

Sedbergh & District

# LOOKAROUND

June 2026

Donation £1.50

Issue 454

On 19th June 2027 the Sedbergh Gala will be revived. You can read about the plans and progress on page 6.

More good news is that B4RN hope

to restart progressing installation in Sedbergh, but enough people need to register before it can happen. If you qualify please do. Read the details on page 7. *Ed.*



## SEDBERGH MUSIC FESTIVAL 2026

### 14th - 26th JUNE

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*Ed Welti/Mike Morrison*

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## Weekly Coffee Morning St Andrew's Church

Every Wednesday 9:30am to 11:30am

Wed 3rd June - Garsdale Church

Wed 10th June - R.B.L Sedbergh

Wed 17th June - Killington W.I.

Wed 24th June - 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](mailto:lebriggs@hotmail.co.uk)

# ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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| Double Column 5.2" x 2"              | =£18.00  |
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| Double Column 5.2" x 4"              | =£30.00  |
| <b>Colour ads inside front cover</b> |          |
| Double Column 5.2" x 4"              | =£50.00  |
| Double Column 5.2" x 7.5"            | =£100.00 |
| <b>Other</b>                         |          |
| 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 :*

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*Sort Code:*

**20-55-41**

*Reference:*

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

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INCLUDE THE INVOICE  
NUMBER IN THE  
REFERENCE**

## THE DENTDALE RUN

*Emma Farrell*

The Dentdale Run 2026 was a wonderful success again this year, attracting 243 runners who came from far and wide to enjoy a 14.2 mile or 7.9 mile scenic road race through the dales. The sun shone down on us, with the exception of an excellently timed hailstorm, which fortunately started as the race finished and people were gathering inside to eagerly hear the race results.

The feedback from the runners was wonderful, many commenting on the unique atmosphere of the event and the warm welcome from the community, not to mention the cakes and sandwiches!

The school had also organised a Fun Run again this year for children in Years 3-6, which attracted some keen young runners. They were awarded with wooden medals and a sweet treat after their race.

The Dentdale Run cannot happen every year without the sheer army of supporters and volunteers from in and around Dentdale. This includes the incredible WI, who were up bright and early to make sandwiches and cakes for the runners, the marshals (some of whom had been volunteering since the race first began), the wonderful sponsors, dedicated volunteers, caterers, organisers and all the runners. Thank you to you all.

Dent CE Primary School is extremely grateful to all volunteers



## *Huxley Health and Fitness ~ fun fitness for everyone*

### **FitSteps - Dance-powered fitness:**

Mondays - People's Hall Sedbergh, 7:15-8:15pm

Thursdays - Dent Memorial Hall, 7:00-8:00pm

### **Complete Fitness (circuits):**

Thursdays - Dent Memorial Hall, 6:00-6:45pm

### **FitSteps Chair - seated dance fitness:**

Thursdays - Dent Methodist Church, 10-10:45am

Thursdays - Cornerstone Church, Sedbergh, 2-2:45pm



[huxleyhealthandfitness@outlook.com](mailto:huxleyhealthandfitness@outlook.com)



and everyone involved in making the event what it is today. The Dentedale Run Committee have confirmed that they can donate £4000 to the school from the proceeds of the run.

Headteacher, Emma Farrell, said, "We are so grateful to all involved for the energy and hard work that goes into making the Dentedale Run the success that it continues to be. £4000 is an incredible donation; we would like to thank the Dentedale Run Committee for their hard work and dedication. The money raised is instrumental in enhancing the education of the children here at Dent, supporting them to thrive in our school and community."

Next year's Dentedale Run will take place on Saturday 13th March 2027 and we hope to see you there - whether you will be running or spectating, your support is appreciated!

## **SEDBERGH & DISTRICT GALA**

*Adam Roberts, Chairman,  
Sedbergh & District Gala Committee*

I'm pleased to share an update on the return of the Sedbergh & District Gala, which many of you will know has been close to the community's heart for generations. A new committee was formally established on 7th May, our constitution has been adopted, and we're now working through the necessary administrative and compliance steps to ensure everything is done properly and in line with current requirements.

I'm delighted to confirm that the Gala will take place on: Saturday 19th June 2027 on Back Lane Field, Sedbergh by kind permission of Sedbergh School.

Our intention is to retain the traditional feel of the Gala — the activities, stalls, games, competitions and music that people remember so fondly — while also being open to new ideas about how we might refresh or expand the event. Over the coming months, we'll be asking for suggestions and running polls to hear directly from local residents about what they'd like to see included.

To keep up with planning updates, please follow us on Facebook. Any enquiries can be sent to [sedberghgala@hotmail.com](mailto:sedberghgala@hotmail.com).

It's early days, but the enthusiasm already shown by the community has been hugely encouraging. I'm looking forward to working with the committee and wider community to bring the Gala back in a way that reflects both our traditions and our future.

*(See the 1976 and 1986 Gala Reports on pages 14 and 20.)*

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### B4RN LOOKING TO COMPLETE INSTALLATION IN SEDBERGH

*Douglas Thomson*

By the use of cables already in the ground and existing poles B4RN is planning to install its fibre into Sedbergh in phases. If successful, the first phase will include Sycamore Avenue, Woodside Avenue, Station Road and Highfield Road. Planning for other areas is in progress.

This method of installation considerably cheapens the installation but a reasonable number of properties taking B4RN's broadband service is still required for this phase to go ahead.

If you live in these areas and would like the B4RN service, please let Alex Cartwright know by email - [A.Cartwright@b4rn.org.uk](mailto:A.Cartwright@b4rn.org.uk), even if you have indicated many moons ago that you would like the service. No need if you are reading this and have already done so.

If we can achieve sufficient properties taking up B4RN's service the installation is GO.



### COMMUNITY ORCHARD

*Ann Parratt*

We held four maintenance parties in 2025, the first in April, followed by two in July, and finally in the autumn. Thank you to everyone who supported and worked so hard. The first 2026 general maintenance and tidying working party took place in late April, thank you to everyone who came to help.

Winter pruning was taken on again by Jacqueline and Steve Smith, so a very big thank you to them, its a big job which takes patience and resilience, both of which they have in abundance!

Grass paths are now cut rather than the whole orchard which encourages wildlife. We are seeing more butterflies, hover flies and other pollinating creatures than in previous years, which is very encouraging.

The bug hotel's solid roof has proved very beneficial, keeping the materials dry and protected, which offers a safe environment for all the bugs and beasties so essential to a healthy orchard. 🐞 🐜

We invited Year 5 from the Primary School to the orchard for an active science afternoon last September. We all had a great time, with the children very enthusiastic and interested.

Not only did the children identify various bugs found in the bug hotel, they made it a dry, safe environment for creatures to hunker down over the winter months. They also heard all about the different types of apples grown in the orchard, had a tasting and decorated apples with cloves to make fun faces. The children were

fascinated to learn more about pollination and the importance of various species.

The apple and damson trees are looking healthy this spring and we have had a good show of blossom on them all, including the cherry tree. We should have an abundant crop of apples to be enjoyed in autumn.

Apple Day was a great success, there were 27 pressings giving 600 litres juice. So there must have been over a tonne of apples pressed. Double the amount from last year, which is incredible, the only thing that stopped further pressing was a lack of bottles to put the juice in! We really appreciate all the help people give at this free event, it simply couldn't happen without them.

Inside People's Hall there was lots to do, great music from Common Ground, delicious food, children's activities, and apples identified by a member of South Lakeland Orchard Group (SLOG). In addition to this four local groups were represented, the Sedbergh Beekeepers, Half and Half, the Red Squirrel Group and Charlotte Corns of the 'Home Grown Here' veg box scheme and was also there in support.

Hannah Reynolds, one of our members who runs Half and Half, ran a very successful Cider Festival to coincide with Apple Day and publicised Apple Day on her social media. Thank you so much Hannah, it was great to have Apple Day experience shared by Half and Half



with you and your customers

A very successful raffle was held, with huge thanks to the generosity of local businesses and members who donated prizes. All these activities are run by volunteers, without whom it would be impossible to put on this family friendly event.

We raised just over £600 this year, which is a great help in running the orchard so thank you to everyone for your support. The change of timing for Apple Day was very successful, so we will continue with this format in 2026. This year Apple Day takes place on Saturday 24th October, 12

noon until 4pm. Setting up on Saturday morning as we did last year, special thanks to some of our newer members who took on some very active roles throughout the day, we slightly older members really appreciated your youth and stamina!

It's been great to see so many people enjoying the peace and quiet of the orchard while taking in the views. There have been a few family picnics too, and some fun to be had in and around the stump circle. Don't forget, the orchard is for the whole community to enjoy, when the fruit is ripe, please enjoy it. There are blackcurrants, blackberries, gooseberries, rhubarb and herbs, and of course apples and damsons later in the year.

Thank you to all those who have and are supporting the Community Orchard - we couldn't do it without you, and in particular to our 54 members.

## SEDBERGH MUSIC FESTIVAL

*Ed Welty*

The Festival is this month. One of the headliners, local favourite Jess Gillam, has now sold out, so make sure you get tickets for other acts you want to see as soon as possible.

You should have received a brochure through your door, but if not you can get one from the Information Centre, or see one the website.

Note that for the late concerts (Evie Plumb and The Chequered Acafellas) you can pre-order a Ploughmans Platter from the Thirsty Rambler using the URLs below :-

Evie Plumb: [https://](https://www.trybooking.com/uk/GJQD)

[www.trybooking.com/uk/GJQD](https://www.trybooking.com/uk/GJQD)

The Chequered Acafellas. : [https://](https://www.trybooking.com/uk/GJQC)

[www.trybooking.com/uk/GJQC](https://www.trybooking.com/uk/GJQC)

Ploughmans Platters are only available by pre-order.

|            | 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   | 19:00 | 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 |

# DEATH IN THE DALES

## FESTIVAL OF CRIME 2026

The People's Hall,  
Sedbergh  
16/17/18 OCT  
*Booking Information:*



[www.sedbergh.org.uk/bookfestival](http://www.sedbergh.org.uk/bookfestival)

### **WESTWOOD BOOKS**

*Heather & Paul*

Welcome to our latest update for the Lookaround, to keep local people informed about what's happening at Westwood Books. We hope it's helpful. What's been happening We were delighted to host Robin Ince once again on Tuesday 12th May – thank you to everyone who came along. We now have signed copies of Robin's books available in the shop.

We've had a bit of a move around downstairs in the bookshop to try and make it easier to find things. Stationery is now right at the front next to the greetings cards. We're continuing to find our way with what items to keep in stock in our

stationery section so if there's something missing please do let us know.

We've also had a lot of new greetings cards into stock including Father's Day cards. Do pop in and have a look.

### **Upcoming Events**

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

Our May book was Muckle Flugga by Michael Pedersen which drew some very lively discussion from the group. We gave the book 6/10. Our next book is Project Hail Mary by Andy Weir which we will be discussing on Wednesday 10th June. We will be continuing to meet on the second Wednesday of every month



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**Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)**

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

Thank You

Best wishes from us both.

## **WENSLEYDALE ARTS SOCIETY**

*Jenny Howard-Vyse*

The next meeting of The Arts Society Wensleydale is on Tuesday 23rd June at 2pm. Held at Tennants, in Leyburn, DL8 5SG. There is plenty of free parking, a café and restaurant. All welcome.

