House & Garden Plants
Great variety of gifts. We will be willing
to help to arrange flowers for every
occasion; Weddings, Birthdays, Funerals

We are a dedicated team, full of creativity
and inspiration. Feel free to contact us
anytime to discuss your arrangements.

Also stockist of "Steiff" Teddy Bears.

Tel 015396 21605
flowershopsedbergh@gmail.com
49 Main St, Sedbergh
LA10 5BL

chickens that produce fertiliser for an urban farmer.

£15 could purchase the hand tools that mean an urban farmer can tend their crops.

£30 could buy the trio of cone garden planters that host hundreds of plants in a tiny city space.

Find out more about the campaign at caweek.org

Sedbergh and District have been generous supporters of Christian Aid Week over the years and with diminished support by governments for overseas aid the work of non-governmental organisations like Christian Aid are increasingly vital in suffering communities. We look forward to your backing in our local efforts.

FOX'S PULPIT WORSHIP Sunday 14th June

Sally Ingham

All are welcome. This is a chance to worship together in reflective silence with opportunity for ministry by those who feel moved to speak.

The theme this year is Community. A map is at the end of the article to help you locate where the Meeting for Worship is taking place.

So why come? What are Quakers about? Two years ago, at the Fox's Pulpit Meeting, a Quaker from our London based offices, Judith Baker, who is National Ecumenical Officer for Quakers, spoke on the theme of Interfaith Community. Her thoughts will hopefully give you a flavour of what we are about.

The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

**Available to hire for all
kinds of functions**

✂ **Parties** ✂ **Meetings** ✂ **Concerts** ✂
✂ **Wedding Receptions** ✂ **Dances** ✂
✂ **Theatre** ✂ **Discos** ✂ **Lectures** ✂

Availability calendar and forms at
sedberghpeopleshall.org

For bookings email
booking.peopleshall@gmail.com

Judith introduced her 2024 talk by referring to George Fox, born 400 years ago in July 1624, who was one of the founders of the Religious Society of Friends, also known as Quakers. In 1652 on Firbank Fell he spoke for three hours to 1,000 people. Please don't let this put you off! Our Meeting on this day is significantly shorter – 30 – 45 minutes!

Judith referred us to one of our Advices and Queries which offer reflections and guidance on many aspects of life, specifically to the one stressing the importance of having good relations with other faiths. She pointed out that working with others is not always easy or positive. A lot depends on personalities and local experiences. The fact that just within the Christian community there are at least 52 different churches gives a sense of the challenge of this. Indeed as Judith pointed out, the history of Christianity (and indeed relations between the faiths) may be seen as "a catalogue of violent dissent, righteous indignation, bigotry, arrogance and jealousy".

However, the central message of Jesus and Christianity (and indeed many religions) is that love is the basis of all relationships. We need to love our enemies, do good to those who persecute us and forgive seventy times seven. Peacemakers are amongst the blessed. She argued, the effort to live and work alongside those of different faiths or indeed no faith, is worthwhile. She gave examples of positive Quaker experiences of working with other faiths; how one Quaker was invited to be on the interview panel for a new Church of England Cathedral Dean, another Quaker persuaded a Bishop to join in the pilgrimage to Glasgow for the conference on the environment (COP26) which then drew in many others too, and of others being involved in training as Spiritual Directors and working with others to find Spiritual Direction. Someone formed an ecumenical chaplaincy group for a struggling local school. One of the many inspiring activities

devised was for children to find their way round a prayer labyrinth experiencing 20 different forms of worship.

Early Quakers rejected the churches of the day due to the hierarchy, hypocrisy and corruption witnessed. However, churches today have changed a lot since the 17th century and Quaker belief in "that of God in each other" reminds us of the importance of having a commitment to positive interfaith relations.

Sunday June 14th at "Fox's Pulpit" on Firbank Fell at 2.30pm

150TH ANNIVERSARY HAWES JUNCTION CHAPEL

Hawes Junction

2026 is a very special year for Hawes Junction Methodist Chapel because it is the 150th Anniversary year. The Friends of the Chapel have put together a programme to celebrate this event.

Saturday May 2nd at 7pm Film Show. The building of the Settle / Carlisle Railway.

Sunday May 3rd 150th Anniversary of Stone Laying, Rev Richard Teal, Hawes Silver Band at 2.30pm.

Sunday June 14th Songs Of Praise Charlie Preece at 2.30pm

Sunday July 12th Songs of Praise. Askrigg Ladies choir at 2.30pm

Sunday August 9th Songs of Praise Andy, Janet and Billy at 2.30pm.

Sunday September 13th East Witton Male Voice Choir 6.30pm

Sunday October 11th 150th Anniversary of Chapel Opening, Pastor John Mollett at 2.30pm

Sunday November 8th Service of Remembrance at 2.30pm.

Sunday December 13th Carols by Candlelight, The Longton Family at

2.30pm. Refreshments to follow.

The chapel was opened in 1876, the same year that the Midland Railway Company opened the famous Settle to Carlisle railway, serving the local community of railway employees and farmers. We are still going strong in 2026!

The Settle to Carlisle line was built between 1870 and 1876. It was one of the most difficult railways ever to be constructed in the UK. Steep, boggy, isolated and exposed countryside made for appalling conditions for the many navies involved in its construction.

The Methodists in this part of Cumbria were providers of welfare and spiritual help to the railway workers.

The Friends of Hawes Junction chapel warmly invite you to any of the above events and services. The building is looking very smart as it has been re decorated in the original Midland Railway colours. Come and discover for yourself what a "little Gem" this Dales chapel is.

The chapel is located next to the A684, close to the Dandrymire viaduct and beneath the Settle to Carlisle railway line and station.

STEVEN ALDERSON and SON

PAINTING and DECORATING

INTERIOR and EXTERIOR WORK

FREE NO OBLIGATION QUOTES - RELIABLE, QUALITY SERVICE

CONTACT: 07500443859 OR s.alderson198@btinternet.com

SEDBERGH MUSIC FESTIVAL

Ed Welty

The Festival is now only a month and a half away and planning is proceeding at a pace. All the acts are booked and it promises yet again to be one of the events of the year. The full schedule is below. You can get tickets from the Information Centre or online at sedberghmusicfestival.com, from the Sedbergh website or Trybooking.

As well as being supported by ticket sales the festival is also heavily

dependent on patrons and sponsors. Please do consider becoming a patron. To become a patron email sedberghmusicfestival@gmail.com or use the QR code below



	Time	Artist	Venue	Price
Sun 14th	13:00	Come and Sing Day	St Andrew's	
Mon 15th	13:00	Juanjo Blázquez	St Andrew's	£10.00
Mon 15th	19:30	The Jess Gillam Trio	St Andrew's	£20.00
Tues 16th	13:00	Sedbergh Songsters	St Andrew's	
Tues 16th	19:30	The Julian Cann Quartet	St Andrew's	£10.00
Weds 17th	13:00	Cornucopia	St Andrew's	£10.00
Weds 17th	19:30	Cumbria Opera Group	St Andrew's	£10.00
Thurs 18th	13:00	Sedbergh School Musicians	St Andrew's	
Thurs 18th	19:30	Sedbergh Orchestra	St Andrew's	£10.00
Fri 19th	13:00	Nick Hurndall-Smith & Jen Hartley	St Andrew's	£10.00
Fri 19th	19:00	Sedbergh Town Band	St Andrew's	£10.00
Fri 19th	21:00	Evie Plumb	Thornely S	£10.00
Sat 20th	11:00	The Trott Foundation Concert	St Andrew's	
Sat 20th	12:30	Milnthorpe Steel Band	St Andrew's	
Sat 20th	19:30	Harry the Piano	St Andrew's	£15.00
Sun 21st	19:30	The Budapest Café Orchestra	St Andrew's	£15.00
Sun 21st	21:00	The Chequered Acafellas	Thornely S	£10.00
Mon 22nd	13:00	Christopher Steele & Peter Noke	St Andrew's	£10.00
Mon 22nd	19:30	B!M Trio	St Andrew's	£10.00
Tues 23th	13:00	Chethams's School of Music	Powell Hall	£10.00
Tues 23th	19:30	Roderick Williams	Powell Hall	£20.00
Weds 24th	19:30	Manchester Baroque	Powell Hall	£20.00
Thurs 25th	13:00	Choral Scholars of York Uni	St Andrew's	£10.00
Thurs 25th	19:30	I Fagiolini	School Chapel	£20.00
Fri 26th	19:30	Jeneba Kanneh-Mason	St Andrew's	£20.00

WENSLEYDALE ART SOC LECTURE

Lecture: How Great Design Influenced the Railways

Jenny Howard-Vyse

From those gorgeous 1930s travel posters, through nationalisation of the railways in 1948, with their bright regional colours, to the creation of the famous BR Double-Arrow symbol in the 1960s. It's surprising how British railways have led the way in terms of design.

In this lecture we reminisce over those beautiful graphics, bygone days of railway architecture and travel. We'll pay homage to the wonderful Tube map by Harry Beck and look to the future of train and station design. So get your tickets ready for inspection: we're on the right track!

Lecturer: Mark Ovenden is a broadcaster and author who's sold a quarter of a million books and appeared on many TV and radio programmes. He specialises in the subjects of industrial design and architecture - especially in the world of public transport.

His first book (a New York Times "Bestseller") was a guide to the maps of Transit systems across the planet and it's been re-issued many times. His works have been translated by



Penguin and others into half a dozen languages. He has worked at the BBC producing programmes for Radios 1's John Peel and Annie Nightingale, in commercial radio as a journalist and newsreader, and in television as a researcher and even for MTV as a music programmer. Mark recently fronted a TV his own documentary for BBC Four (on the subject of typefaces) and he presented another documentary for BBC Radio 4 on architecture. Other programmes and books are in the works.

Tuesday 19th May 2pm at
Tennants Auctioneers.

A red, horizontally-oriented rectangular nameplate with rounded ends and a white border. The word 'NORTHALLERTON' is written in large, white, sans-serif capital letters across the center of the plate.

VENISON WELLINGTON AND PICKLED WALNUT KETCHUP

Nina Matsunaga

Serves 2 people.

Walnut Ketchup Recipe:

1 jar of Opies pickled walnuts
50g soft dark brown sugar
50g caster sugar

Method:

Drain the walnuts but reserve the pickling juice.

Use half of the pickling juice with both sugars, bring slowly to the boil and simmer 10 mins. You can keep the other half of the pickle for salad dressings etc or discard.

It should be slightly thicker now.

Add the liquid and the pickled walnuts to a blender and mix for about 8 mins.

Pass through a fine sieve. It is now ready to be used. It keeps for a long time in the fridge and is excellent with cold meats, pies, sandwiches, cheese boards etc.

Venison Wellington Ingredients:

2 venison loin portions weighing around 120g each.