### **June Lecture: Antoni Gaudí i Cornet (1852-1926): Master Builder of Barcelona.**

Genius Spanish architect and designer Antoni Gaudí (1852-1926), a key figure in Catalan Modernism, stands as one of the creators of Barcelona's urban identity. Inventor of new techniques and a magpie enthusiast of all things botanical and sacred, Gaudí's most famous building, the Barcelona Church of the Sagrada Família, is Spain's most-visited monument and one of seven of the architect's works listed by UNESCO as a World Heritage site.



Building works on Sagrada Família were begun in 1882 and are still ongoing, a fact that stands in stark contrast to contemporary building projects and brings to life the nature of cathedral building in medieval Europe. This lecture examines Gaudí's work and legacy.

Speaker, Vivienne Lawes is returning to Arts Society Wensleydale following her informative lecture on Clarice Cliff in February 2024. She is an art historian, curator, author and journalist with over 25 years' experience in the art market. She teaches at Sotheby's Institute of Art, London, where she leads the professional certificate in Art History, also the University of the Arts London, Imperial College, SOAS (University of London) and the City & Guilds of London Art School.

For further details of our society and lectures visit <https://theartsociety.org/wensleydale>



## LOCAL YOUNG PEOPLE'S FUND

*Karen Bruce Lockhart, Chairman*

This Fund is provided by the Governors of Sedbergh School for the benefit of all young people (under 25) resident within the parishes of Sedbergh, Dent and Garsdale, as well as Killington, Dillicar, Firbank, Howgill, Lambrigg and Middleton for educational purposes

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary school aged child who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8 might need violin lessons, but later in their career may wish to purchase an expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

Grant have been made recently to support the following types of activities:—

1. Grants for laptops at university and for A Level courses
2. Grants for university textbooks
3. Grants for overseas educational travel
4. A grant for a residential field trip
5. A grant towards a gap year placement abroad
6. A grant to assist with fees for an extra-curricular language course

# THE CLEAN MACHINE

## CLEANING SERVICES & PROPERTY MAINTENANCE



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Contact: Simon Shaw Telephone: 07917064767 Email: [thecleanmachine97@gmail.com](mailto:thecleanmachine97@gmail.com)

7. A grant to assist with the cost of books, equipment and uniform for a vocational course

8. Grants towards the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical university course which requires a very expensive computer and might receive a larger grant. Another may be going on a two-week course in Europe, while yet another may be going for six months to work with a charity in a less developed country. It is also helpful to

know what other steps the young person has taken to raise funds.

The next consideration of applications will be early in July and the Trustees hope that young people of the district will give early consideration to applying for a grant. Applications should, wherever possible, be made by the young person themselves rather than by a parent.

Application forms can be obtained from the School ([mhm@sedberghschool.org](mailto:mhm@sedberghschool.org)) or from the Sedbergh Information Office on Main Street.



## 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 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. Jamaica Inn, Frenchman's Creek and My Cousin Rachel are among the novels of which author?
2. Who wrote the poem that begins 'A snake came to my water-trough'?
3. Who is the main character created by René Goscinny and Albert Uderzo?
4. Which Roman emperor (121-180 AD) is known for his Meditations on Stoic philosophy?
5. Who wrote A Vindication of the Rights of Woman in 1792?
6. What is the title of Kingsley Amis's first published novel in 1954, in which the main character is a university lecturer?



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7. Who created the Horrible Histories series of books for children?

8. What is the title of the 1974 book by Carl Bernstein and Bob Woodward about a major political event?

9. Which famous writer lived at Cotchford Farm on the edge of Ashdown Forest in East Sussex?

10. Whose books include Mountains of the Mind (2003), The Wild Places (2007), The Old Ways (2012), Landmarks (2015) and The Lost Words (2017)?

11. Ariel, published in 1965, is a collection of poems by whom?

12. Robert Gillmor, Chris Rose, John Busby, Keith Shackleton and Archibald Thorburn are or were artists specialising in which field?

## SEDBERGH GALA DAY 1976

*Colin Cowperthwaite*

Following the welcome news that a new committee has recently been formed in the hope of resurrecting Sedbergh's annual Gala in 2027, I have unearthed some local newspaper cuttings reporting on the 13th annual gala which took place on Saturday 29th May 1976, fifty years ago.

Local papers carried the headlines "Peace Shattered as Gala hits Town", and "Gala offers Fun and Hire Wire Thrills". To quote the reports: The small Lakeland town of Sedbergh, noted for its narrow streets and quiet rural lifestyle, came to life with a vengeance this weekend, just as it does every Spring Bank Holiday.

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Overcast skies shrouded Sedbergh's 13th annual Gala Day on Saturday, but the lack of sunshine did not deter crowds of over 1,000, nor dull the atmosphere of this fun-for-all-the-family event. Once again the organisers had planned an entertainment-packed programme which includes a crowd-pulling star attraction on Bank Holiday Saturday. Almost every year there has been a daring stunt act to captivate the attention of the large crowds. Last year, for instance, escapologist Nick Janson freed himself from an exploding "flying bomb". For another escape trick he was fastened upside down in a strait-jacket and dangled from a 100ft. high crane. Other top attractions at the Gala have included death riders and high-wire walkers. Once a stuntman engulfed in flames plunged 60ft into a water tank.

This year the 13th annual Gala is likely to be no anti-climax. The organisers have released the name of the star attraction - The Kristys, a high-wire act which performs 30 feet above the ground without a safety net. The act is "the only triple bar act to be seen this side of the continent", say the promoters. The wide variety of Gala Day events will begin at 1pm with a procession starting from Sedbergh Police Station. Led by Gala Queen 16-year-old Brenda Metcalfe of Cautley, and her two attendants, Sophia Smith Saville and Alison Taylor, both aged 10. The procession of floats and fancy-dressed walkers travelled through the town's narrow streets and up to the playing fields at Howgill Lane.

At the showground the procession was accompanied around the arena by the West Yorkshire Fire Authority Pipe Band, who also gave a musical display during the afternoon. Events throughout the afternoon included Cumberland & Westmorland Wrestling, children's and adults' fancy dress, a novelty obstacle race, a pram race, a pillow fight, an egg throwing competition, whippet racing, six-a-side football, fell racing, and a tug-of-war for eight men. There were also side shows, roundabouts, tombola and other attractions including pony rides, miniature railway rides, and music from a traditional fairground organ.

The children's fancy dress competition attracted plenty of imaginative entries, but only 22-year-old Sam Allinson of Main Street, Sedbergh, braved the adult competition. His daring bunny girl outfit raised a lot of laughs. Amongst the winners of the girls' fancy dress were Sarah Harris, Joanne Dawson, Claire Balderson, Sarah Howarth, Susan Leighton, Karen Leighton, Vicky Collinson, Ann Cramer, Lorraine Jenkinson and Kim Challenor. Boys' fancy dress



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**2026**

Weds 10th June

Thurs 9th July

Weds 16th September



prizewinners were Andrew Bennett, Nicky Bennett, Alan Fletcher, Wayne Brooks, Mark Fletcher, Ian Fletcher, Christopher Myles, Francis Birk, Alastair Meadows, and Edward, Matthew, David and John Hawkins.

Youngsters in the 8 to 11 age group were queuing to enter the boys' fell race the minute the ground opened. Winner was 10-year-old Stuart Dalzell, who streaked home in a time of 4 minutes 33 seconds, taking home the Dawson Perpetual Challenge Cup. Winner of the senior race was Fred Reeves, who loped to the summit of 1,551-foot Winder and back in a time of 15 mins. 8 secs. Second was Tom Sedgwick, third was Chris Hartley. Winner of the best Decorated Bicycle was Colin Airey, followed by Brian Steadman and Andrew Dawson. Best Decorated Vehicle was won by Mrs Margaret Mason.

The Open Handicap Pram Race winners were Tony Woof and Dan Brooks, second were Alan Winn and A. Moffat, and in third place were Messrs. Rigg and Braithwaite. Junior six-a-side football winners were Tom Moffat, Alan Wilson, Michael Fishwick, Kevin Elliott, Graham Dalzell and John Mason. The whippet race was won by Mr R.S. Allen of Sedbergh.

In the evening two dances took place. One was a 'Pop' dance in the People's Hall, with dancing to Tambourine from 9pm to midnight. The other was an 'Old Tyme' dance (also from 9am to midnight), with dancing in the Masonic Hall to The Kingston Duo.

(See the Gala 1986 report on page 20)

## **FIFTY YEARS AGO**

*Colin Cowperthwaite*

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

### **Coffee Morning**

Organised by members of the church committee, a coffee morning on behalf of the funds of St Gregory's Vale of Lune Church was held at the White Hart Club last Wednesday. The event was well supported and proceeds amounted to over fifty pounds. On Friday, a coffee evening was held at the vicarage by members of Sedbergh Mothers' Union. In addition to a bring and buy stall, a further attraction was a musical evening given by "Winderfell", a local folk group. Proceeds of the event were to help Sedbergh MU make a donation to the Bradford Diocesan fund to bring an African member of a South African MU to Britain to mark the centenary of the movement this year.

### **The Late Mrs L. Wilson**

The funeral took place at Sedbergh Parish Church of Mrs Lilian Wilson, of The Bratt, Cautley, who died suddenly at her home aged 75. Born in Sedbergh, she was educated at the old National School after which she went into domestic service. Until her marriage, she was employed by Mr Dennis Marshall, a master at Sedbergh School, but moved to the Beetham area with her husband, Mr John Wilson of Eller Farm, Middleton, where he was employed at the paper mill. At Beetham she became a church member. Retiring to Cautley some years ago, and widowed only in February this year, Mrs Wilson is

survived by two sons, three grandchildren and one sister. The service was conducted by the vicar, Canon D.A. Rogers, and the organist was Mr Victor Brook. Interment was at Middleton.

### **Anniversary**

At an anniversary service held recently at the United Reformed Church, the congregation was joined by a coach party from Sefton Road Church, Morecambe. They brought their choir and organist, Mr Taylor, and sang anthems and other items. The Rev. S.Barratt officiated. Afterwards the visitors were entertained to tea. The collections were for church funds.

### **Secretary and Sales Rep. marry at Sedbergh**

A touring honeymoon in the South of England followed the wedding of Mr Joseph William Wearmouth and Miss Angela Jane Martin at Sedbergh

recently. A reception was held at the Bull Hotel, Sedbergh, and the couple will live at 8, Bainbridge Road, Sedbergh. Miss Martin is the only daughter of Mr and Mrs J.J. Martin of Farley Croft, Sedbergh, and is a secretary at her father's business in Sedbergh. Mr Wearmouth is the elder son of Mrs A. Collinson and the late Mr W. Wearmouth of Kirkby Stephen, and is employed by Dutton Forshaw in Kendal as a sales representative. They were married at St Andrew's Church, Sedbergh, by Canon D.A. Rogers. The bride wore a white gown of crepe trimmed with guipure lace and a flowered headdress and long veil. She carried a bouquet of mixed freesias, gold roses and carnations. Her father gave the bride away. Her attendants were Mrs Janet Dinsdale and Miss Kathy Robinson, friends of the bride. Best man was Mr Richard Dinsdale, a friend of the groom, and the groomsmen were Mr Nigel J. Martin, brother of the bride, and Mr John Woof, uncle of the groom.

### **Tennis Club**

The tennis club held their annual coffee evening, with knock-out competitions, at the Guldrey courts last Wednesday. This year there was a record number of entries and the club chairman, Mr E.S. Marney, presented prizes to the winners. They were Annabel Vause and Philippa Towler, with T. Vause and Vivian Souther as runner-up.

### **Fire Victim was 'Heavy Smoker'**

A retired stonemason found in his blazing cottage had a habit of smoking his pipe in bed, a Kendal inquest was told. The man, William Harper, who was also known as William Handley (and locally as 'Will

Below: Miss Angela Martin and Mr Joe Wearmouth, who were married on Saturday at Sedbergh Parish Church.



Cott'), 95, of Castle Farm, Garsdale, near Sedburgh, was rescued from the building after neighbours had spotted smoke coming from the roof. But he died later in hospital. Mr James Alderson of Banks Farm, Garsdale, said he was in his farmyard one morning when he spotted dense smoke coming from the roof of Mr Handley's cottage. Along with other neighbouring farmers he dashed to the cottage, and by the time he arrived other helpers had carried Mr Handley out. Mrs Agnes Jane Metcalfe, of Raygill Farm, Garsdale, told the inquest that Mr Handley lived alone and she looked after his house, did his washing and more recently made him a meal at lunchtime. He had become unsteady on his feet and his bed had been taken downstairs. Mrs Metcalfe said Mr Handley was a heavy pipe smoker who was usually careful about the house, but had the bad habit of smoking in bed. PC John Lund said he visited the cottage afterwards and found the fire had been confined to one corner of the living room. Outside, the flock mattress of the bed was still smouldering, but when he visited Mr Handley in hospital he was unable to give a coherent explanation. His voice was weak, and when asked if he had been smoking in bed, Mr Handley only replied "Brown twist". Asked if he used matches to light his pipe, he only nodded. After pathologist Dr Brian Beeson had said that death was due to broncho-pneumonia as a result of burns and inhalation of smoke, the Coroner for South Lakeland, Mr Cyril Prickett, recorded an accidental death verdict.



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## THE OLDEST TREATY AND PHILIPPA OF LANCASTER

*Karen Bruce Lockhart*

Philippa of Lancaster (1360-1415) was the daughter of John of Gaunt, Duke of Lancaster, and became Queen of Portugal. Her mother was John of Gaunt's first wife, Blanche of Lancaster, through whom Gaunt acquired the Lancaster title and estates.

Philippa was well educated for the time, studying poetry with Froissart, philosophy and theology with Wycliffe and studied with and knew Chaucer well as he was the husband of Phillipa Roet, the sister of John of Gaunt's mistress and Phillipa's governess, Katherine Swynford (who

was later Duchess of Lancaster). Philippa read widely including such authors as Pliny the Elder and Herodotus.

She married late for a princess of that time being 27 in 1387 and did not meet her husband until twelve days after they were married by proxy – the proxy husband even going ceremoniously to bed with her. The Treaty of Windsor which was sealed by the marriage was a very long lasting one, as it was the reason why Portugal was neutral in World War II and is still in force. It is the longest lasting treaty in the world in recorded history.

Though there have been some occasions when disagreements might have ruptured the alliance - for example the British not supporting the Portuguese in India in 1961 when their Goan territory was under attack by the Indian government - in general its history is an honest one:

Wellington was sent to the Peninsula in 1807 when Napoleon had invaded; in 1943 a British base in the Azores was created to assist in the war effort, Churchill famously taking pleasure in stressing the antiquity of the treaty to Parliament; and Portugal joined the allies in WWI because of her obligation under the treaty. Of course, over the centuries Spain was often a threat to both lands, making the continuation of the alliance advantageous for both.

Philippa was thought to be old for such a marriage and possibly unable to bear children, but in fact she had nine children. She was described as discreet, pious and modest, walking with her eyes lowered and her neck

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covered. She had a reputation for piety and non-interference in politics, but in fact was involved not only in Portuguese affairs but also in English politics. The King, Joao I, relied on her to administer the kingdom in his absence. She was behind the conquest of Ceuta in North Africa by the Portuguese, although she died before it took place. She was thought of as a model queen, and was known to the people of Portugal as Dona Felipa and was one of the country's best loved queens.

She died of the plague in 1415 aged 55 and is said to have died with a smile on her lips. Her five sons became known as the Illustrious Generation, the future king Edward, the future Regent Peter, Prince Henry the Navigator, the Constable John and the martyr Ferdinand known as the Holy Prince, as well as a daughter Isabella, Duchess of Burgundy who introduced the Renaissance to medieval Portugal. The label "Illustrious" refers in great part to their intellectual achievements which were no doubt due to their mother.

# SEDBERGH GALA 1986

The Gala this year was held on 24th May in front of a crowd of about 2000 people.

The weather was very kind to the committee and held out till after all the proceedings had finished making it a very successful day for everyone.

The parade began as usual from Maryfell Estate with Sgt Porter leading for the last time before his retirement early in 1987. The procession continued with the Lunsdale Pipe Band followed by the Gala Queen, Miss Paula Surridge and her two attendants Caroline Blunt and Lisa Powell all from Sedbergh. They were all elected into office by other pupils in the two Schools. Next in line came the fancy dress then the attractive floats. They were all led to the Playing Field where the Gala was officially opened by the Gala Queen.

The main attraction this year was the visit of Bill Teesdale of retirement for the Senior Fell Race which was covered by Yorkshire Television for a documentary to be shown on National T.V. later this year or early in 1987. Bill completed the course in a respectable 21 min 6 sec.

Another main attraction was a Hot Air Balloon from Holker Hall which was to have given tethered rides to children and a balloon ride to the winner of the prize draw from the field but although the weather was kind, the wind was just a bit too overpowering to allow the balloon to inflate.

The Football Club organised a 6-a-side competition involving 16 teams from all around Cumbria.

The inflatable castle was here again by kind permission of Skipton Round Table and was thoroughly enjoyed by the children.

Donkey rides were enjoyed through-out the afternoon followed later by the Donkey Derby.

The usual side stalls with Bar-B-Cue and other goodies were available for all including teas, ice cream and pop and crisps.

The Chairman would like to thank everybody that helped to make it a successful day because without them, the Gala could not take place.

## ANNUAL GENERAL MEETING

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## 1986 GALA RESULTS

### DECORATED VEHICLE

- 1st Beamsmoor - Jungle Book
- 2nd Sedbergh W.I. - Dad's Army
- 3rd Playgroup - 101 Dalmations

### FANCY DRESS

#### ADULTS

- 1st Margaret Mason

#### GIRLS 4-7

- 1st Fiona Currie - Miss Muffet
- 2nd Becky Pope - Clown
- 3rd Elizabeth Denton - Mermaid

#### BOYS 4-7

- 1st Stefan Kliszat - Jack-in-a-box
- 2nd David Eastham - One Man & his Dog
- 3rd Joe Fearnhead - Darth Vader

#### GIRLS 8 & OVER

- 1st Rebecca Lord - Mary Poppins
- 2nd Elizabeth Gardener - Night Bear
- 3rd Lindsey Balderston - Dutch Girl

#### BOYS 8 & OVER

- 1st Neil Sowerby - Tramp
- 2nd Ian Loi - Dracula
- 3rd Matthew Loi - Cards

### DECORATED BICYCLE

- 1st Robert Eastham - Thomas Tank
- 2nd Colin Capstick - Liverpool
- 3rd Andrew Woof

### DECORATED DOLLS PRAM

- 1st Jemma Higginbottom
- 2nd Victoria Hayhurst
- 3rd Helen Woof

### WALKING STICK COMPETITION

- Champion Prize:- Robert Cannon

### SENIOR FELL RACE

- 1st S. Carr (15m36s)
- 2nd S. Hawkins
- 3rd R. Gibson

### JUNIOR UNDER 17 FELL RACE

- 1st F. Bachelor (7m15s)
- 2nd M. McJincy
- 3rd I. Munroe

### JUNIOR UNDER 14 FELL RACE

- 1st N. Atkinson
- 2nd P. Fleming
- 3rd M. Paisley

### JUNIOR UNDER 12 FELL RACE

- 1st S. Fleming
- 2nd S. Baldwin
- 3rd M. Webb

### CUMBERLAND & WESTHORLAND WRESTLING

#### ALL WEIGHTS

- 1st J. Threlfall
- 2nd T. Harrington
- 3rd H. Brocklebank

#### 12 1/2 STONE

- 1st T. Harrington
- 2nd A. Jones
- 3rd R. Threlfall

#### 4th D. Bowman

#### BOYS UNDER 16

- 1st R. Threlfall
- 2nd D. Bowman
- 3rd W. Hutchinson

#### BOYS UNDER 14

- 1st J. Threlfall
- 2nd A. Todd
- 3rd W. Hutchinson

## ANYONE FOR CURRY?

*Ed Welti*

You may have read in Lookaround last April 2025, about the Sedbergh Online Discussion Society (S.O.D.S.) - a group of like-minded men, who get together for a pint, or other social activities. Don't be misled by the name. Our online discussions are very limited, pretty much when our next meeting will be. Often these are in the pub, but we have also established a pattern of film nights, with the occasional Barbeque when the weather is good, including partners from time to time. I'm considering proposing a name change (to be incorporated in the constitution) that Online should

become Offline as it more accurately describes our emphasis.

And now we've started a new project. Members have suggested that Sedbergh is now sorely lacking an Indian Restuarant. Half & Half, of course, are now doing Indian Food nights with the Marsala Kitchen (go to the next one – they're great), but we dream of more regular Bhajis.

In pursuit of this, admittedly far distant goal, our first objective has become to find the best Indian within a radius, which, after in-depth discussion, was agreed to be around an hour drive from our base in Sedbergh. Resorting to A.I. a list of the best Indian Restuarants within the agreed distance was formulated and assessed. Of course, if you ask



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A.I. twice and vary the wording slightly you get different lists – but for these purposes who cares?

Top was the Himalayan Monal, just north of Preston town centre. It was a rainy night when 5 of us took a trip down there, and at 1 hour 6 minutes it was irrelevantly beyond the boundary. Initially from the outside I must admit I had misgivings, but once inside they started, very quickly, to disappear. I suspect that A.I. (in this case at least) has very good taste when it comes to Indian Food.

To assess each experience we've formulated a list of 5 factors to score the experience: range of the menu, quality and quantity of the food, service, ambiance and range of drinks available. The factors were weighted with quality of food the highest. The Himalayan Monal scored very highly! To sum up, service was excellent and friendly, the menu included Nepalese Street Starters – Momos (steamed

dumplings, they were ace) Nepalese Curries and Noodles as well as more standard options – Jalfrezie, Vindaloo etc. Drinks were what you'd expect, and quantity was enough to leave room for the free chocolate at the end, but no room for dessert.

Of course, the opportunity was too good to stop us suggesting that the staff should consider a branch is Sedbergh (they have recently opened a new one in Chorley). We wait with rumbling stomachs in anticipation.

Look out for further reports of our curry assessment in subsequent editions.

If you would like to join us please contact Alan  
([ac@coatekinternational.com](mailto:ac@coatekinternational.com) or 07771 596755) or Paul  
([shepardpaul61@gmail.com](mailto:shepardpaul61@gmail.com) or 07802 766810).