Puff pastry 1 x 320 g sheet of all-butter puff pastry

1 egg yolk

Crepe & Mushroom Duxelles

Crepe Ingredients:

Crepe:

1 egg

150ml milk

50g flour

Method:

Mix all ingredients together.

Warm a pan and lightly brush some butter in it. Cook crepes nice and thin until golden and flip.

Cool down on a plate whilst making the mushroom filling.

Mushroom Duxelles Ingredients:

4 large flat cap mushrooms

1 shallot

1 clove garlic

A sprinkle of thyme

Salt pepper to taste.

Method:

Finely chop the mushrooms. Finely

chop the shallot and garlic and gently fry in a pan with some oil until translucent. Add the mushroom, thyme, seasoning and cook gently until all the water in the mushrooms evaporate. This

can take a little while.

When ready take off the heat, drain and cool down quickly by laying the mushroom mix in a single layer on a tray.

Method to assemble the Venison Wellington:

Warm a frying pan up and sear the venison loins on a high heat on all sides with a little seasoning.

Quickly cool them down by placing in fridge or even freezer for 10 mins.

When ready to assemble, take one crepe, add half the mushroom duxelles and place the venison on



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

top. Wrap the venison up which should create a parcel.

Cut a piece of puff pastry that is big enough to wrap the venison parcel. Lightly egg wash the pastry, lay then venison in the middle and fold the pastry over. You can crimp or just tuck the sides of pastry in.

Egg wash the top of the pastry. Place in the fridge for 10 minutes and egg wash again.

When ready to cook heat the oven to 200-210 °C. Cook for 14 mins until golden on top and then turn it over and cook another 2 minutes to crisp up the bottom.

Remove from the oven, and rest for 5 mins, then serve with the walnut ketchup.

*Photo - Rob Whitrow Photography.
 Nina Matsunaga, chef-owner of
 The Black Bull, Sedbergh, The
 Yorkshire Dales: <https://www.theblackbullsedbergh.co.uk>*

DAYS OUT BY BUS

Ed Welti

Strange vehicles have been observed in Sedbergh. Big blue DalesBus 832s and Little White Bus travelling up and down to Hawes.

Firstly, however, lets pay attention to a familiar and reliable phenomenon – the Western Dales Bus. An early service has been running on Wednesday. The service leaves Sedbergh Maryfell at 8:34 for arrival at Kendal Bus Garage at 9:07. Although the bus is being used, figures are low, although they are reported to be improving. If you could use the bus at this time, please do – we need it to be well used to be sustainable.

On the subject of the Wednesday Bus, and interesting days out, I've seen on the BBC News that the Quaker Tapestry exhibition in Kendal, which closed for financial reasons last year, is reopening over the Spring and Summer on Wednesdays only. The history of the Quakers is fascinating, because, for a relatively small sect they had a disproportionate effect on the world. Even if the tapestry element has no great interest it is well worth a look, go for a day out. Take the Western Dales Bus, preferably the later running at 11:53, you'll have plenty of time for the exhibition before getting the bus home at 15:55 from Blackhall Road.

Back to the new services.

The survey we ran a year ago said there were 63 of you who expressed an interest in a Hawes Service. Now is the time to show the demand is there, rather than being a box on a

survey sheet. I understand that the fare (£5 each way) might be an issue, but to establish and run the route it is necessary for now.

There's plenty to do in Hawes, the market is on, and there are stalls all down the main street, and indoor in the Market Hall. Or you could go and get some cheese from the Wensleydale Creamery. We did! And for the first time since we moved to Sedbergh we had a look around the Dales Museum I need to make another trip to investigate my ancestry in the Research Room. And, of course there are cafes and pubs, and the excellent Hawes Chippy.

The DalesBus has come to Sedbergh. The 832 is running through the town and down to Kirkby

Lonsdale on Sundays and Bank Holidays this summer, up to 18th October. You get 1 hour 40 minutes in Kirkby Lonsdale, plenty of time for a walk around, to browse in the shops and have a drink in the pub, or tea and a snack in a café. Or you could hop off on the way down the dale and go for a longer lunch in one of the pubs on the way. I found it a very pleasant way to spend a Sunday afternoon, and the views of the lovely dale of the Lune are just wonderful from the bus. The running of this bus helps us re-establish our historic links with the North-East and the other Yorkshire dales. Again, please do support it. Concessions and the £3 cap on fares and in operation in the bus, along with a £1 child fare, which

Thomson Hayton Winkley & The Rural Law Practice

Helping families, farmers and businesses
in Sedbergh and the local area

- **Wills & Inheritance**
- **Farming & Rural**
- **Residential Property**
- **Tourism & Hospitality**
- **Divorce & Family**
- **Commercial & Business**

Kendal - 01539 721945

Rural Law @ J36 - 015395 67571

Kirkby Lonsdale - 015242 71222

e - info@thwlegal.co.uk

e - info@rurallawpractice.co.uk

w - thwlegal.co.uk

Trusted Solicitors & Advisers
ThomsonHaytonWinkley



Sedbergh Information Centre & Howgills Bookshop



We offer

A range of gifts for adults and children including
Sedbergh Soap & Kate's Jewellery
Books, walking guides and maps
Cards and locally made goods
Newspapers and magazines for sale



We also offer photocopying services and stamps
Open daily 9 am - 4 pm



Christmas Cards, Gifts and 2026 Calendars now in stock.
Please come in and report any issues with the Sedbergh Bus Services.

is also in operation on the Little White Bus.

Finally, an update on the ongoing saga with the tendering process that Westmorland and Furness Council are going through. Three different timetables will be issued in due course, which the various bus operators will be asked to provide prices for. The relevant documents are being assessed for the council by external lawyers, and the process will take some weeks more. Given that approval for a new timetable takes 70 days, any new service would not start until the autumn at the earliest. And that presupposes that any bus operator will come back with something the council can afford.

NOTES FROM DENT STATION

*John Carey, The Dent Station
Team*

We have seen a fine display of daffodils at the station this year, probably slightly later than most due to our exposed location. On other matters, all seemed to be going quite well with no storm damage over the winter period, but then we were hit with Storm Dave which destroyed a section of the ridge on the station roof. After the initial dismay we quickly got to grips with the process of putting things right with the help of our good friend, local builder, Julian Wilkinson. We now think that we have sourced replacement tiles from a manufacturer in Dudley and we will

schedule in a period during the summer to carry out the work. It could have been a lot worse! But like most things at the station, it is often two steps forward and one back.

On a positive note, the Dent Head Road reopened as anticipated, and we are now able to ferry in materials from the Settle direction for the first time in many months. And a fine stretch of road it is as well. Again, a big thank you for all involved in making this happen. However, across the hill, it appears that North Yorkshire are catching up with a backlog of roadworks including closure of the Widdale road at some point in the summer which will no doubt affect some. We are never far from the spectre of roadworks.

But of course, as most will know by now, this article is often less about Dent Station and more of a digression into the world of public transport. On the railway, the trains are beginning to get busier particularly over the Easter holidays and Northern have increased the carriage allocation for the 'summer'

period. That means we should largely see 3 or 4 carriage formations on our line although the reality is that trains often appear with less. There are too few carriages available and replacement stock will be some years away.

Meanwhile, it has to be said that Northern performance has shown a marked improvement and we went through March without any cancellations, the first time this has happened for quite a while. OK, I don't want to jinx things! However, there were a number of issues including heavy rainfall and flooding experienced later in the month which brought trains to a standstill for a short while. Unlike in the past, trains are not allowed to proceed if the rail is under water but also there is a fear of the ballast being washed away in fast moving water. It does identify a few areas where Network Rail need to increase resilience; drains and culverts need to be cleared or improved. We also saw a bridge 'strike' at Kirkby Stephen which impacted upon services. An all too



frequent occurrence when lorries ignore the height warning on bridges.

We understand that there will be a brief closure of the line near Kirkby Stephen to allow work to a collapsed retaining wall to be carried out. During that time, trains will run north as far as Garsdale with a bus replacement to Appleby. Leeds-bound trains should not be affected. The collapse happened back in February during planned maintenance work, and a temporary repair had been effected in the meantime.

The Avanti diversions via the Settle-Carlisle recommenced on 4th April for a 2 week period. It does again emphasise the strategic importance of maintaining a third route to north which could so easily have been lost. However, we do need to see regular use by Anglo-Scottish services; something which the Settle-Carlisle was originally designed for. Meanwhile, beyond this period, the Avanti diversions are unlikely to reappear until sometime in 2028.

Wearing one of my other hats, I mentioned in the previous Lookaround, the start of the 832 DalesBus service from Hawes to Kirkby Lonsdale via Sedbergh every Sunday and bank holiday until 18th



October. This is the first time that DalesBus services have been routed this way and is very much a pilot to see how it goes. If this turns out to be a success, it is hoped to be able to do the same next year. So please get out and use it! Indeed, the first few days of service have been encouraging with good numbers turning out from Sedbergh to make a brief trip to Kirkby Lonsdale. Amongst them were a couple of families with the children making their first bus trip.

Of course, it would be excellent if the stay-time was a little longer, but the service is constrained by other services in Hawes with which it connects. Nevertheless, it gives ample time for shopping at Booths, a walk around the riverside or a visit to the several cafes and pubs. It gives a transport alternative when there are few and, indeed, a public transport possibility for those travelling longer distances, perhaps returning from an overnight stay.

The bus departs Sedbergh at 1315 and returns from Kirkby Lonsdale at 1520. This is a larger bus so there should be space for all, including low floor access and wheelchair bay. Senior bus passes are accepted and

the £3 single fare cap applies, while there is a £1 single fare for young persons under the age of 19. For further details please see www.dalesbus.org/832.html

The DalesBus network covers some 20 routes across the Dales with interconnection possible with other services. On the first few 832 services we were joined by a few Middlesbrough and Darlington residents who were impressed with the local scenery, particularly as we emerged from Garsdale to see the Howgills for the first time. But we do also need to encourage folk to visit Farfield Mill and take a walk around Sedbergh. Hopefully, they will return with their friends!

Meanwhile there would appear to be a deathly silence on the prospect of an improved weekday Sedbergh-Kendal service; there have been no further developments although the local public transport group continues to lobby hard. It may be some time before a decision is made. However, as I have mused before, the omens do not appear to be 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 this is 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 for bus

running and times including the current daily services between Kirkby Stephen and Kendal. Rail tickets can be purchased on the train.

I should also remind as to the Dales Railcard, available to residents in the qualifying post codes (including LA10) and which provides a one-third discount for tickets purchased on the day (weekdays after 0815) on the Settle-Carlisle and Morecambe lines. The cards can be purchased at a cost of £15 from Skipton, Settle or Appleby stations with proof of address or by application to the Settle Carlisle Railway Development Company via their website.