Himalayan Monal is at 138 Friargate, Preston PR1 2EE – 01772 386 325.

## DENTDALE W.I.

*Thelma Belfield*

Almost halfway through the year, trees are covered in fresh bright green foliage, shrubs bursting with colour and our gardens, despite a continuing cool wind, beginning to show the full glory of summer blossoms.

Our May meeting had nothing to do with flowers, other than the small posy we always have displayed on the president's table. Our speaker was Marjorie Bigdway, and the title of her presentation was simply 'Mosaics'. It was Marjorie's third visit to Dentdale and Pam, our president, gave her a warm welcome. We began our meeting in the traditional manner by singing 'Jerusalem' with Jackie accompanying us on the

piano, followed by Pam reading a short poem aloud about the experience of ocean surfing, including the feeling of helplessness when the wave finally crests and the surfer is thrown from the board into the maelstrom of foaming water. It was quite a moving piece of poetry, in more ways than one.

There were a number of items of business to be dealt with. Firstly, two upcoming events. The Lune Valley Group Meeting on 4th June will be hosted this year by Sedbergh WI. In 2027 it will be our turn to host this event, so we will need to make plans for arranging an interesting speaker and refreshments.

Rita our secretary reminded us that tickets for the Country Fest event are



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Pam confirmed that we will hold a Mini Market on 25th July to begin raising funds for our chosen charity this year. The Kendal based Springfield Trust for victims of domestic violence is our choice and plans are afoot for a representative from the Trust to come and give a talk.

Two social occasions are on the horizon - an outing to Levens Hall for lunch and to see the gardens in June, and a dining club outing to The Cross Keys at Cautley for lunch on the 10th July.

Business dealt with it was over to Marjorie and Mosaics.

## SEDBERGH W.I.

*Moirra Folks*

The last week of April was a very busy one for Sedbergh W.I. On April 22nd we staged a fashion show highlighting summer fashions in the main hall of Sedbergh People's Hall, organised by Kitty Brown Fashions of Carnforth but modelled by four of our own members: Sandra, Janice, Pam, and Nancy, who had previously chosen the clothes they planned to show from the Kitty Brown shop. Accessories for those choices had been made by the shop staff and put with the clothes to enable quick changes. 3 outfits for each model. The excellent compere gave details of fabrics and prizes and alternative colours available. Our models - all



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first timers! - made very good performers and were congratulated. After the performance, light refreshments were served and the audience were able to look through lots of racks of clothes and accessories to choose from if they wished to purchase anything. We were also told about the Kitty Brown pop-up shop, which was due to open for the following two weeks in the Elephant Yard Shopping Centre in Kendal. We know that some people did take advantage of this. The fashion show was open to local people as well as WI members and we would like to thank our guests for their support. Louise Atkinson thanked the ladies from Kitty Brown for supporting our WI with a most entertaining evening.

The following morning, five of our members were on the road to Keswick for the Lunch Club's monthly outing, the venue being the Rheged Lake District Exhibition Centre near

Penrith. After a light lunch in the cafe we visited 'The Longest Yarn', an amazing exhibition in the large upstairs gallery consisting of 80 large see-through plastic boxes containing scenes based on news photos taken during World War 2, mainly in Britain, showing scenes of daily life and war damage, the scenes decorated with people several inches tall dressed in knitted clothing; the scenery, furniture and backgrounds were also covered in knitting. Some of these scenes were extremely complex with dozens of characters – for example showing VE Day celebration street parties - and the Royal Family on the balcony of Buckingham Palace that day. Others showed people's gardens (knitted with vegetables!) following the 'Dig for Victory' initiative. Some of the exhibits showed the Blitz in London, Sheffield and Birmingham; others showed preparations for the evacuation of soldiers from Dunkirk in 1940 and the preparations for D-Day in 1944. Early in the war young evacuees were separated from their parents in the cities, and were sent off by train with their gas masks and very few belongings to a very strange life in the country to be looked after by people they didn't know. So much was portrayed in those 80 boxes which really brought the realities of war to life: it was truly an unforgettable and moving exhibition thanks to hundreds of people around the country taking part individually and in groups. The organisation alone was astounding. Congratulations to all who took part! I believe that the exhibition is touring the country, look on the website



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[www.thelongestyarn.com](http://www.thelongestyarn.com) for more details. If you ever get a chance do go.

We were glad to welcome an adventurous young woman, Victoria Morris to speak to us on May 13th about her extraordinary mission to walk from John o' Groats to Land's End via the County Tops. Her parents were keen hill walkers who took her (carried her) up Silver Howe overlooking Grasmere when she was just a small baby. Her first actual walk was up Loughrigg Fell above Grasmere when she was still quite young. Some years later, walking up Snowdon when she was supposed to be revising for GCSE exams her parents persuaded her to do some maths revision, and she later studied

maths at university. Victoria's enthusiasm for long distance walking was kindled when she saw an advert for a 40 mile continuous walk along the Wessex Ridgeway in Dorset and decided to do it, completing the 40 miles in a little over 12 hours. She joined the Long Distance Walkers Association to do more. With a map of the British Isles hanging in her student kitchen, she devised a route and set herself the challenge of walking between the highest points of each historic county in Scotland, England and Wales as they appeared in 1974, before the county boundaries were changed. She told friends what she was planning to do, thus committing herself to the project, which had never been done before.

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Only 85 people had ever done the highest points in the country. Victoria estimated it would take her 200 days of walking with about 90 county tops to cover. She started in 2017 in wintry conditions in north of Scotland where on Ben Assynt her tent was sometimes frozen to the ground and in Glen Affric the temperature was  $-7^{\circ}\text{C}$ . Youth Hostels were shut for the winter. Sometimes her eyes were frozen shut in the morning, she had to open them gradually; rather than bear the extra weight of snow goggles in her heavy rucksack, she left the goggles at home. She rarely saw anyone but began to appreciate the difference between loneliness and aloneness. She felt as though

she "belonged" to the hills. In the Cairngorm mountains she climbed quite a few county tops and wore out the pair of boots which were suitable for wearing with crampons for protection against ice. She began to feel better when she strode towards Glasgow with the spring approaching, but she still had a long way to go, averaging about 20 miles daily but her longest days were as much 30 miles. Her highest single climb was 1550 metres from Grasmere up to Scafell Pike. Victoria said she relished absolute freedom for 7 months, walking through the calendar of seasons from one landscape into another, never bored or lonely and climbing 90 county tops Why did she

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do it? For adventure - she had no idea whether she would succeed and so far, 9 years later, nobody else has covered the same route walking. Victoria's chosen charity is Mental Health Rescue UK, so she raises money for them by giving talks and by getting sponsorship for long walks: her most recent is the whole Pennine Way in one go. She has also written a book called 'High Points' about her experiences. Anne Pitt expressed our thanks to Victoria for her lively and enthusiastic presentation, accompanied by lots of photos to set the scene for us. It was a very enjoyable evening.

The Book Club met at Christine's house on 14th of May to discuss our favourite book of the year 'Lessons in Chemistry' by Bonnie Garmus, her first published novel, which attracted great critical acclaim. Set in America, in the mid-20th century, Elizabeth Zott, a very independent-minded research chemist bears the brunt of misogyny and abuse levelled at her by her male colleagues, some of whom appropriate her research findings and publish it as their own work. The plot of the story is too

complex to sum up without giving away the wonderful train of events: I would just urge you to read it and meet all the characters for yourself. Yes, you need to suspend your disbelief at times and go with the flow, but it's all in a good cause because it's outright funny in places as well as dealing with serious matters. Several of us had read the book independently before it was issued to us by the library and nobody complained about having to read it again. A good sign! Average score, 9/10.

There will be no meeting in the People's Hall in June because we have our summer outing. Instead, our next meeting in the People's Hall committee room will be held on Wednesday 8th of July and we will welcome Denise Clarke, an author, to speak to us. For further details about Sedbergh WI, please contact our secretary Lesley McCrie on 079301 77423.

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**KILLINGTON W.I.**

**The Afternoon Institute For The  
Entire District**

*Wendy Fraser-Urquhart*

It was quite chilly for our meeting today. Certainly not a day for dancing around maypoles but a splendid time to gather with friends at the People's Hall. The title for today's presentation was "Bees", which as the wife of a beekeeper for many years did not fill me with eager anticipation. But how wrong could I be? Our speaker, Tanya St Pierre, from the Cumbria Wildlife Trust kept us all enthralled for over an hour.

I had been expecting to hear about

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honey bees but what we learnt about was bumble bees. I have always thought that they look much friendlier and more attractive than honey bees. We learnt that there is only one species of honey bee in Britain, while there are 270 species of solitary bees, and 24 species of bumble bees. Like all insects, their bodies have three main segments: the head, thorax (upper body) and abdomen (lower body). To identify them, looking at the tail colour is the best place to start, then the colour patterns on the rest of the body. We looked at the patterns of the 8 most common UK bumble bees, and realised that most of us had noticed in our gardens and countryside, that

some bumbles have white tails while some have red tails. We heard about the life cycle of the bees. Only the mated queen bees survive through the winter. The queens emerge and start to lay in spring. Their varied nests may contain as few as 20 worker bees, while honey bee colonies consist of as many as 60,000 bees.

Tanya was thanked for a fascinating and informative talk. Highly recommended! Useful and interesting information is available from [www.bumblebeeconservationtrust.co.uk](http://www.bumblebeeconservationtrust.co.uk).

Tea time followed and time to chat and catch up with everyone's news.

Lo and Behold!! Here comes a huge chocolate birthday cake. It has a large number of candles on it. The number can be divided by ten! Happy Special Birthday to Jan Dinsdale! Jan will have a lovely family gathering on the actual day. The very best wishes from us all.

Our monthly competition for "An item coloured blue", was won by Susan Sharrocks with a bunch of bluebells (gathered from her garden!) and the raffle was won by Pat Allen.

We discussed WI future activities and plans were made. Our next meeting will be on Tuesday 9th June at 2.00pm in the People's Hall. Every time I write the details, I can still hear Dennis Whicker saying, "Day, Date, Time, Place."

---

### **HOWGILL & FIRBANK W.I.**

*Bridget Postlethwaite*

Our May meeting was held at Howgill Village Hall, where Sarah welcomed members and the guest speaker for the evening, Denise Clarke.

In this, the international year of reading, Denise described how she had always enjoyed reading and writing, and how her career path eventually took her in the direction of becoming a school librarian. It wasn't until she was in her 40's, that she went to university to study to become a writer. Her style of writing is young adult fiction. On realising there was a gap in the market for rural teens, she wrote her first novel 'Top Thorn Farm', which was set on a local farm from a 16-year-old boy's point of view. The book was distributed throughout schools in the area and

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enjoyed so much that a follow-up was requested, hence her second novel 'Return to Top Thorn Farm'. Her third book, 'The Lucky One', took on a different angle, being set in WWII, inspired by her father's service in the RAF during the war. Denise brought copies of her books for us to see and purchase if desired, but they are readily available to purchase on Amazon. Steph thanked Denise for a most interesting talk.

The resolutions coming up at the AGM in June being voted on. 'Accessible toilet facilities' and 'Action on women's homelessness' were both voted in favour of.

The competition for the evening – a couple of lines on what reading does for you - was won by Jacqui with Pauline second, and the raffle prize was also won by Jacqui.

The evening concluded with our usual Jacobs Join.

Our next meeting 'Laughter Yoga' will be held at Firbank on Thursday 4 June. Visitors and new members are always welcome.

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## **SEDBERGH SIGHT ADVICE GROUP MAY MEETING**

*Keith Birbeck*

Members of the Sight Advice South Lakes [SASL] Sedbergh group met on Tues 05 May in the Peoples Hall for the monthly meeting. It was our pleasure to welcome Jayne Ewin from Kendal who is a RNIB guide dog 'puppy raiser'. Jayne had brought along her guide dog puppy, Taco, a 10-month-old Golden Labrador, and started her talk outlining that her key role was to support and develop Taco prior to his formal guide dog training. As background, she explained that the RNIB have their own dog breeding programme and annually place 1500 potential guide dog puppies with an approved puppy raiser at 2 months old. Taco joined Jayne, her husband Colin and 10-year-old collie/spaniel cross in Sep 25, and will be with them for around one year. During this time, Jayne will focus on developing Taco's social skills and teaching him the basic skills required for his role. Jayne outlined that the RNIB provide all the food and veterinary support required during this initial training period, and provide a detailed training plan so Taco's progress can be monitored. Training modules include getting Taco familiar with various modes of transport, negotiating pavements and roads, and getting him familiar with different retail experiences and close human contact. It is anticipated that at around 12-14 months old, provided Taco meets his initial training requirements, he will go to the RNIB NW regional training centre at Atherton, Manchester. After anything

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up to 2 years at the centre, Taco will be paired with a visually impaired person, staying with them until approx 10 years old and a well-deserved retirement. Jayne was keen to stress that integral to his basic training was ensuring that Taco experienced normal puppy activities and adventures. An adorable and very well-behaved dog, Taco had many admirers within the group. Members warmly thanked Jayne for allowing us a glimpse into the challenging but greatly enjoyable life of a RNIB puppy trainer.

For our June meeting we are going for lunch at the Fat Lamb, Ravenstonedale. SA Sedbergh will be holding a coffee morning Wed 01 Jul at St Andrews, with our next meeting 01 September. The group welcomes new members from the Sedbergh community; if interested call Keith Birbeck 07557 871961 or Susan Harper 015396 206613.

## **DENTDALE, HEAD TO FOOT Holidaying in Kenya – Would you stroke a live cheetah?**

*Andrew Povey, DDHF*

Andrew Povey gave an illustrated talk on his visits to Kenya. As he has always been with Kenyan friends, he has travelled to some more unusual places.

Kenya is well-known for its wildlife and has extensive National Parks to protect it. A drive through Nakuru national park reveals zebra, many different types of antelope, rhinoceros and water buffalo.

Staying on the banks of Lake Victoria, a boat trip is a must to see the hippopotamuses.

A rescue sanctuary for wild animal needing some help gave the opportunity to meet a cheetah and stroke it.

Kenya is also known for its agriculture and the wide range of fruits available. Some more unusual fruits are well worth trying, in particular blood tomatoes and breadfruit. These are extra delicious as they are grown and harvested locally.

The Kenyan people are friendly and welcoming and English is widely spoken. Andrew visited families living in the countryside where he was made very welcome.

Kenyan men are allowed to have as many wives as they want, this is part of the culture in Kenya. This provoked some discussion at the meeting!

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

The June event will be our summer outing, this year to the Halecat

Nursery at Witherslack, a lunch at the Derby Arms and a visit to Cartmel. A £5 deposit is required for the bus. There are still a few places left.

In July we will be holding our Strawberry Tea; this is a fund raiser towards the community Xmas dinner that we provide in December. This will be on Saturday July 4th in the Memorial Hall in Dent.

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

For further information please contact Andrew Povey on behalf of DDHF: 07881655166 and [poveya@btinternet.com](mailto:poveya@btinternet.com)

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## FAMILY MUSINGS

*Sarah Woof*

As we are just waiting for around 8 sheep still to lamb, I think I can say we have survived lambing time. And on the whole it all went very well and I was especially pleased that it did not rain every day! All jobs on the farm are made more complicated by getting wet, so less rain means easier going.

Now we are getting sheep ready for the fell along with little catch-up jobs that have been patiently waiting.

Church-wise we have joined in a questionnaire about how we see or hope the next 10 years pan out. And family-wise we are preparing for our sapphire wedding anniversary celebration which will be 45 years to the day. Hoping again for a rain-free day.

The scent from the ramps/ wild garlic in the garden certainly twitches our noses and helps clear our sinuses. Still a few daffodils are in bloom along with some primroses, a lot of bluebells and now london pride, lilac and rhododendron are blooming too. Rhubarb is being made into crumbles and pies and on a Friday morning the little grandchildren race their sit-on toys down our front ramp shouting very excitedly. I am told we can be heard across the village which I am sure is a great delight to all.

The two dogs are doing well, one as a working dog with home comforts and the other as a home dog with working comforts i.e. she rides in the cab and doesn't have to turn sheep! Enjoy your days whatever you, as it were, turn your hand too.



## SEDBERGH COMMUNITY SWIFTS

*Tanya & Edmund Hoare*

The first swifts arrived very early again this year, with a party of a dozen or so being seen flying over Havera. on April 16th, exactly the same date as last year! At Lowgill our first swift arrived on April 24th, a record earliest return by 3 days, and the first pair both returned on April 29th. They do not winter or migrate together so it is amazing that they were reunited once more in their nest within an hour of each other. We believe that the winds must have been very favourable as they were preparing to set off on their migration. Since then however we have had some very cold windy weather and swifts have been returning slowly in low numbers..

A clutch of 3 eggs was laid by the first pair on 11/12th May, and both parents incubate the eggs, taking turns to go out foraging for insects. They hatch after 20 days, and fledge about 40 days later. So we should



see the first chicks hatching in the first week of June, and fledging from the nest in mid July. Both the parent birds feed the chicks, and obviously are then more active as they have to go out feeding both themselves and the youngsters. So all the swifts you see flying around from now until July are adult swifts, not chicks. As many swifts have not even arrived back yet, this means that this year again there will be considerable overlap between pairs in hatching and fledging.

When you see swifts swirling high in the sky they are feeding, catching insects. They can often be seen swooping over copses of trees where tiny insects, invisible to the eye, congregate. Swallows and house martins largely feed at lower levels,

you may even have seen swallows swooping over cow pats in a field, as they would be a very good source of insects.

At the end of May and early June we see the arrival of a wave of non-breeding swifts: these are the younger birds that have fledged over the previous 3 years. They were not yet ready to breed but nevertheless made the annual migration each year. So swift numbers may appear more plentiful in the sky. The 3-4 year olds are the swifts that you are hoping may be attracted to your boxes, so get those callers playing now!

If you find a grounded swift, pick it up gently and see if it is not injured. Go to an open grassy place to see if



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it will fly: stand up tall and put it in the palm of your outstretched arm. Let it take off in its own time, don't throw it. If it doesn't fly, or crashes down, put it in a shoe box to rest, with kitchen paper on the floor. Puncture holes in the lid to let air in. Contact us for more advice. It helps if you take a picture that you could send. You could also try giving it cooled boiled water, with a cotton bud, stroked along the side of the beak. It often does take some in and dehydration is the immediate issue. If we are away, then contact Kendal College Animal Rescue Centre, 01539 814645, leave a message on the answerphone with your details and mention us, Sedbergh Community Swifts.

Would you like to volunteer be a swift taxi to help take fallen swifts for care? You only need to be able to drive! If you contact me with your phone number, if I get a call about a swift I can ring around to see who is available to help. We can give advice on what to do. Please do consider it as we desperately need helpers. Penrith Swift Group are also co-ordinators of swift taxis for the whole county - Contact them for further information on how to help on Penrithswiftgroup@hotmail.com.

Finally, please remember to notify us with any sightings at the new estate in Showfield Gardens. We could be among the first to report swifts using integral nest bricks in new developments.

As always, it's never too late to put up boxes so do get in touch for any help or advice. To Contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043

## **YORKSHIRE DALES WILDLIFE GRANTS**

*Mark Sutcliffe, Marketing and Communications Officer*

£50,000 up for grabs to fund wildlife and nature recovery projects in the Yorkshire Dales

Yorkshire Dales Millennium Trust (YDMT) has launched the latest round of its successful grants scheme for projects and organisations that benefit the people, landscape and wildlife in and around the Yorkshire Dales and Nidderdale. Since the programme was relaunched in 2023, YDMT grants have funded community-based conservation and social impact projects worth more than £500,000.

In 2026, the Trust is prioritising wildlife and small-scale nature recovery projects and is especially keen to hear from young people wanting to make a difference in their communities. Priority will also be given to grants from the more northerly areas of the National Park, including Sedbergh, Hawes, Kirkby Stephen and the Westmorland Dales. Grants of £1,000 to £5,000 are available with the application process designed to be easy to understand and complete with minimal admin and box ticking required. As well as funding specific projects, grants can also contribute to an organisation's core costs such as rent, insurance and volunteer travel expenses. The grants can also be used to unlock wider match funding bids.

Chair of YDMT Grants Panel Rowena Herbert said: "This year's grants scheme aims to improve access to nature and wildlife, reduce

the impacts of climate change and biodiversity loss, and encourage young people to manage their own conservation projects. "We've designed the application process to be simple and straightforward while ensuring that we get enough information to make quick decisions for projects that will make a real difference. Alongside grants, we can also provide advice and support to strengthen applications and to enable projects to have the maximum impact."

YDMT's grants scheme is supported by an award from Postcode Earth Trust thanks to funds raised by players of Postcode Lottery.

To start the application process, or to find out more, email a brief outline

of your project to: [grants@ydmtd.org](mailto:grants@ydmtd.org)  
For further information or images, contact Mark Sutcliffe at YDMT: [mark.sutcliffe@ydmtd.org](mailto:mark.sutcliffe@ydmtd.org) 01524 238491.

Watch the Wellness Walks video case study at: <https://www.youtube.com/@YdmtOrgUK>

About Yorkshire Dales Millennium Trust - Yorkshire Dales Millennium Trust (YDMT) is an award-winning charity doing big things to support people, landscape and wildlife in the Yorkshire Dales and surrounding areas. Founded in 1997, YDMT delivers a range of inspirational projects, and has supported the planting of 1.8 million trees, restored 850 hectares of meadows and enabled over 15,000 people to

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access, enjoy and understand the Yorkshire Dales. These projects cover areas as diverse as rural apprenticeships, grants, education and outreach, restoring woodlands and wildlife habitats, and improving access and understanding of this special place.

YDMT is proud to work in partnership with a growing number of businesses to achieve their aims as a charity, while also helping businesses engage with their staff and customers, raise their profile and deliver on their social and environmental responsibilities. In recognition of this, YDMT won best environmental partnership in the 2024 Third Sector Business Charity Awards. YDMT's work is also supported by players of Postcode Lottery [www.postcode lottery.co.uk](http://www.postcode lottery.co.uk) Find out more at [www.ydmt.org](http://www.ydmt.org) Website | Facebook | Instagram | YouTube

## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

On the first day of the summer term a meeting was held in Powell Hall of the whole staff (academic, finance and support staff – groundsman, domestics, etc) which was addressed by the new Headmaster, the COO (Bursar to you and me), the Headmistress of the Prep, and the Executive Head ( Mr Harrison). This was partly to remind the staff of the need for efforts to keep the School in the forefront of education in the light of the VAT position and the rising cost of living. It was also to inform them of the development of the Sedbergh Group of Schools consisting of the main Sedbergh School, the Sedbergh Preparatory School, Casterton, and the schools in China and Vietnam, as well as the summer courses and summer schools. In this connection the up to date news was that Terrington Hall, a prep school near York, would join the Group in the summer.