The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will also give details of any potential disruption. The small green 'Dales Area Timetable' booklet including all bus and train times should be available through the tourist information office nearer the start of May. Meanwhile, if I can be of any assistance on any bus or rail matter, please feel free to contact me via john.carey@settle-carlisle.com and, as always, I would be delighted to help.



FIFTY YEARS AGO

Colin Cowperthwaite

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

Legion Presentation

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

the Club from Kings Yard to the White Hart premises. Responding suitably, Mr Haygarth said that he would be staying on as a vice-president.

Sedbergh Cinema to Close Down

Sedbergh Cinema looks as though it has reached the end of the road. At Tuesday's meeting of South Lakeland Council's Policy and Finance Committee, it was decided that the cinema should be closed down and the cinematography equipment sold. The decision came as no surprise, for last year it was reported that the cinema was losing 50 pounds per week. In view of this, it was decided to close the cinema during the winter. As a concession it

SUBSCRIBE TO LOOKAROUND

GET A COPY DELIVERED EACH MONTH.

£20 FOR A YEAR

**in the Sedbergh and District Area
(Sedbergh, Firbank, Cautley,
Lonsdale to Barbon, Garsdale and Dent)**

POSTAL SUBSCRIPTIONS

£50 FOR A YEAR

for a UK Annual Subscription

Email editor@sedberghlookaround.org.uk.

**Or cut out and fill in the form on the reverse of this
advert, then post or deliver to the Sedbergh Tourist
Information Centre with payment**

was opened over the Christmas period but only 278 people attended the nine performances, and this seems to have been the final nail in the cinema's coffin. The cinema was bought by the old Sedbergh Rural District Council and taken over by South Lakeland on the re-organisation of local government. If the closure decision is confirmed by the full council, the future use or sale of the building will be investigated. Coun. F.W. Moore, chairman of the Tourism, Recreation and Amenities Committee, told Tuesday's meeting "We have tried all sorts of things with the cinema, but we are still losing money on it".

Frostrow W.I.

Mrs Fishwick presided over the

February meeting held in Settlebeck School. There was a good attendance to listen to the speaker, Mrs Addison, VCO. Her talk entitled "History and Organisation of WI" was interesting and very helpful, especially to new members. Flower of the month competition was won by Mrs Mounsey, with Miss Bainbridge in second place.

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

20,000 Trees are Lost in Dentdale Forest Fire

National Tree Planting Week suffered an untimely blow on Tuesday when a forest fire at Cowgill, near Dent, destroyed some 20,000 young spruce trees. Firemen from

LOOKAROUND SUBSCRIPTION

Name _____

Address _____

Postcode _____

Phone _____

Local / Postal Subscription (please delete as appropriate).

Enclosed fee _____

Annual Subscription -

£20 - local delivery, £50 - postal delivery

Send to :-

**Sedbergh and District Lookaround,
72 Main Street, Sedbergh, Cumbria LA10 5AD.**

Sedbergh, Hawes and Kendal fought for nearly three hours to get the blaze under control after nearby railway workers raised the alarm. Covering about 250 acres, Cowgill Forest is owned by Economic Forestry (Northern) Ltd. and was planted with Sitka spruce trees in 1974. A spokesman for the company said on Wednesday that the fire could have been much worse and praised the firemen for their prompt action. He estimated the damage would amount to 2,000 pounds. About 20 acres of land was affected, he added.

Old Folk's Welfare

The quarterly meeting of Sedbergh and District Old Folk's Welfare Committee was held recently at Highfield House, when the Vicar, Canon D.A. Rogers, was in the chair. Reporting on Dent activities, Miss E.T. Middleton said that there were now nine people receiving meals, which were cooked in the school kitchen. In the absence of Mr. G. Hague, the treasurer, the financial report was given by the secretary, Mr. A.G. Wilkinson, and showed that the committee had approximately 1,000 pounds in hand. The Sedbergh Meals-on-Wheels organiser, Mrs. Chris

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

Mr. R.E. Billington

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

Dent Family Service

The service took place at St

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson

015396 21557

07810 595543



Tom Wilson

015396 20954

07790 946578

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

Secondary School

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

Ex-Miner hopes Dalesfolk will See the Light

Yorkshire miner turned evangelist, Herbert Silverwood, is trying to get people back to their chapels in an old-style revivalist campaign. By special invitation he is staying in Cautley, near Sedbergh, and on Saturday began his 10-night mission in the tiny chapel. Each night the crowd seems to get bigger as the word spreads, and on Tuesday morning extra seating had been put inside the chapel ready for the evening's congregation. At the age of 75, he has preached on racecourses and beaches and wherever he thought

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

CHAPEL GALLERY

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

Open daily (except Sundays) 11am to 4pm

Burtersett Road, Hawes, DL8 3NP

Tel: 07474 138536

info@chapelgalleryhawes.com

www.chapelgalleryhawes.com

VIRGINIA HALL

Karen Bruce Lockhart

We often hear of the exploits of Odette Churchill and Violette Szabo (and many others), British girls who were parachuted into France during the Second World War, but few British have heard of Virginia Hall, an American girl that the Gestapo considered one of the most dangerous Allied agents

Virginia was born in Baltimore in 1906 and attended Harvard, Columbia and George Washington Universities where she studied French, German Italian and Economics. She so studied in France, Germany and Austria. She worked for the American Consular service in Warsaw and Izmir. She

dreamed of becoming a diplomat, but in 1933 she shot herself in the foot which became gangrenous and then led to the amputation of her lower left leg. She was given a wooden prosthetic which she called Cuthbert, references to which were sometimes misunderstood. Despite her undoubted abilities the US Diplomatic Service rejected her because of her disability, and so she remained with the Consular service until she resigned in March 1939.

When war broke out she volunteered in February 1940 as an ambulance driver for the French Army. A friend put her in touch with the Special Operations Executive and in August 1941 she was sent to Vichy France posing as a journalist working

**Built in and Free-standing Appliances
Domestic Appliance Repairs**

**Digital TV, Aerials and
Satellite Dish Installation**

Wi-Fi and Home Networking

Regular Deliveries to the Lookaround Area



ELECTRICAL STORE

**Kew House (Just of the A65)
INGLETON**

T: 015242 41224 / 015242 42095



www.toobys.com

for the Washington Post. She was only the second female agent SOE sent to France. She quickly became one of the SOE's most effective agents: building resistance networks across France, organising safe houses and escape routes, coordinating supply drops and sabotage missions, and helping airmen shot down to escape. She set up a network of SOE agents - one of her most useful was the owner of a prominent brothel in Lyon who passed on tidbits heard by the girls. The Gestapo referred to her as the Limping Lady. She was cautious – refusing to attend a meeting of SOE agents which the French police did then raid, leaving the only method of smuggling information back to Britain

via a diplomatic bag through one of Virginia's contacts. She organised the escape from prison, and the journey to Spain, of the 12 agents captured by the French police. During that raid

When the Germans took over the whole of France in 1942 she had to flee, leaving Lyon without telling anyone, and crossed the Pyrenees in snow in two days in November 1942, which was quite a feat with winter coming on and only one leg. She was interned by the Spanish but the American Embassy secured her release. She worked for the SOE in Madrid but returned to London in July 1943, where the SOE refused to send her back to France saying she was compromised and it was too

**Now is the time to secure
a lovely new home**

Castlestead View, Oxenholme

Housing21
Extra Care Living

**85%
SOLD**

Whether you're looking for a two-bedroom bungalow or apartment, we can help you find your next home.
Live within an Extra Care scheme with a nice community feel.

All available properties come with carpets already fitted, gas central heating, a wet room and contemporary kitchen with an electric oven and hob.

For more details, please call Margaret on 07525 803 994 or email Margaret.Doust@housing21.org.uk

dangerous

She returned to France in 1944, this time working for the American Office of Strategic Services. She had to be sent in by boat as her leg prevented her parachuting. She shuffled as an elderly woman to disguise her limp. She was sent as the wireless operator for a 62 year old man as the OSS could not accept that a woman could lead a network of agents. She shook him off as too talkative and a security risk. She trained and organised Resistance fighters, directed guerilla attacks and helped disrupt German logistics ahead of D-Day. She had considerable trouble with the higher ranks in the Maquis as the Americans had only given her the rank of 2nd Lieutenant. She received the American Distinguished Service Cross, one of the highest American military awards, and the only one awarded to a civilian in WWII, together with an MBE from the British, and the Croix de Guerre from the French

After the war she worked for the newly formed CIA, but was passed over for promotion, honours, and work for which she was qualified. She resigned in 1948 but was rehired in 1950 for another desk job. In the 50s she became a valued member of the Special Activities Division in France supporting under cover activities to prevent the spread of communism in Europe, but continued to suffer discrimination – she felt she had overshadowed her male colleagues, having so much more experience. She retired in 1960 and died in 1976 in Baltimore.

RECOLLECTIONS OF SEDBERGH 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.

The Back Lane as I remember it had nothing picturesque about it. First and foremost, and opposite the smithy was, as usual, a midden, a good big one too, wedged in between the end house and the house in which lived Sedbergh's famous fisherman Bushby. The ever open door of Bushby's house, facing rather cornerwise, usually gave passers-by

H & M

CRAFTSMEN

Ingleton | Est. 1987

KITCHENS · BEDROOMS · STUDIES

High Quality, Bespoke Furniture With
Full Design And Fitting Service



Showroom: Ingleton Industrial Estate, LA6 3NU
015242 41535 · kitchensandbedrooms.co.uk

a view of Mrs Bushby sitting likewise. She was reckoned by many to be, and probably was, the “cleverest woman I’ Sebber “ - she was always “reading t’papers”. I seem to see her still as she raised her head and looked over her big glasses to see who was passing. I don’t think she knitted bump (she would not have made 1.1/2d, let alone 2.1/2d, a day over it with all her news reading). Her brother who used to fetch water from the Joss Lane spout was one of the incessant knitters of Sedbergh.

Passing Bushby’s cottage one came to more old weaving sheds which were turned into dwellings, but sometime in the fifties (1850’s) they were pulled down to make way for new houses: next to these and the

yard which was that of the old workhouses, was “Cannon House”, so called from the two old cannon placed as ornaments outside: there was another of these cannon at the top of Davis Yard outside Swettenham’s House. Beyond Cannon House was my father’s garden with a clipped hedge next the road, and then two gardens belonging to Swettenham House separated by Davis Yard. In one of the cottages opposite the old school lived one of Sedbergh’s characters, Michael Buck, and his old mother; he was a cobbler by trade, but a bird-fancier by nature: he was considered a specialist in canaries, which were taken to him to be doctored, and was known beyond Sedbergh for his skill;



The Gateway Unit, Dockray Hall Ind. Estate
Kendal, Cumbria, LA9 4QY

01539 721252 | charles@wocc.co.uk | wocc.co.uk
Tue - Fri 10am-4.30pm Sat 10am-1pm

The home of **WOOLS OF CUMBRIA**
CARPETS

he was a tall lean man with iron grey whiskers, and like Mrs Bushby wore very big spectacles; he did not say much, but what he said was to the point. His big leather apron I remember seemed part of him, like old Jack Willan's. I remember the little bits of "spice" (a local name from sweets) which his mother sold and showed in the kitchen window.