The new Headmaster celebrated the start of his arrival with the birth of a son.

The School has been accredited by the Talented Athlete Scholarship Scheme (TASS) Dual Career Accreditation Scheme, a Sport England-backed initiative that supports young athletes in balancing high-performance sport with academic success.

The Prep girls watched Newsround every morning during the election week, and staged a mock election .

Major General Jonathan Shaw CBE has become President of the

1525 Society and held a lunch to introduce himself in the Black Bull on 9th May when Mr Dan Harrison spoke about the new Sedbergh Group

The School held its Sports Day on Sunday 10th May on a day which threatened rain but turned out sunny. The Sports Day consists really of only the House relay races, the individual sports having been held over the preceding days. The winner of the Wilson Run Hugo Berry won the Open Mile in which 300 runners took part, and the Girls' Mile was won by Lucia in a record time, who also broke the records for the 800m and 1500m. Evans and Lupton won the House competition. The sports were followed by garden parties in the

Houses for parents and friends.

Years 9 and 10 put on a performance of Chitti Chitti Bang Bang on 13th, 14th and 15th May in the Arden Theatre

### **Music**

On 26th April the postponed Choral Concert by the combined School and Town Choir took place in the School Chapel. It had had to be postponed when events around the Wilson Run had to be altered at the end of last term. The Choir sang Five Mystical Songs by Ralph Vaughan Williams and John Rutter's The Sprig of Thyme

The Prep School Choir went on tour to Manchester

The School has been invited to perform in a ceremony on the

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centenary of the first time the Last Post was sounded at Menin Gate. The names of each of the 54,588 names on the gate will be read out continuously over a period of at least three days, culminating in the ceremony on 2nd July 2028

### Cricket

Harry Brook OS captained the English team in the T20 World Cup competition, though they were eliminated in the semi-finals

On 11th May the Prep and senior School boys and girls cricket teams had a master class with Ian Botham and John Emburey

The U17 Girls and Boys Elevens played Cumbria U17 and both won by 4 wickets. The 1st XI lost to St Peter's York by 114 runs, won against

Myerscough by 21 runs, lost to Bromsgrove by 7 wickets, won against Lancaster RGS by 4 wickets, won against Rossall by 7 runs, won against Merchiston by 3 wickets, won in the first round of the 100 Ball Nation Cup, won against St Peter's York by 14 runs, lost to the MCC by 2 runs.

### Rugby

Three OSs represented their countries in the Six Nations. Abbie Ward OS, English Rugby International, was named Cumbrian sports personality of the year

### Running

Imogen Boddy OS broke the LAVL solo women's record running 300 miles from Santa Monica Pier to Las Vegas in 77 hours 54 minutes

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The Prep School held their Epic run, delayed from last term, on 2nd May for years 7 and 8 -a run of 7 ½ miles a large part of which is steeply up hill. Many former pupils joined the run together with staff and parents – and there was a walking option as well. This year it was decided to have a junior Epic for years 5 and 6 over a course of about 3 ½ miles which took place the day before the main Epic

### **Future Events**

Half term ends 31st May

1st XI v Myerscough 3rd June

11.30 am

Girls' 1st XI v Cumbria 4.30 pm

1st XI v Rossall 11th June 5 pm

1st XI v Lancashire Academy 16th June 11am

1st XI v XI Club 17th June 11am

1st XI v Durham CCC 19th June 11 am

1st XI v Shrewbury 20th June 11 am

Speech Day 27th June

End of term 27th June

Leavers' Ball and Fireworks 27th June

Girls' 1st XI v Brighton 29th June 10 am

Grils' 1st XI v Oakham 29th June 2 pm

Girls' 1st XI v Wellington 30th June 10.30 am

Sedbergh International Summer School 30th June

Summer Courses 20th-23rd July

Cricket: Lancashire v Surrey 21st July

Summer courses 27th-30th July

Summer course 3rd-6th July

New pupils arrive 5th September

Michaelmas term begins 6th September

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### **SEDBERGH PARISH COUNCIL**

*Parish Clerk*

This short report covers the Council's recent monthly meetings. The next meeting on the Parish Council is scheduled to commence at 7.30pm Thursday 11 June 2026, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The Council will be holding its Annual Meetings on 14 May 2026, however, due to deadline timings the report for these meetings will be delayed until the July Lookaround.

#### **Howgill Lane road closure**

Members have continued to be in contact with United Utilities, and their contractors, in respect of the water mains replacement at Howgill Lane. At the time of writing this report, it is anticipated that the majority of these works will now be completed within the boundary of the playing field/ People's Hall car parking area. This has been negotiated to reduce the impact to the local community.

#### **Howgill Lane play area**

Members were disappointed to close two large items of play equipment recently, following annual



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regular inspection. The Council have been anticipating this, for some time, with the project for a new play area ongoing. It is now hoped that this application will be progressed to the formal planning stage, with Yorkshire Dales National Park, as soon as practicable.

Various other matters have been discussed including, planning matters, resident queries/ correspondence, tennis club underlease, Main Street toilets (and grant application for replacement doors) and highways matters.

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

Please also note that a full reference copy of all documents relating to meetings is held at

72 Main Street in the Parish Council Office, with agendas and minutes available online at

[www.sedberghparishcouncil.gov.uk](http://www.sedberghparishcouncil.gov.uk)



### LIZZI'S CORNER

*Lizzi Collinge*

I usually try to focus my Lookaround column on local issues but I think it's important to occasionally look at the national picture and last month's King's Speech is a good opportunity to do that.

After wrapping up the first two years of Government, which delivered groundbreaking and progressive legislation on everything from employment rights to clean water, last month Parliament came together for the King's Speech. This first session of Parliament saw more than 50 Acts of Parliament passed, each aimed at making government work better for ordinary working people and restoring confidence in public services after years of decline. I know the action taken to clean up our water, through the Water (Special Measures) Act, is of particular importance to local people. This Act strengthens accountability for water companies and helps protect coastal communities and the natural environment we value so highly. I know the progress made on NHS services is also welcome. Nationally

we've seen reductions in waiting times for operations and ambulance callouts, although this has proven more difficult to deliver in rural areas.

His Majesty's speech laid out the Government agenda for the next session and this one had Labour values threaded though. The speech provided an important opportunity to focus on the next stage of rebuilding public services, strengthening the economy and delivering greater security and stability for communities like ours.

Many readers will know that I am very concerned about the housing crisis, which is fundamentally one of supply. This is especially so for the safety net of social housing for those who need it. So I was pleased to see

in the King's speech that the Social Housing Renewal Bill would exempt newly built social homes in England from Right to Buy for 35 years, keeping more stock in local control. It will also introduce new protections for social tenants who are victims of domestic abuse to stay in their home. Related to this, and I think very relevant for Sedbergh and district, is the work I am doing to campaign for local licensing of short-term lets (aka AirBnB). I am pushing for a full licensing scheme which would give local authorities powers to set targeted, ultra-local caps on the numbers of short-term lets.

The King's Speech also placed a major focus on economic security and energy independence. Families

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rightly want to know that the cost of living can come under control, that living standards will improve and that Britain is building the foundations for long term growth. A key part of that is producing more clean, reliable energy here in the UK rather than remaining exposed to volatile international energy markets.

The Government's proposed Energy Independence Bill aims to scale up homegrown renewable energy and support a new generation of nuclear power.

This could bring major opportunities. I have consistently raised the importance of new nuclear at Heysham in Parliament, so it was encouraging to see a strong commitment towards the next generation of nuclear energy

included in the Government's plans.

Since the election, the Government has also taken steps to support children and families through the Children's Wellbeing and Schools Act, which includes measures such as free breakfast clubs, limits on costly branded school uniform items and stronger protections for vulnerable children. The Government has also done a lot of work to give resources to schools to support kids with Special Educational Needs and Disabilities (SEND). This is ahead of wider reform to give better early support, which has been designed alongside experts, schools and parents.

The King's Speech reaffirmed the Government's commitment to strengthening Britain's trading

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relationships, improving cooperation with European partners, supporting Ukraine, backing NATO and working towards long term peace in the Middle East through a two-state solution. There is also a lot of ongoing work to deal with the impact of the closure of the Strait of Hormuz, which continues to increase fuel prices and impact on supply of key goods.

The challenges facing the country remain significant, but there are also real opportunities ahead. The priority now is making sure these plans deliver practical improvements that people can see in their daily lives, from stronger public services and better jobs to lower energy costs and greater economic security for families across our area.

As ever, if you need my support please do get in touch. You can contact my office via email on [lizzi.collinge.mp@parliament.uk](mailto:lizzi.collinge.mp@parliament.uk) or leave a message on 01524 566 015. I prioritise contacts that are constituents needing direct help – if you have a query about a local or national policy I will reply as soon as I can but you will have to wait a bit longer.



### **ANNA'S SPRING TEAS**

*Anna Chaplain*

Anna Chaplain and Anna's friends decided to organise another afternoon teas with entertainment for the people throughout the Western Dales. The event is free, enabling all who wish to attend the ability to do so.

The 30th April at 2pm was the date and time advertised throughout the dales. Delicious cakes, baked by many Friends and supporters, sandwiches made with various tasty fillings, teas and coffees were all prepared and laid out, tables and chairs set out, all ready for a friendly afternoon.

There were thirty people in the Sedbergh Songsters, conducted by Claire Pope. This choir is a mixture of people with dementia and others who simply enjoy singing together. Around eighty people in all attended, some brought along by partners and friends, some in wheelchairs and others with walking frames. The atmosphere was most friendly and all awaited to see the entertainment.

The afternoon began with a short welcome and opening prayer, given by Revd, Christine Brown, the Anna Chaplain. The Sedbergh Songsters

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followed by singing six well-chosen songs, such as 'Lean on Me,' 'Om-pa -pa, Om-pa-pa,' and others, which were beautifully introduced by Claire and sung by the choir.

This was followed by a story by Oscar Wilde, 'The Selfish Giant' read by Dr. Janet Skublics. The entertainment continued with the Handbell Ringers of Sedbergh, led by Nicola Crawford, we listened to their distinguished magical sounds, and melodies of some familiar songs such as, 'We'll gather Lilacs in the Spring Again'. Next came the familiar poem 'Warning' Written by Jenny Joseph which was adapted and read by Revd. Christine Brown. 'When I am an old woman, I shall wear purple...' Not quite what was expected but possibly even more funny than the original. The Sedbergh Songsters rounded off the entertainment for the afternoon.

The teas, coffees, sandwiches and cakes were served and enjoyed by a ll who attended. There was enough food for everyone and very little left over. The afternoon closed with a blessing for the journey of life.

Although there was no cost for those who attended they insisted on making a donation. A donation of



£151. 06 was donated to Dementia UK.

Thank you goes to all who supported the afternoon with sandwiches, cakes, entertainment, help and attendance. A big thank you goes to the Sedbergh Songsters and the Handbell Ringers.