The old Grammar School (the present school library) stood with a wall round, and two stone stiles in the wall as entrances, such as were used in the fields, none too wide. Below it was the so-called playground, hardly worthy of the name, being a rough uncared for plot with seldom anyone in it. The School cricket ground was on the other side of the Dent road - large enough for any use it was put to at that time. On half-holidays, cricket and other games were voluntary, and boys who liked might scour the country. In the trout season not a few would grapple for trout. A sketch of the Church and old School and the Headmaster's house, made by my mother, was the original of an engraved letter head: my father used to drive her to the foot of the old cricket field in a phaeton before going to morning school and leave her there in it, take the horse and fetch her again at noon. The boys from Mr Evans' House (the Headmaster) were under orders to use the path down and round the Churchyard instead of going down Finkle Street, which was not considered sanitary. In spite of the insanitary conditions illness was rare in Sedbergh; now and then a single case of typhus would be rumoured, but I never heard of

typhoid or diphtheria. In later times Finkle Street was though insufficiently well off for King Edward VII (then Prince of Wales) to drive down it on the way to shoot grouse at the Earl of Bective's shooting box at Dent Head.

Below the Red Lion Inn were tumble-down cottages and stables, and on the opposite side of the road next to the churchyard were middens, worse than any others in the town. Where Finkle Street ended and the Dent road began, and there were no buildings on it before you came to a Dutch Barn halfway up the first hill: it was a grim old square building, with a pointed roof covered with lichens grey and yellow. The hill was known as Dutch Barn Hill until early in the

C BERRY WINDOW CLEANING SERVICES



Carl Berry
51 Maryfell
Sedbergh
LA10 5AW

- ◆ 16+ YEARS EXPERIENCE AS A PROFESSIONAL WINDOW CLEANER
- ◆ NEW BUILD SPECIALIST, REMOVAL OF PAINT, MORTAR, STICKERS ETC
- ◆ GLASS CLEANED AND POLISHED TO A HIGH STANDARD
- ◆ A.W.C. ACCREDITED MEMBER

CALL 07827 813 974

fifties, when houses were built and the name was changed to Mortar Pits, and in a few years my favourite name of Dutch Barn Hill died out along with the old Dutch Barn itself. Fuel was difficult to get in those days; no coal was to be had except from the pits in the side of Baugh Fell and up "Gastle" (the local way of pronouncing Garsdale), and there the pits were practically caverns on the level; the coal when procured was so slow burning that the morning fire lasted till the afternoon - it was very sulphurous and never blazed, though it burned very red; to light it, peat was wanted as well as wood. The peat was cut in the summer on the moorland, and cut into squares and left to dry near the peat-moss, to be stacked later ready for cartage. The way to set a fire, at least in our house, was to lay first a ground floor of paper, then a layer of wood, next a layer of peat, and next coals and finally small coal.

FIREWOOD & SEPTIC TANKS

David Labbate

Woodsure approved

Kiln dried soft/hardwood

Large or Small loads

**Septic Tank Emptying
And installation service**

Reliable & Efficient Service

07811372474

015396 22114



SEDBERGH SIGHT ADVICE GROUP

Keith Birbeck

Members of the Sight Advice South Lakes [SASL] Sedbergh group met on Tues 07 Apr in the Peoples Hall for the monthly meeting. It was our pleasure to welcome Tim Ward who is the Sight Support Co-ordinator (Assistive Technology) for SASL. This role incorporates responsibilities as the Eye Clinic Liaison Officer (ECLO) based in the Macular Clinic Westmorland Hospital Kendal, the overseeing of a monthly Low Vision Clinic and providing advice, information and emotional support on eye conditions and sight loss.

Commencing with a review of the low-tech aids available, Tim outlined the importance of ensuring the correct levels of lighting and the different desktop magnification devices available, both at home and at the work place. He also reminded us of the Home Assessment visits available that provide practical sight impairment guidance specific to a sight impaired person's home or work place.

Moving on to more recent technical innovations, Tim demonstrated a pair of Meta RayBan Glasses, which link to a smartphone and can be voice activated. With integrated speakers, they provide many sight enhancement capabilities that can greatly improve the real-life interaction a sight impaired person has with everyday activities. While not suitable to all for practical and cost reasons, this 'wearable technology', which can also be fitted

THE CLEAN MACHINE

CLEANING SERVICES & PROPERTY MAINTENANCE



Pressure Washing
Window Cleaning
Gutter Cleaning & Repairs
Gutter, Fascia & Soffit Cleaning
Drain Jetting & Repairs
Drain CCTV Inspection
General Property Repairs
& Maintenance

Contact: Simon Shaw Telephone: 07917064767 Email: thecleanmachine97@gmail.com

with prescription lens, highlights what could be widely available in the future.

To talk to Tim about any of the above, contact him at Sight Advice South Lakes Kendal on 01539 769055. A hugely enjoyable, informative, and thought-provoking talk, members warmly thanked Tim.

Our next meeting is Tues 05 May when Jayne Ewin from Kendal will be giving the group a talk on her ongoing experiences training her potential RNIB guide dog 'Taco'. The group welcome new members from the Sedbergh community, if interested call Keith Birbeck 07557 871961 or Susan Harper 015396 206613.

DENTDALE, HEAD TO FOOT Mines in Stereo

Andrew Povey DDHF

The intriguing title of the talk in April was 'Mines in Stereo'. Jeff Clegg gave a fascinating talk on the history of mining in the Yorkshire Dales. Most commonly lead ore was mined with much of it going on to a smelter at Kettlewell,

There was, also a small copper mine just outside of Dent. The extraction of flagstones was quite widespread and is termed mining although we might call it quarrying today.

The work underground was very arduous and quite dangerous. Explosives were used to break out the ore or stones. This required



Blossom & Birch

YOGA | MASSAGE | SAUNA | RETREATS



Yurt & Sauna in the Howgill Fells

Brought to you by Bloom with Berry

at

Howgills Hideaway



hello@bloomwithberry.com | 07825631503

careful operation to prevent premature explosions. Compressed air drilling came into use later.

Jeff illustrated his talk with stereo slides; these are made by two cameras stuck together to take the two photos at the same time. They are then displayed from two projectors, linked together. The audience was supplied with special glasses to enable the pictures to be seen in 3-D. The pictures showed the passageways and workings underground. These are very extensive and have been mapped more recently.

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

Our next event on 1st May 2026 will be Andrew Povey, talking about 'Holidaying in Kenya'. Would you stroke a live cheetah?

The June event will be our summer outing, this year to Witherslack and Cartmel. A £5 deposit is required for the bus.

Look out for more details of our events on the posters and our Facebook page, 'Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page. Please 'like' our page.

For further information please contact Andrew Povey on behalf of DDHF,

07881655166
poveya@btinternet.com

KILLINGTON W.I. The Afternoon Institute For The Entire District

Wendy Fraser-Urquhart

It is always rewarding when we have a really local speaker, especially when they are a lifelong expert in their subject. Today we were delighted to welcome Elaine Horne to talk to us about propagating plants. Elaine took us through the subject from start to finish having brought with her examples of lots of things for us to see and feel. Do you know the difference between a John Innes #2 compost and a John Innes #3 compost? Well we do now and know what they feel like and what they are best used for. We learned about the conditions which different

seeds need and the conditions in which they thrive best as tiny seedlings and as they grow larger. It was also practical. We learned how and when to take hardwood and softwood cuttings; exactly how to plant them and much, much more. She knocked Monty Don into a cocked hat. All we need now is the energy to do all the right things. Thank you Elaine.

Then it was time for our delicious tea and delightful socialising - always a mainstay of our meetings. The winner of our monthly competition this time for a spring Posy was Jan Dinsdale and the raffle was run by Norma Cheeseman. Birthday greetings this month went to Maggie l'Anson and Lavinia Mahon, both a little way past 21 but wearing well. We read through the federation newsletter to see what activities were being arranged by other institutes and thought about which we might go to. Our own next meeting will be on Tuesday the 12th of May 2026 at 2:00 PM in the People's Hall.

DENTDALE W.I.

Thelma Belfield

April, and at least it is beginning to feel like spring. Blossom on trees, colourful flowers in the garden and the sun was still shining as we travelled to our evening meeting. Pam our president gave a warm welcome to everyone and read out a little poem she herself had composed. Our guest speaker was Dilys Evans telling us about her time teaching in Kenya in the late nineteen sixties. But first it was business items to be dealt with. We were reminded



All types of building work undertaken:

- Extensions
- Barn conversions
- New build
- Restoration work
- Building, joinery, plastering, tiling, roofing
- Topseal flat roofing approved installer

T: 015396 22038
E: info@mkconversions.co.uk
W: mkconversions.co.uk



that annual subscriptions are due. This year a small increase to £54, but still good value for money, costing less than £5 for an evening out, with an interesting speaker, catching up with friends, plus tea and homemade biscuits. This year also there is an additional requirement for all members to complete and sign a form prior to payment of subscriptions. This is to meet statutory changes within the Equality Act from April 2025.

Next on the agenda was confirmation that the Springfield Domestic Abuse Support group is to be our chosen charity for fundraising this year. It is hoped to invite a representative to speak at one of our future meetings. Secretary Rita

confirmed that concessionary tickets for the Country Fest event at the end of May were available to purchase for £10. An outing to Bay View Garden Centre is to be arranged for June and Kate volunteered to organise a Dining Club outing.

Finally, a request for W.I. members to contribute salads for the 1st Responders BBQ on May 2nd. This is an annual fund-raising event for the group and traditionally our WI contribute a range of delicious salad items.

Business complete it was time to move on to the social side of our meeting and Pam formally introduced Dilys. Kenya was the single word she used as her title, but she began by telling us a little about her younger

J. N. & E.

Capstick

INSURANCE CONSULTANTS LIMITED

CIR COMMERCIAL INSURANCE AWARDS 2017
WINNER
BROKER CLAIMS TEAM OF THE YEAR

Specialising in farm, home and motor insurance

A local company, small enough to care, big enough to compete. So give us a try.

36 Main Street, Sedbergh LA10 5BP Tel: 015396 20124	Market Square, Kirkby Stephen CA17 4QT Tel: 017683 72285	Hawes Auction Mart, Burtsett Road, Hawes, North Yorkshire DL8 3NP <i>Open during auction hours</i>
---	--	---

www.capstickinsurance.co.uk

J.N. & E. Capstick Insurance Consultants Limited is authorised and regulated by the Financial Conduct Authority

life and especially that on leaving school, she had no definite career ideas. At that stage university had no appeal, so she took a post working for an insurance company. By the age of 22 she decided to undertake a 3 year teacher training course and subsequently obtained a job in Knaresborough, teaching infant and junior pupils. Moving on a couple of years, and the headmistress at Knaresborough recommended a career move, suggesting she apply to the Voluntary Overseas Services. Subsequently on 27th August 1969 Dilys began her journey to Africa. Being a country girl, she had not travelled far and had never flown. She described her first experience of flight as 'magical' but didn't enjoy the

landing at Nairobi airport. She was met by a VSO representative and vividly remembered the different sounds, sights and smells of this new strange country. Smart city buildings, but beggars in the gutters, sweet smelling jacaranda blossom and bright green and orange as primary colours, her post was at a school equivalent to an English Grammar School with approximately 230 students ranging in age from junior to late teens. Education was by 'rote learning' but Dilys had been engaged to introduce NPA – New Primary Approach learning and she had freedom to apply this in her own style. She did this in various ways by story- telling, artwork , model making and puppetry. She not only had



Garden and Spring Essentials from Dawsons Fuels

A large variety of **composts** are available, including **Multi-Purpose Compost** and **Decorative Bark**, Ericaceous and Farmyard Manure. **Spent Mushroom Compost is back!** This Nutrient-rich soil booster is available in **bulk bags** with local delivery for £70 each or **2 for £130**.

Rustic Oak Barrels & NEW Garden Pots

Make a stunning centrepiece in any garden, come and browse the range available.

Feed your Garden Birds Peanuts, Wild Bird Seed, Sunflower Hearts, and Suet Pellets

Building Supplies & Decorative Aggregates

Grade A **Top-Soil** & Decorative Bark in bulk bags.
Gravel, Decorative Slate, **Rapid Set** mix, Sand and Cement.

As always our quality **Heating fuels** are available for collection or delivery.
Approved **Smokeless Solid Fuels** and **Woodsure Ready to Burn** Kiln Dried Logs.



015396 20210 or email sales@dawsonsfuels.co.uk

ROYAL BRITISH LEGION SEDBERGH BRANCH

If you have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone) Your local Sedbergh Branch needs new members in order to keep up its good work. You do not need to have served in the Armed Forces to be a member of the Legion. Membership costs £23.00
Call 07557 871961 or email: keithbirbeck@gmail.com to apply.

For more information, visit our website:

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



responsibility for teaching the children but also training other teachers in the school the new system. It was, she said a highly satisfying experience. But there was also an interesting social side to life working out in the African bush. She lived in a very smart bungalow with a cook and gardener and joined many of the local social clubs available. She found a very rigid class system ranging from very wealthy people to the extremely poor who lived in poverty conditions. White people were highly respected by the native population. The local hospital was nearby, and she made friends with the nurses as well as the teachers in her school. The first Christmas she spent in Kenya, she and another teacher decided to hold a party. Together they managed to cook a chicken with stuffing, make a chocolate cake and mince pies, which Dilys said was a miracle as neither of them had any cooking skills. But they all enjoyed a traditional Christmas with carols, a decorated tree, and music and dancing. Dilys recalled all her experiences in Kenya with very fond memories. Seeing elephants, rhinos,

wildebeests, giraffes, hyenas and ostriches roaming in the wild. Meeting members of the Masai, very tall and handsome in tribal dress and trying to rationalise the very different customs and lifestyle of the indigent people. It was family commitments that brought her back to the UK. She has never been back to Africa, but retains a deep and loving memory of her time there. We all thoroughly enjoyed her talk, it was highly interesting, full of meaningful detail, amusing, and as you might imagine, generated lots of questions and discussion.

Time for tea and Marjorie's delicious homemade biscuits. Dilys judged our competition for an interesting item beginning with the letter A. Gill was first with an Antler, Thelma second with an Axe, and Alice was in third place with an Amethyst. Lucky raffle winners were Anthea, Sarah, Barbara and Libby. Another enjoyable and interesting evening. May sees us welcoming Marjorie Bidgway who will talk about Mosaics. The second Wednesday of each month, we look forward to welcoming you too.



Family run business with a sustainable approach to supplying bird seed and wildlife food in Cumbria.

- **Bespoke bird seed mixes**
- **Red squirrel food specialists**

www.wildlifefood.co.uk

Use discount code SEDBERGH15 for 15% off your first order.

Tel - 01768 877151

AT THE WILDLIFE FOOD CO, WE CAREFULLY SELECT HIGH-QUALITY INGREDIENTS
TO SUPPORT HEALTHY, THRIVING WILDLIFE ALL YEAR ROUND.

SEDBERGH W.I. REPORT

Moirá Folks

Lesley McCrie led the walking group on March 19th around Elterwater in Great Langdale, which was her home territory before she and her husband moved to Sedbergh. Parking at Skelwith Bridge Hotel, the group took the Cumbria Way past Low Park and up to Colwith Woods to see the impressive waterfall, Colwith Force, which drops a total of about 40ft in several stages. Heading gradually down towards the road to the village of Elterwater, they made their way to the Britannia Inn (the inn sign of a masted sailing ship showing where its name derives from), known locally as 'The Brit'!

There they sat outside in the sunshine to have lunch and must have felt that spring had really arrived! They returned to Skelwith along the River Brathay and past the Eltermere tarns (Eltermere is an ancient name meaning 'Swan Lake' and there are often swans there even now) with the iconic Langdale Pikes providing a splendid backdrop at the head of the lake. To make the day perfect, it was rounded off with cake and drinks at Chesters café at Skelwith Bridge. It was a beautiful day, warm and sunny and not too busy; a very enjoyable outing for all. Thank you, Lesley, for telling us about it: I was very sorry not to be able to share it with you that day.

We welcomed Nick Morrice (pronounced 'Morreece'), a retired English teacher, at our main meeting on April 8th. His subject: 'How I came to support orphans in Kathmandu'. So where is Kathmandu? It's the largest and most important city in Nepal and serves as the main base for Himalayan trekking, set between the Chinese border on the north side (where China 'absorbed' Tibet in 1965) and India's northeast frontier. It's a very poor country – the fifth poorest in the world. Nick became interested in Nepal when he saw an advert asking for sponsors to 'foster' a boy in an orphanage there by providing funds for his education, so he decided to do so. Eventually he met this boy, Maneesh, in Nepal. By this stage he had retired from teaching in England but offered his services to a school in Nepal as he had long been interested in teaching English as a foreign language. This led to his meeting more boys and getting further requests to 'foster' more of them! Some bequests he had received over the years helped him to do this – also, he didn't have a family of his own to support. Nick's fascinating talk introduced us to the many problems faced by the Nepalese; natural disasters, terrible pollution, huge numbers of orphans needing support; their society is about 300 years behind western civilisation. Despite this, the Nepalese are 'unfailingly cheerful' according to Nick, whose wonderful photos of the boys he knew bear this out: it was so lovely and cheering to see all those smiling



faces! I would encourage any of you who want to know more to invite Nick to speak to your own organisation, you would be in for a treat! To sum up, giving an illustration of the result of Nick's fostering, two of 'his' boys became doctors and one an accountant – and I've probably left out some other success stories because I couldn't write them down fast enough! He certainly had a great influence on the boys he was able to help – and he obviously gained a tremendous amount himself from these friendships.

Nick's talk about a third world country was very much in our minds when our book club met at Nancy's home the next day. We had been reading 'The Lightless Sky', the memoirs of Gulwali Passarlay, an Afghan boy aged 12 when he and his elder brother were sent off by their grieving mother who paid people-smugglers to help them after their doctor father and grandfather were massacred by the Taliban in 2006. The boys would have suffered the same fate if they had not escaped. Two subsidiary titles have been given to 'The Lightless Sky': 'A Twelve-Year-Old's Harrowing Escape from Afghanistan and His Extraordinary Journey Across Half the World'; alternatively: 'My Journey to Safety as a Child Refugee'. Gulwali and his brother were separated not long after leaving Afghanistan, making young Gulwali's horrifying 12-month journey even more traumatic as he was sent from one dark and insanitary holding-place to another, even being cooped up in dark lorries, and walking for days on rough and dangerous terrain.

Sometimes he was even sent back to a previous place to start his journey again. Gulwali is indebted to his co-writer, Nadene Ghouri, an award-winning journalist and former correspondent for the BBC and the Al Jazeera English team, in writing this seamless narrative based on Gulwali's memories of his nightmare year. On arrival in Britain, Gulwali took full advantage of the English education system, graduated in Politics at Manchester University in 2016 (his autobiography had been published in 2015) and became involved in various prestigious political, aid and youth groups, helping his fellow refugees. His most public honour was to carry the Olympic Torch in Bolton in 2012, a mark of respect for his contribution locally by the time he was 18.

Before winding up this report, I'm delighted to pass on all our Congratulations and Very Best Wishes to Anne Symons on joining the ranks of our Nonagenarians along with Marjorie Fishwick and Rosemary Mason. Anne celebrated her 90th Birthday with a surprise party for all her family and many friends on April 4th in Whittington.

Our next monthly meeting in the committee room of the People's Hall will be held on Wednesday, 13th May at 7.30pm when Victoria Morris will be talking about walking from John O'Groats to Land's End via the County Tops. Visitors and Guests are always welcome. For further details, please contact our President, Louise Atkinson, on 07855 378883; or our Secretary, Lesley McCrie, on 07930 177423.

FAMILY MUSINGS

Sarah Woof

May looks like being quite a significant month for us. On the 23rd we will celebrate our Sapphire Wedding anniversary, 45 years since we married each other. What a lot has happened in those years. Our children were born and grew up, have brought in-laws into our lives and have had their own children, our grandchildren. Our parents and many other darling relatives and friends have died, leaving a treasure trove of memories behind.

One of those treasured relatives was Auntie Rose Sanderson. She lived most of her 90+ years in this area, spending some childhood years at Millbeck in Dent no less, where we started our married life. She was always smartly dressed, always interested in our lives and great company. Her long life came to its natural end in November last year, and in April her ashes were placed in her family grave.

Sedbergh Weavers

WORKSHOP & GALLERY



Handwoven & artisan-made
textiles with provenance

Open Wed-Sat, 10.30-4pm
or by appointment

6 Finkle St, Sedbergh LA10 5BZ

www.SedberghWeavers.co.uk

Amongst these sorts of memories are so many amusing ones. Our children's granny, my mother, left a host of such memories, her driving being one highlight!

Seeing my younger but oldest brother achieving his ambition to become a sculptor, working with stone and wood, was definitely a special part of the last 45 years. Caring for him in his last 2 years as cancer robbed him of 'old age' was a less enjoyable time, but all part of the tapestry of life.

Meanwhile, lambing time continues but will hopefully be over or nearly so as you read this; what a difference sunny dry days make to farming.

However you spend this month, don't be a 'May Gosling' on the 1st!