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## **CHRISTIAN AID WEEK**

*Rev Anne Pitt*

The Coffee Morning held on the 13th May was very well supported and resulted in £114.50 from the door and raffle together with £85.50 from the cake stall resulting in a grand total of £200. After the expense of £30 for the room hire, £170 has been raised for Christian Aid. As Christian Aid Week has not finished before the Lookaround submission deadline for June, the envelope donation totals will be published in later editions but in the meantime many thanks to all who have contributed to the fundraising efforts including all those who have steadfastly trekked along our streets and byways delivering envelopes from door to door. If you haven't received one through your own door it is probably because some of our helpers are now no longer able to continue to do this. If you would be willing to help us cover the area more effectively we would be very glad of your assistance.

Our next event will be our autumn coffee morning on Wednesday 7th October.

Rev Anne Pitt on behalf of the Christian Aid Committee in Sedbergh and District

## **NOTES FROM DENT STATION**

*John Carey*

There is much happening at the moment, but we should perhaps first of all mention the 150th anniversary of the first passenger train on the Settle-Carlisle line on 1st May 1876. Goods services had started in the previous year and Dent Station opened in the following year. This was indeed a significant achievement and testament to the vision of the Midland Railway directors in creating a third main-line to the north. Nearly 100 years later, it was so nearly lost but for a well-fought campaign by a group of enterprising individuals. In addition, it is thought that the introduction of the DalesRail services in the 1970's was instrumental in the reopening of the minor stations such as Dent. This led to the eventual reprieve of the line which occurred in 1989.

Meanwhile, back to the present, train performance on our line has been reasonable over the recent period with only 2 cancellations in April, although Northern have had to contend with a number of infrastructure issues and external factors. One of these has been the

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repair of the collapsed retaining wall south of Kirkby Stephen, as a result of which trains were terminated at Garsdale over a 4 day period in early May. Inconvenient, but at least Northern are keeping a service running.

The issue of the carriage stock has not gone away and whilst the planned allocation has increased for the summer period, it does also mean that we are seeing more trains being 'shortformed', i.e. below their planned allocation. There are simply not enough Class 158 units to go around, particularly when maintenance is required. It is thought that we are unlikely to see replacement stock until 2035.

Passenger numbers are increasing, which is a good thing, with leisure being the major component. Whilst we often complain when trains are full and standing there are a surprising number of empty seats on some of our trains. The truth is that many passengers

wish to use the same trains and it would make eminent sense to encourage better use of the spare capacity particularly at commuter times. In contrast with the remainder of the railway network the 'peak' time on our line is mid-morning. The railway operator would argue that they already do this with cheaper Advance Purchase tickets, but these are not always available from smaller stations and there is no certainty on the day.

The once numerous commuters to Leeds and Carlisle have all but disappeared since covid, but many are being called back to the workplace or deciding that the isolation of home working is not as attractive. There is a market there to be won back, perhaps with lower ticket prices, removal of absurd peak time pricing and, as I have often bemoaned, removal of the bizarre pre 0815 Dales Railcard restriction. Believe it or not, we have argued the



case but the railway remains intransigent.

But the numbers using Dent and Garsdale Stations are low compared with other stations. Indeed, the most recent figures issued by the Office of Rail and Road give annual entries and exits for Dent as only 9598 passengers per year whilst Garsdale 17,054. It should be added that Dent Station has a bus connection on a Saturday whilst Garsdale has several bus connections a day to Hawes. However, it is vital that we make better use of our stations and integrated transport must be part of this. The railway, as with the West Coast Main Line, is already there and paid for. It should be possible to travel with ease from the largest

community in the Dales to the local railheads.

Whilst the railway is no longer under threat of closure, threats come in other ways such as service reduction or reduced stops. Dent is already missed by certain trains. Bizarrely, despite its location Dent is one of the most 'accessible' stations on the line with a step-free foot crossing, and is even served by a low-floor bus! But the railway authorities have an intense dislike of foot crossings and these are slowly being eradicated. At Horton, the recently opened lifts and footbridge were largely paid for by the quarry operation at an eye-watering cost of £4m plus. What chance of this level of expenditure at a smaller wayside

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station such as Dent? There would probably be an outcry from photographers if this was ever proposed! But the normal solution is to make use of the road overbridge however unsatisfactory this might be. Already the case at Garsdale Station, it is a long walk between platforms.

On the prospect of an improved weekday Sedbergh to Kendal bus service there have been no further developments. The funding allocated to the Sedbergh area is derisory when compared with the rest of the county. Indeed, analysis would show a wide disparity per capita between areas and that the significant portion of Westmorland and Furness within the Yorkshire Dales National Park seems to have been neglected in contrast with the Lake District. This omission within the council assessment framework has been pointed out but possibly too late to make any real difference. Elsewhere in the county, a few new routes have

been created but also funding has been used towards enhancement of existing routes with additional frequency or later services. There was a glimmer of hope with the short lived 563 service via Sedbergh which might have been seen as a stepping stone to something better, but sadly it was not to be. The council 'Enhanced Partnership' forum is taking place shortly in Kendal at which the Sedbergh Area Public Transport User Group will have representation.

It is, however, pleasing to see a few folk including families enjoying the Sunday 832 DalesBus from Sedbergh to Kirkby Lonsdale as well as visitors from outside the area and even the odd passenger using the bus as part of a longer distance journey, possibly from Lancaster. This is very much a pilot until 18th October and so please make use of it. Hopefully, we'll be able to do the same next year. As I mentioned before, the bus departs Sedbergh at 1315 and returns from Kirkby Lonsdale at 1520. This is a larger bus and 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, whilst there is a £1 single fare for young persons under the age of 19. Incidentally, the £1 fare is to maintain consistency with North Yorks but perhaps something for Westmorland and Furness to consider! For further details please see [www.dalesbus.org/832.html](http://www.dalesbus.org/832.html)

Back to Dent Station, we are fortunate that the S1 Western Dales Bus continues to provide a vital link between the station, Sedbergh and

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Dent village every Saturday, and ideal for a trip to Carlisle, departing at 0958 from opposite Sedbergh Library to Dent Station and then hopping on the 1047 train to Carlisle. This would involve returning on the 1617 train from Carlisle to catch the bus from Dent Station back to Sedbergh. Please check

[www.westerndalesbus.co.uk](http://www.westerndalesbus.co.uk) for bus running and times, including the current daily services between Kirkby Stephen and Kendal. Rail tickets can be purchased on the train.

I should also remind people about the Dales Railcard, available to residents in the qualifying post codes (including LA10) and which provides a one-third discount for tickets purchased on the day (weekdays after 0815) on the Settle-Carlisle and Morecambe lines. The cards can be purchased at a cost of £15 from Skipton, Settle or Appleby stations with proof of address or by application to the Settle Carlisle Railway Development Company via their website. The portal for most bus journeys in the Yorkshire Dales can be found at [www.dalesbus.org](http://www.dalesbus.org) For rail journeys please consult [www.northernrailway.co.uk](http://www.northernrailway.co.uk) which will also give details of any potential disruption. The small green 'Dales Area Timetable' booklet including all bus and train times should be available through the tourist information office nearer the start of May – these have been delayed. Meanwhile, if I can be of any assistance on any bus or rail matter, please feel free to contact via [john.carey@settle-carlisle.com](mailto:john.carey@settle-carlisle.com) and, as always, I would be delighted to help.

## IT'S HOTTING UP BUS-WISE

*Ed Welti*

Firstly, I'd like to thank everyone who has been using the new services: the Western Dales early Wednesday service, the Little White Bus to Hawes on Tuesday and the Sunday/ Bank Holiday Dalesbus 832. All of them are being supported to some extent at least. To those who think they sound like a good idea but haven't yet used them please do. We need your support so the bus providers will continue to run them over the summer, and next year too.

There is one very gloomy cloud on the horizon, and not just for bus users. The projected closure of the Garsdale Road over the summer. This will make it very difficult to run

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the Hawes Service and the 832, so the enhancement to our services may be lost this year. I'll be writing to the Council. Again.

We are still waiting for Westmorland and Furness to issue invitations to tender for three different options for a weekday bus running through to Sedbergh. However, I was told informally that the situation with the Tender Documents being stuck in the Legal Department will be resolved in the near future. However, any new services won't start until the autumn at the earliest, and whether we get anything in Sedbergh lies both with the returned cost of the service, and with Westmorland and Furness judging that our service is worth it in comparison with the other routes they

are proposing. It is unlikely there are sufficient funds to finance all of them – there are 7.

Further into the future, the responsibility for bus routes will move from Westmorland and Furness to the Cumbria Mayoral Authority, when it comes into being. The Cumbria area was awarded £500,000 to investigate alternative governance options in February and the two Cumbria councils have used the money to employ a consultancy, Jacobs Oxera, to draw up a report on available options. This may include a level or variety of Franchising (which is expensive but gives the Council more control), Enhanced Partnership (which is what we currently have, where the Council works with Bus

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Operators – in our area that is largely Stagecoach), or Enhanced Partnership Plus (which is shared risk, with the Council and Bus Operator working even closer together).

I recently attended the Enhanced Partnership Forum at Kendal Town Hall, where we were divided up into groups by a consultant from Jacobs to discuss various aspects of how the governance should work and the factors that need to be considered. The process will now involve further meetings with Key Stakeholders (which will include the Council and Stagecoach) and other Stakeholders, which we work to ensure will include us. We need to try and ensure that our unique position here in Sedbergh is catered for in any decision-making model they come up with.



## **SEDBERGH BOWLING CLUB HOSTS ZRECE VISITORS**

*Philip Johns, Club Sec*

A few weeks ago, Sedbergh Bowling Club was asked if they would be willing to host a few of the Zrece visitors sometime over their twinning visit to Sedbergh as part of their social events programme on the Saturday or Sunday mornings. "Of course we would be delighted but that would depend on the weather" we replied. On the morning of Saturday I woke to a cloudy, chilly but dry morning. Lo and behold at 9:00 the phone went and it was Carol, chairman of vice, chief gardener and all round good egg (fantastic bowler as well). "We're on" she said "meeting at 10:30"

After completing my morning duties, I rushed down to the green expecting to find a few middle age visitors looking forward to a gentle workout of crown green bowls only to find the club invaded by a large group of noisy excitable young adults. "Oh crikey" I thought "how are we going to manage this lot?". Garth, the host, who was sitting by the clubhouse looking rather shellshocked, explained that they were a part of a school exchange system that had been going on for over 20 years and were also part of a Slovenian dance troupe.

However, to my surprise and relief, with the help of the good egg Carol, they swiftly organised themselves into teams of four and after a little bit of coaching and guidance enthusiastically set about playing crown green bowls. The noise levels quickly went up with squeals of delight when things went right and

*Sedbergh and District Lookaround*

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lots of laughter when things went  
wrong.

After the games had finished,  
refreshments of various kinds (all  
legal ) feedback from the visitors was  
very pleasing. All could speak very  
good English and said how much fun  
they had had. Some commented that  
the game was much more difficult  
than they had originally imagined but  
was very enjoyable. There were also  
comments about how they liked the  
setting of the club with the hills  
surrounding the green and the sheep  
with their lambs grazing in the nearby  
fields.

All in all, a wonderful morning, and  
it was a pleasure to host such an  
amiable enthusiastic bunch of visitors  
and to be able to share with them the  
love of a typically northern English  
sport.