NO MOW MAY

Andy Denton

Ever thought of giving your lawn a Mohican? You're encouraged not to mow your lawn in May to give wild flowers a chance to seed. During the first lock-down, I left two large triangles of lawn unmown, although I left it a lot longer than just a month. The other part of the lawn looked cared for so it didn't seem that I just couldn't be bothered. We were rewarded with about a dozen Northern Marsh Orchids which, if they had poked their heads up before, would have got them chopped off. Since then, I've done the same thing every year and the Orchids have reappeared. The grandchildren have found all sorts of

McGarry
SOLICITORS
& Co

*Your Legal
Companion*

- ESTATE PLANNING
- PROPERTY & RURAL LAW
- FAMILY LAW

*Your Complete Personal &
Commercial Legal Service*

Offices At:

Sedburgh

Barnard Castle

Hawes

Leyburn

mbmcgarry.co.uk

e.office@mbmcgarry.co.uk

t. 015396 223 40

LA10 5AB

t. 01833 600 160

DL12 8EQ

t. 01969 666 290

DL8 3QS

t. 01969 621 230

DL8 5EH



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

Unblocked/Cleaned/Repaired

Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

other little beasties benefiting from the longer grass. I'm happy I'm giving a bit of nature a chance to thrive. You could easily do the same which brings me back to the Mohican. Just leave a strip of lawn unmown. I'll put my money where my mouth is and, for every lawn I see where a reasonable size piece is not mown, I'll send £5 to the Great North Air Ambulance. If you want me to come and see your lawn just let me know.

SEDBERGH COMMUNITY SWIFTS

Tanya and Edmund Hoare

It's May, so the swift season is here at last! As immortalised in Ted Hughes famous poem

'Look! They're back! Look!' They've made it again, Which means the globe's still working, the Creation's Still waking refreshed, our summer's Still all to come — And here they are, here they are again

As you read this the swifts may be back already – do let us know of your first sightings! In the first weeks of April there were already quite a few sightings in various parts of the country, which is exceptionally early. This very early migration was probably due to very favourable winds allowing the birds a safe passage.

The first swifts to arrive are the breeding birds, which go straight back to the exact same site that they occupied for previous years. The younger birds that haven't yet bred arrive a little later, towards the end of May – these are the birds that you may be trying to attract to your nest boxes. So if you have attraction callers, that is the time to set them going (on timers). It's not too late to install a caller – contact us for details.

We urge everyone to let us know if your boxes are occupied, we simply cannot monitor them all ourselves. We are also appealing for you, and



especially residents, to do some swift watching at the new houses in Showfield Gardens and Station Rd (opposite Close's garage), the more eyes we have the better! It would help to know where you see them flying and particularly if they go into any nest bricks in the houses. It was so exciting last year to see a pair going into one of the nest bricks and we're fervently hoping they'll safely return this year. 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.

If you ever find a grounded swift, the first thing to do is put it in a shoe box lined with kitchen paper (with air holes punctured in the lid) to give it a chance to recover. It is very difficult for grounded swifts to take off again, it can even be fatal, and sometimes they can be injured. Then take it to some open ground to see if it can fly: place it in the palm of your hand and hold as high as you can, to let it take off in its own time. Don't throw it in the air. If it won't fly or plummets to the ground, give us a ring for advice on what to do.

Would you like to be a swift taxi? You don't need to know anything about swifts, just be able to drive! Every year we get phone calls from people who have found a grounded swift, asking for help of what to do. While we take the initial phone call, we always then need volunteers to go and collect the bird, and take it for rehabilitation – often this will be to Kendal College Animal Care Centre. You don't need to always be available, which is why we need as many volunteers as possible! Please

do consider it and ring/email me to give your details and discuss how to help.

Penrith Swift Group are also co-ordinators of swift taxis for the whole county - this is how it works: They keep a list of their swift taxi volunteers and if a grounded swift is found, they ring people on their list to see if anyone is available. Sometimes this is even done in relays if that is suitable. Later in the season we usually get calls about swift chicks that have fallen from the nest. Contact them for further information on

Penrithswiftgroup@hotmail.com.

Make the most of the few months that swifts are with us, their swooping through the air is so magical to see. As always, it's never too late to put up boxes or callers so do get in touch for any help or advice. To Contact SCS: email ta.hoare@btinternet.com or ring 01539 824043 Tanya & Edmund Hoare



**Cumbria
Stoves Ltd**

Supply and installation of
Wood, Multifuel and Gas Stoves
Flue and Chimney
Lining Services
Inglenook Specialists
Fully Qualified and experienced
Hetas engineers
01539 821061
www.cumbriastovesltd.co.uk
SHOWROOM:
34A Main Street, Staveley,
Nr Kendal, LA8 9LN.

EYES ON THE SKIES

Victoria Pennington

Yorkshire Dales environmental charity Friends of the Dales runs regular events to support its campaigning work. The following – free but donations welcome – events form part of its Eyes on the Skies campaign, speaking out about the ongoing criminal killing of birds of prey and petitioning for vital legal reforms.

Head over to its website at www.friendsofthedales.org to find out more about the petition and add your name.

Birding for Beginners

Saturday 9 May, 10am – 4pm

Friends of the Dales has teamed up with Upper Wharfedale Field Society to offer Birding for Beginners – a friendly, no-pressure introduction designed especially for 18–35s. Following an informal morning session near Grassington to get you clued up on what to look (and listen!) for, there is a three mile 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

Online Talk – Talking Raptor

Persecution with Dr Ruth Tingay

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.

Book at:

www.friendsofthedales.org.uk/events

Birds and Nature Walk at Malham

Wednesday 17 June 10am - 4pm

Ian Court, Wildlife Conservation Officer for the Yorkshire Dales National Park will lead a two mile guided walk to Malham Cove offering a rare chance to look out for one of the Yorkshire Dales' most majestic birds of prey, the Peregrine Falcon. In the afternoon Friends of the Dales Trustee and Chair of Malhamdale Environmental Group, Jane Smart will lead a two mile circular walk to Janet's Foss to explore the area's fauna and flora.

Book at:

www.friendsofthedales.org.uk/events

Wildlife Photo Walk with the Walking Photographer

Wednesday 1 July, 7.15 – 9.30 PM

Want to sharpen your wildlife photography skills? Join an immersive 'golden hour' photo walk led by British Wildlife Photography Award winner Rich Bunce (Walking Photographer), set within the 2,500-



Treadwell Flooring

Established Family Business since 1999



Contract & Domestic
Extensive Range of Floor Coverings
Carpet, Vinyl, LVT and Wood
Carpet Cleaning Service Available

T: 015396 21175 • M: 07795 598 913

acre Broughton Sanctuary nature recovery project.

This relaxed 2–3 mile evening walk will take you through a rich mix of habitats, offering plenty of opportunities to develop your technique and learn how to capture the Sanctuary's diverse flora and fauna with skill, sensitivity, and respect. Bring your own device to take photos on!

Book at:

www.friendsofthedales.org.uk/events


YORKSHIRE DALES SOCIETY

WILDLIFE HIGHLIGHTS IN MAY International Dawn Chorus Day – Sunday May 3rd

RSPB

Just before first light, thrushes and Robins begin to sing. It's the opening act of nature's greatest show. For a breeding bird, energy is valuable, and singing is a costly exercise. If a male bird can hold a strong tune, he proves to prospective partners that his larder is well stocked.

This month marks the crescendo of the Dawn Chorus as migratory songsters, like Whitethroats and Nightingales, have arrived back on their breeding territory. But plenty of resident birds and early arrivals can still be heard, as they're still on the lookout for their dream date.

Listen to the Dawn Chorus from the comfort of your local patch (you can even lie in bed and open a window!) Or head on down to an RSPB reserve to hear a different lineup of singers in each unique habitat. Why not lend the ear of one of our expert guides on an International Dawn Chorus Day Guided walk?

Cumbria Wildlife Trust are hosting a members only birdsong walk at 06.00 on Sat May 2nd at Smardale (a lovely local nature reserve)

OR the RSPB are hosting a 5am dawn chorus walk including visiting one of Cumbria's rainforests at Haweswater

Badgers go bump in the night

Deep in our woodlands, clans of Badgers snuffle around their ancient underground setts. Around four to eight individuals can live together in a network of twisting tunnels and



Helga Edmondson
Dog Grooming

helgaedmondson@outlook.com

Doggy Stylin Grooming Parlour

& Pet Store

Peticare House
Howgill Lane, Sedbergh LA10 5DE
07733193333

WE SUPPLY RAW FOOD, NATURAL TREATS AND PET ACCESSORIES

hollows, where nesting chambers are lined with bedding material to keep young cubs warm. These communal breeding and sleeping spaces are often passed down through the generations, with some setts thought to be over 100 years old.

Their diet mostly consists of earthworms, but these adaptable mammals will forage for fruit, berries and slugs when the ground is dry. Badgers also becoming more and more present in urban settings too, adapting to life in smaller setts and feasting on whatever they can find.

Badgers are less active in winter so are best seen between April and July. The arrival of cubs means more badger activity outside of the sett, and coupled with shorter nights, they're more likely to be seen foraging in the daylight.

Looking to see Badgers yourself? Take a look behind the scenes at

Wild Haweswater's dedicated Badger hide.

No Mow May

Did you know that domestic gardens make up roughly a quarter of UK urban land? Our back gardens account for more land than all our nature reserves combined – that's a win for nature, just waiting to be unlocked.

So, why not ditch the lawn mower and let your garden grow wild? Not only does this save you from breaking a sweat on a spring day, but the flowers that could emerge in your garden are invaluable for our pollinators.

If you're looking for inspiration for your wildlife-friendly garden, then why not head to Acorn Bank up near Penrith. This charming, organically-managed garden contains diverse habitats including long grass, woods, still and running water, orchards and a long season of pollinator-friendly

Are You Getting the Best Return From Your Property?

Sales • Lettings • Holiday Lets • Group Stays

Helping owners maximise property investments in Sedbergh since 1992.

Today, through our new Dales & Lakes Getaways brand, we offer more ways than ever to generate income through various uses of property.

We'll assess your property and recommend the approach that delivers the strongest return — then manage everything for you.

- Increase income with short-term & group bookings
- Fully managed service — no day-to-day hassle
- Trusted local team with 30+ years' experience

Book a free, no-obligation property review

www.cobblecountry.co.uk 015396 22906

Also operating: Dales & Lakes Getaways
Holiday & group accommodation across the Dales & Lakes corridor

flowers. In the Sunken Garden a lily pond supports all three UK species of newt: smooth, palmate and great crested. Take some ideas home, either for your own patch or a community green space!

Emerging bats

The old saying goes 'blind as a bat', but did you know that bats have perfectly good sense of sight? However, when they hunt at night, they're much more dependent on their hearing. Bats rely on echolocation: their very own radar system. They emit a high frequency noise, which bounces off objects and potential prey items, allowing them to paint an audio picture of their surroundings.

The UK is home to 18 species of

bats: some we might find flying around our gardens, like the Common Pipistrelle, while others are becoming increasingly scarce sights, such as the Bechstein's Bat and the Daubenton's Bat. Like Swifts, some bat species are suffering species decline due to reduced numbers of insects and a lack of roost sites available. Bats hibernate through the winter months and begin to emerge from the end of April. Head outside at dusk to watch bats forage on the wing for insects. We recommend visiting a pond or lake to see bats skimming the surface for a flying feast!

Cumbria wildlife trust organise night walks near Grange on Fridays,

YORKSHIRE DALES NATIONAL PARK AUTHORITY

Appoints James Blake as new Chief Executive

News Release, 15 April 2026

The Yorkshire Dales National Park Authority is delighted to announce the appointment of James Blake, currently Chief Executive of the Youth Hostel Association (YHA), as its new Chief Executive Officer. James will take up the role later this year following the retirement of the Authority's outgoing CEO David Butterworth.

James joins the National Park Authority with an extensive background in national leadership, outdoor access, charitable development, cultural heritage and understanding of land management.

Since 2017, he's helped guide YHA through a period of real change, modernising its operations, stewarding it through the challenges of Covid and the subsequent energy, inflation and cost of living crises – all while staying focused on its central purpose to make it easier for young people and families to get out into nature and enjoy new adventures.

During his time in charge, YHA boosted its social impact projects, supported more young people from disadvantaged areas and built strong relationships with partners across government, the youth and charity sector, as well as National Park Authorities across England and Wales.

James also led the development of Access Unlimited - the coalition of outdoor youth organisations and protected landscapes that delivered the successful Generation Green

programme - a £7m partnership that connected young people with nature, many from the most socially disadvantaged communities.

James is also non-Executive Chair of ACRE - Action with Communities in Rural England – the national charity that supports and champions rural communities. Before joining YHA, he held senior roles in central and local government, including five years as Chief Executive of St Albans District Council. Speaking about his appointment, James said:

"It is a privilege to join the Yorkshire Dales National Park Authority at such an important moment. The National Park is one of the country's most treasured landscapes, and I look forward to working with staff, volunteers, farmers, land managers, communities, visitors, and partners to ensure it thrives for future generations.

"The National Park has an ambitious new [National Park]

HARRISON 52 INTERIORS

Interior Solutions Tailored to You

INTERIOR DESIGN

From a one-off consultation, to a full house design, we can help bring your vision to life.

SOFT FURNISHINGS

Bespoke, handmade curtains, blinds and cushions.

3D RENDERS

See your space before it's built with beautiful 3D Renders



Contact Hannah to discuss your project

T: 07388028395

E: hello@harrison52interiors.co.uk

W: www.harrison52interiors.co.uk

Management Plan, and my key priority will be to support its delivery, including working with farmers to drive nature recovery, strengthening access for all, and championing the rural communities at the heart of the Dales.”

Derek Twine, Chair of the Yorkshire Dales National Park Authority said:

“James brings a strong record of working collaboratively with the people who shape and care for our landscapes, alongside a compelling blend of strategic leadership, passion for the outdoors, and a proven commitment to widening access to nature.

“His experience at YHA - particularly in partnership building and in making it easier for young people and families to get out into nature - will be invaluable as we work with our many local partners to achieve the shared ambitions set out in the National Park Management Plan.”

James’s appointment comes at a time when the Yorkshire Dales National Park Authority is advancing key priorities, including climate resilience, nature recovery, sustainable tourism, and long-term support for the farming and land management communities that shape the National Park.

James will officially begin his role in September. In the meantime, Deputy CEO Gary Smith will be acting Chief Executive of the Authority.

For more information, please contact the Yorkshire Dales National Park Authority's Communications Manager Mark Sadler (Mark.Sadler@yorkshiredales.org.uk)

DEMENTIA ACTION WEEK 2026

Alzheimer's Society

Dementia Action Week 2026 in the UK runs from Monday, May 18th to Sunday, May 24th, 2026. Led by the Alzheimer's Society, this annual campaign focuses on raising awareness, encouraging diagnosis, and improving the lives of people affected by dementia, with a particular focus on making the UK more dementia-friendly.

Key Details for Dementia Action Week 2026

- Theme: The week continues to focus on raising awareness of dementia, encouraging action, and funding research to support the one million people expected to be living with dementia in the UK by 2026.

- Goals: The campaign prioritizes urging the government and NHS to improve diagnosis rates and access to care

- Get Involved: Participate in local events, such as coffee mornings or information sessions. The Sedbergh Dementia Action Alliance are hosting a coffee morning at St Andrews on May 20th – Sedbergh Songsters will be performing.

- Information: Visit the Alzheimer's Society website for updates and resources.

This year, we're encouraging everyone to join the Forget Me Not Appeal. <https://www.alzheimers.org.uk/get-involved/donate/forget-me-not-appeal> Behind each Forget Me Not badge, there are stories of lives devastated by dementia and when we all wear the badge together, it becomes a movement of hope, action and unity.



SIMON PARKIN

— CARPETS —
CLEANING, FITTING, SUPPLY

simonparkincarpets@gmail.com

Contact: 07973704664 / 01539620585

 @SimonParkinCarpets

Supply & fitting of carpets, LVT & sheet vinyl;

Carpet & hard floor cleaning

SHOWROOMS OPEN BY APPOINTMENT



A visible reminder that it will take a society to beat dementia. 1 in 3 people in the UK living with dementia do not have a diagnosis. 91% of people affected by dementia say there are benefits to getting a diagnosis. The Government and the NHS must prioritise dementia

Tips for talking to your GP about dementia

Talking to your GP is the first step to find out if you have dementia. These tips will help you to get the most out of your appointment.

Becoming forgetful could be a normal part of ageing, but if it's causing you concern, it's important to visit your GP. To get the most out of your appointment you can:

- prepare for your appointment by making notes about what you want to say, or completing the dementia symptoms checklist
- ask a friend or relative to go to the appointment with you

- be honest and let the GP know what's worrying you

- use words and descriptions that feel right to you

- make a note of what the GP says
- ask questions if you're unsure about anything

Top tips for talking to your GP

Watch our video and read the top tips on how to prepare for your first conversation with a GP. Write down what you want to say. Make notes before you go to the GP and take them with you. This will help you remember what you wanted to talk about. Keep a diary of the problems you've been having to help your GP understand how your symptoms are affecting you. You can also fill out and print our symptoms checklist to help you explain your symptoms and the effect they have. Ask someone to come with you. A friend or relative can support you, and help you remember what was said at the

EXPERIENCED DRESSMAKER

Made to measure
Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.
Also alterations undertaken
All made to the Highest Quality by
SHEILA SHUTTLEWORTH
Tel: 015242 - 74322

appointment. It also helps the GP to talk to someone close to you, as they may have noticed changes that you haven't.

Be honest

You may find it hard to open up about mistakes you have been making with your memory, or behaviour changes you are unhappy with. But your GP is used to talking about these problems with people and will respect and support you as a patient. Their main concern is to find out the cause of your problems. Use words and descriptions that feel right to you

Don't be afraid to use phrases that show how bad things are for you, such as 'I'm not coping with...' or 'I'm concerned about...'. Make a note of what the GP says. You might want to write down any medical terms that are used, or what the next steps will be. Ask questions

If there's anything you do not understand, ask the GP to explain in simpler terms.

**DON'T FORGET ST ANDREWS
COFFEE MORNING MAY 20TH
INFORMATION AND FUNDRAISING
FOR DEMENTIA**

HELP WITH DEBT PROBLEMS

*Karen Evans, Chief Officer, South
Lakes Citizens Advice*

I was made redundant recently and now I'm finding it hard to keep up with my bills and am getting into debt - what can I do?

You don't have to face this alone. Citizens Advice is here to help you find a way forward. Firstly, make sure you've been paid everything you're entitled to by your former employer. Check your rights on the Citizens Advice website.

Free budgeting tools like the one on the MoneyHelper website can help you understand what money you have coming in and going out each month, and where you might be able to cut costs. Try to find your most recent bank and other financial statements. Make sure you include all your expenses. If your budget just doesn't add up and you need help to afford essentials like bills and food, you can find out if you are eligible for financial help on the Citizens Advice website.

Don't ignore bills or letters about money that you owe. Prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. Speak to the organisations you owe money to – they might let you pay smaller amounts or take a break from payments.

For other types of debt, like credit cards or loans, gather all the information on what you owe, create a budget, and contact your creditors to set up an affordable repayment plan. If you need help with this, contact South Lakes Citizens Advice.

Sedbergh and District Lookaround

AUDIO & LARGE PRINT LOOKAROUND

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

The Large Print Version is
delivered and supplied for
FREE.

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

Our advisers can help to check if
you're eligible for any benefits or
financial support and explore all the
options for dealing with your debts.

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. New opening hours:

Tuesday - Drop in at Wainwright's
Yard, Kendal 10am - 1pm, last client
at 12.45

Wednesday - Pre-booked
appointments

Thursday - Pre-booked
appointments

Adviceline: 0808 278 7984

Consumer Helpline: 0808 223 1133

Universal Credit Helpline: 0800
328 5644

BOOK TOWN QUIZ ANSWERS

1. The Moonstone – Wilkie Collins
2. Sir Edmund Hillary
3. C S Lewis
4. I wandered lonely as a cloud
5. Catherine Cookson
6. Winston Churchill
7. Walden
8. Mungo Park
9. Mary Poppins
10. Philip Larkin
11. Hereford
12. Niccolò Machiavelli

USEFUL CONTACT DETAILS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday

1400 - 1600

01539 795000 or 0845 6060265

Police in any area

101

Report Grey Squirrels

sedberghredsquirrels100@gmail.com

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 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.

MAY 2026

01	1400	Dent Head to Foot Kenya	DMH
02	500	CWT Birdsong Walk (58)	Smardale
02	1900	Film Settle Railway (25)	Hawes jnct
03	500	Dawn Chorus Day	Everywhere
03	1430	Hawes silver band (25)	Hawes jnct
05	1400	Sight Advice	PH
06	930	T.W.A.M Coffee Morning (10,3)	StAS
08	1100	Sedbergh Economic Partnership	SHC
08	1900	British Legion Annual Dinner (Apr)	GC
09	1000	Birding for beginners (57)	Grassington
09	1100	Pmr/Gca support group	FM
10		Christian Aid Week (18)	TBA
11	1800	Litter Pick (10)	SIC
12	1400	Killington WI Bees (47)	PH
12	1930	Domino Drive	FCH
12	1930	Robin Ince Poetry reading (Apr) W'wood boo	
13		Health Centre closed - staff trg	TBA
13	930	Christian Aid Coffee Morning (18,3)	StAS
13	1930	WIS County Tops J'oG to LE (51)	PH
14	1900	Parish Annual Electors Meeting (Apr)	PHCR
14	1900	Parish Council A.G.M. (Apr)	PHCR
14	1930	Sedbergh Parish Council (Apr)	PHCR
15		Town Twinning Zrece visit (Apr)	TBA
16		Christian Aid Week (18)	TBA
16	1000	Junior Regatta	Killington
16	1500	Town Twinning Concert (9,9)	StAS
17		Town Twinning Music and Dance (9,9)	PH
17		Town Twinning Zrece visit (Apr)	TBA
18		Dementia Awareness Week (62) Everywhere	
19	1400	Wensleydale Art Soc lecture (27)	Tennants
20	930	Dementia Coffee Morning (3)	StAS
20	1730	Raptor Persecution (57)	Online
22		Half Term	DPS
22		Half Term	SPS
22		Half Term	SSAT
22	1400	Half Term Begins	SS
22	1845	BBQ	FCH
23	930	Artisan Market (12,0)	StAS
24		Town Twinning celebrations	TBA
24		Dementia Awareness Week (62) Everywhere	
25	1900	Duck Race	HVH
27	1300	Garsdale Sports	GVH
28	1800	Killington Sports (1)	LA6 2EY
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
09	1400	Killington WI Fell Ponies	PH

09	1930	Domino Drive	FCH
10		Health Centre closed - staff trg	TBA
10		WIS Summer Outing	TBA
13		YFC Tractor Pull Up Winder	HP
14		Sedbergh Music Festival (Mar)	StAS
14	1000	Come & Sing Day	StAS
14	1100	Killington Sailing Open Day (Apr)	Killington
14	1430	Fox's Pulpit worship (23)	Firbank Fe
14	1430	Songs of Praise (25)	Hawes jnct
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	1000	Bird and Nature Walk	Malham
17	1300	Cornucopia	StAS
17	1930	Cumbria Opera Group	StAS
18	1300	Sedbergh School Musicians	StAS
18	1930	Sedbergh Orchestra	StAS
19	1300	Nick Hurndall-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	Musicians from 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	SSC
26		Sedbergh Music Festival (Mar)	StAS
26	1930	Jeneba Kanneh-Mason	StAS
27	1600	Summer Term Ends	SS

JULY 2026

01	1915	Wildlife photo walk	Broughton
04	1400	Dent Head to Foot Strawberry tea	DMH
07		Killington WI Garden party	TBA
08	1100	Pmr/Gca support group	FM
08	1930	WIS Author Denise Clarke	PH
09		Health Centre closed - staff trg	TBA
12		Sedbergh Town Band (Mar)	Hesket New
12	1430	Songs of Praise (25)	Hawes Jnct
14	1400	Killington WI Secrets of Muncaster	PH
14	1930	Domino Drive	FCH
15	1000	Exploration and Discovery	SS
15	1000	Glimpses of Our Bay - Artybird	SS
15	1000	Text and Textile! - Connie Flynn	SS

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

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

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

HADDOCK PADDOCK

MAIN STREET

Closed due to fire damage

HALF AND HALF

MAIN STREET

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

NUMBER 46

MAIN STREET

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

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

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

SEDBERGH PIZZA

MAIN STREET - 015396 28262

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

SMATTS DUO

MAIN STREET - 015396 20552

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

THE MUG STORY

MAIN STREET

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

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

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

1 hour = £1.50

4 hours = £5.00

2 hours = £2.70

All day (9 hours) = £7.00

3 hours = £3.90

Payable all days 9am - 6pm

Maximum stay = 24 hours

Annual Resident Permit = £70

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

PEOPLES' HALL HIRE RATES

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

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

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

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	Mr Colin Brunold - 07762 217385
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Phil Johns - 07807 909860
Bridge Club -----	Mr Alison - 015398 24666
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
Cornerstone Community Church -----	William Allen - 015396 20194
Crickets Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 07855 102930 / annemcclurg@btinternet.com
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 0796 301024
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 / emmabrown05@hotmail.co.uk
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Rev'd Andy Burgess - 015396 20018
Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 /

GROUPS AND ORGANISATIONS (CONT)

Over 60's Swimming Group -----	drnicolacann@outlook.com
Parent Support Group -----	Sedberghswimmingclub@gmail.com
Parish Council - Dent -----	Mrs Goad - 015396 20402
Parish Council - Garsdale -----	Scott Thornley - 07368 455353
Parish Council - Sedbergh -----	Clerk - clerk@garsdaleparishcouncil.gov.uk
People's Gym -----	Janey Hassam - 07966 134554
People's Hall -----	membership@sedberghgym.club
Pepperpot Club - Sedbergh -----	Steve Longlands - 015369 20885
	Nicola Cann - 07884 391587 /
	drnicolacann@outlook.com
Playground - Sedbergh -----	Janey Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 /
	sedberghplaygroup@yahoo.com
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
PMR/GCA support Group -----	0300 111 5090 /
	kendal@pmrgca.org.uk
Poetry Club* -----	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Royal British Legion -----	Keith Birbeck - 07557 871961 /
	keithbirbeck@gmail.com
Schools - Dent Primary -----	015396 25259
Schools - Dent Primary - Friends of -----	015396 25259
Schools - Sedbergh Primary -----	015396 20510
Schools - Sedbergh School -----	015396 20303
Schools - Settlebeck -----	015396 20383
Scouts -----	Bill Mawdsley - 07989 201481
Scouts - Beavers -----	Bill Mawdsley - 07989 201481
Scouts - Cubs -----	Bill Mawdsley - 07989 201481
Sedbergh Book Town -----	booktown@sedbergh.org.uk
Sedbergh Community Tree Group -----	Evelyn Pardoe - plantmoretrees3@gmail.com
Sedbergh Environmental Group -----	sedberghcomarket@greencobweb.co.uk
Sedbergh Ladies Friendship Group -----	Jo Birkbeck - 07769 908663
Sedbergh Songsters -----	TBA
Sedbergh United Charities -----	John Sykes - 07786 384917 /
	jmsykes100@gmail.com
Senior Golfers -----	Mr Braddon - 0330 1138850
Shooting Club - Sedbergh -----	Richard Martin - 07884 559829
Sight Advice South Lakeland -----	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale) -----	Anastasia Micklethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 07877 301088
Swimming Club -----	Sedberghswimmingclub@gmail.com
Tennis Club -----	Tennis Club - 07974 330492 /
	gbot4aud@hotmail.com
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Transport Users Group -----	Ed Welti - sd.transportusers@gmail.com
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 /
	vscssedbergh@gmail.com
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Louise Atkinson - 07855 378883
Young Farmers - Sedbergh -----	Club Secretary - sedberghyfc@hotmail.com

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

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

*New groups are marked with an asterisk *.*

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

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

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: sam@thecapps.co.uk website: www.scrogghouse.farm	34032
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Ann Newbold 45845	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) <i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i> e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk	07927 295262

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; DA = Disabled Access; NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome; DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal;; NC = No Children; CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

BUS SERVICES

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 Moorcock	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 Moorcock	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 <i>From 1st April 2026</i>				
	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 <i>From 14th April 2026 - Please Check Running with LWB</i>					
..	Tues	Tues	Tues	Tues	
Hawes dep	0925	1115	1245	1500	
Sedbergh arr	1010	1200	1330	1545	
Sedbergh dep	1010	1200	1405	1545	
Garsdale Station	1040	..	1435	..	
Train to Leeds	..	..	1440	1607	
Train to Carlisle	1054	..	1450	..	
Garsdale Station	1045		1440	1610	
Hawes arr	1100	1245	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 <i>From 1st April 2026</i>					
	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 <i>From 31st March 2025</i>			
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 Woof Tel: 25212

METHODIST CHURCH IN THE WESTERN DALES

Cornerstone Community Church, New
Street, Sedbergh;

Dent; Garsdale Low Smithy; Hawes
Junction

Rev'd Andy Burgess 20018

andy.burgess@westerndales.org.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545
375721**

Anglican Service Times

ST ANDREW'S CHURCH, SEDBERGH

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

ST ANDREW'S CHURCH, DENT

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

ST MARK'S CHURCH, CAUTLEY

3rd Sunday 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

ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday 2.30pm, Holy Communion

ALL SAINTS' CHURCH, KILLINGTON

1st Sunday 2.30pm, Afternoon Service

Methodist Service Times

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

Combined plans for Western Dales Mission Community
May 2026

	Time	3 rd	10 th	17 th	24 th	31 st
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC	HC	Pentecost Joint Service	HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect@ Cornerstone	Morning Service 4pm Messy Church	Morning Service		Morning Service
St. Mark's, Cautley LA10 5LZ				10.30am HC		2.30pm Taize Ser- vice
St. John's, Garsdale LA10	10am			Morning Service		Morning Service
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Chapel Anniversary			
Hawes Junction Method- ist Chapel, Garsdale Head, LA10 5PT	2.30pm	Chapel Anniver- sary celebrating 150 years of Hawes Junction				
All Saints, Killington LA6 2HA	2.30pm	Afternoon Ser- vice				
Holy Trinity Howgill LA10 5JD	9.30am		Lambing Service			
St. John's Firbank LA10 5EF	2.30pm		Afternoon Service			
St. Andrew's, Dent LA10 5QL	10.30am		HC			HC
St. John's, Cowgill LA10 5RJ	2.30pm	Lambing Service		HC		
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		All-Age Service		
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Tuesday	5 th	12 th	19 th	26 th	
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	Wednes- day	6 th	13 th	20 th	27 th	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening Prayer			
Quakers contact Pam Coren 015396 22586; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063						

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane
Health Centre, Station Road
Telephone Box, Millthorpe
Dent Village Car Park (opp Memorial Hall)
Access Codes to the Defibs are supplied on contacting Ambulance Control on 999

First Responders IN EMERGENCIES CONTACT THE EMERGENCY SERVICES

The numbers below are for information on volunteering only

Sedbergh - Myles Ripley 07779 367855
Dent - Wendy Pontefract 015396 25253

POLICE

101 or 999

Email: 101@cumbria.police.uk

Crimestoppers 0800 555 111

Community Officers

Mandy Colman - 07773 181425

Amanda.coleman@cumbria.police.uk

Adam Roberts—07773 217740

adam.roberts2@cumbria.police.uk

DENTAL SURGERY

Main Street 015396 20626

Jamini Kathirgamanathan (Principal),
Ben Houghton, Emma Fairley,
Amelia Dore, Katie Mckay.

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

Wednesday	1000 - 1230	1400 - 1700
Friday		1300 - 1700
Saturday	1000 - 1400	

DENT LIBRARY Main Street 01539 713520

Tuesday	0900 - 1900
Saturday	0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Spar, Station Road, LA10 5DL

MARKET DAY

Wednesday

Last Page Update:

May 2026