## **KILLINGTON SAILING ASSOCIATION OPEN DAY**

*Myles Ripley*

On Sunday June 14th Killington  
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## DEMENTIA STATISTICS 2025

Gov.UK

Interesting statistics on UK Dementia.

Recorded dementia diagnosis  
512,466 patients had a recorded diagnosis of dementia on 31 December 2025, a decrease of 714 patients since 30 November 2025.

Diagnosis rate in those aged 65 and over

66.3% of patients aged 65 or over who are estimated to have dementia, had a recorded diagnosis of dementia on 31 December 2025, a decrease from 66.5% on 30 November 2025.

Care plan or care plan review  
331,400 (64.7%) of those with a recorded diagnosis of dementia on

31 December 2025 received a care plan or care plan review in the preceding 12 months.

Medication reviews

216,141 (42.2%) of those with a recorded diagnosis of dementia on 31 December 2025, who had received a dementia care plan or care plan review in the preceding 12 months have received a medication review since 1 April 2025.

Young onset dementia

34,639 (6.8%) of those with a recorded diagnosis of dementia on 31 December 2025 received their diagnosis before the age of 65.

UK regional inequalities in dementia are stark, with deprived and rural areas bearing higher risk and lower diagnosis rates. Over 40-



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



percentage point differences in diagnosis exist between highest and lowest performing English areas. Deprivation, poor air quality, and reduced access to care services drive these disparities, leaving some communities facing higher prevalence.

### **Key Regional Inequalities**

- **Deprived Regions:** Residents in the most deprived 20% of the population are at greater risk, with higher rates of dementia, particularly in areas like East London where one in six cases may be linked to deprivation.

- **Rural vs. Urban Divide:** Rural areas often experience later diagnosis and lower diagnosis rates, with up to 8 percentage points lower diagnosis rates compared to urban counterparts.

- **Diagnosis Disparities:** Over half of local authorities in England are failing to meet national diagnosis targets, with massive regional variation in access to services like brain scans.

- **Environmental Factors:** Areas with higher air pollution (often urban/deprived) are associated with higher dementia risk. [1, 2, 3, 4, 5]

### **Factors Driving Inequalities**

- **Socioeconomic Factors:** Poverty, education, and lifestyle risks are unevenly distributed, impacting long-term brain health.

- **Access to Services:** Disparities in accessing memory clinics, specialists, and support services are prevalent.

- **Ethnic Disparities:** Dementia incidence is over 20% higher among Black adults compared to the UK average.

- **Caregiver Burden:** Rural caregivers face higher financial barriers, while 41% of all informal dementia carers experience financial difficulties.

## **DEFIBRILLATOR QUIZ!**

*Myles Ripley*

1/ How many public access defibrillators are within a 5 mile radius of Sedbergh?

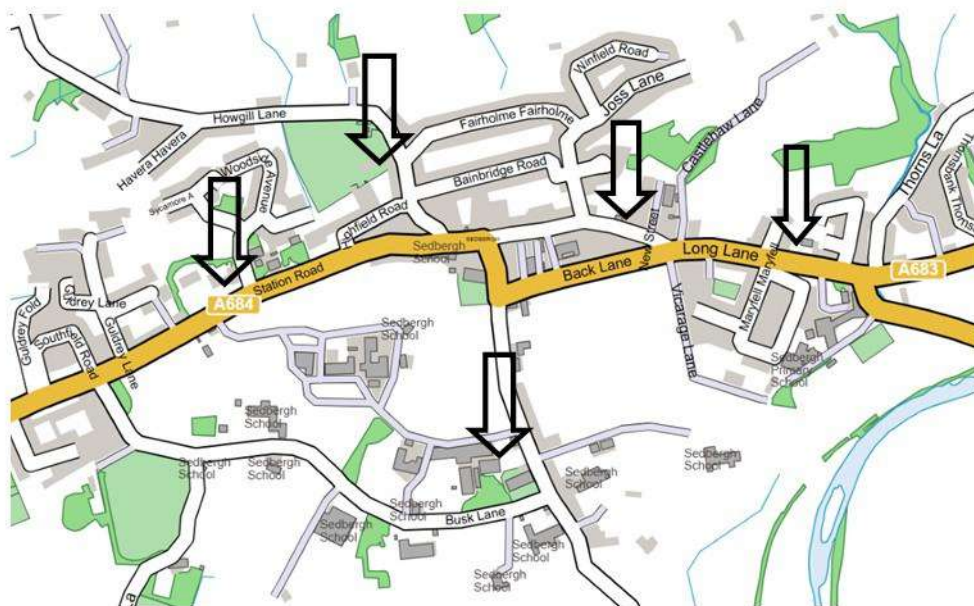
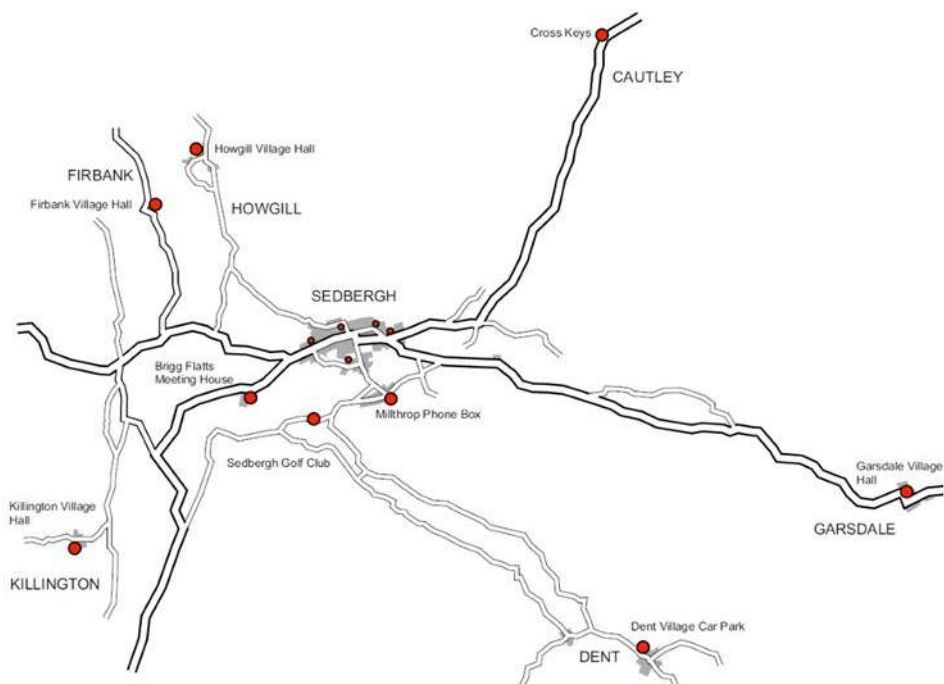
2/ Where are they?

3/ How do you get access to them?

4/ How do I know how to use them?

5/ If I wanted to get a demonstration of how to use one, who would I contact?

## DEFIBRILLATOR LOCATIONS IN THE SEDBERGH AREA





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theblackbullsedbergh.co.uk

The Black Bull  
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Sedbergh  
LA10 5BL

À La Carte - Wednesday to Saturday 12noon to 3pm & 6pm to 9pm

Open 7 Days  
Bar Menu - 12noon to 5pm  
Monday Pie Night  
Tuesday Curry Night  
Sunday Service - 12noon to 8pm



### Defibrillator Answers:

There are FOURTEEN public access defibrillators within a 5 mile radius of Sedbergh

1. Sedbergh Tourist information
2. Sedbergh health centre
3. Sedbergh fire station
4. Sedbergh People's hall
5. Sedbergh School outside Queen's Hall/Swimming pool
6. Brigg Flatts meeting house (in public toilet behind building)
7. Sedbergh Golf Course
8. Milthrop telephone box
9. Firbank village/school Hall
10. Killington Village Hall
11. Howgill Village hall
12. Garsdale village hall
13. Dent Village Car park

14. Cross Keys, Cautley  
If you need one then phone 999 and they will direct you and give you the access code to unlock the cabinet.

They are really easy to use as they "speak" instructions as soon as you switch them on. BUT.... If you would like a demo of how to use one and other advice for dealing with a heart attack/cardiac arrest do get in touch with the Sedbergh community first responders via Myles Ripley, [mylesripley@btinternet.com](mailto:mylesripley@btinternet.com)



## ALSACE WINES

*James Ratcliffe, Black Bull,  
Sedbergh.*

In this column, we explore the wider world of drinks, looking at the huge array on offer, including the vast world of wine, taking a look at specific regions, including lesser-known areas or lesser-known wines from more well-known regions. One such region that has always intrigued me is Alsace. Known for its blend of traditional and forward-thinking producers, this region's wines are a perfect match for my love of Riesling, one of my favourite grapes. Alsace lies in the far east of France, on the west bank of the Upper Rhine, bordered by Germany and Switzerland. This unique location has shaped the region's distinct cultural identity, reflected in everything from its language to its winemaking traditions. As a region, it's super



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historic, with picture-postcard villages straight out of the Middle Ages, half-timber buildings, and ruined castles. It's heavily influenced by both France and Germany, which is extremely apparent in its cuisine. Think pork, cheese, sauerkraut, Coq au Riesling and Flammekueche (Tarte Flambée). The wines, too, are steeped in history, with influences from both France and Germany, yet they produce some unique wines. Though tradition is ever present, for example, all wines, by law, are bottled in distinctive tall bottles typical of the region, but there are those daring to stand out and try something a little different, which provides a real mix. White wine varieties are king here, with up to 90% of all wines produced being white. Riesling is considered by growers in the region to be the finest variety, and as a result, it is the most widely planted, with the majority being bone-dry.

Gewurztraminer is popular, but I feel it has a bad reputation in the UK, which I feel is solely due to the poor examples commonly available on our supermarket shelves. Find a good example, and you will discover

a wine with a rich, intense, and full-bodied character, which exquisitely unravels on the palate, revealing an astonishing array of spices, fruits, and floral notes. Other common grapes are Pinot Gris (which takes on characteristics of both Riesling and Gewurztraminer) and Muscat. These four make up the four noble grapes of Alsace. Other varieties include Pinot Blanc (a substitute for Chardonnay grapes, which are forbidden in anything other than Crémant d'Alsace), Sylvaner (a difficult grape



to grow, with low yields but creates some amazing young and fresh wines) and a series of others, which rarely make it onto the label. Just because red wine production isn't as popular doesn't mean that those created aren't any good. When we think of French Pinot Noir, we think of Burgundy, but in reality, it's the same red varietal found in the Alsace region. The difference is that Alsace red wines are lighter, fragrant, elegant, yet rustic and not as concentrated as elsewhere in France, with some examples aged in oak, producing fantastic results, but most are best enjoyed young. Domaine Léon-Boesch's 'Les Jardins' is a great example of Alsatian Pinot Noir, light, elegant, slightly perfumed with crunchy red fruits and fine tannins. Crémant D'Alsace is the local bubbly; the grapes used are strictly controlled and include Pinot Blanc, Pinot Noir and Pinot Gris, which can appear alongside Auxerre's Riesling and limited parcels of Chardonnay. Other wines to note include Alsace rosé, which is exclusively made using Pinot Noir grapes and the local fizz made in the same way as Champagne. Crémant d'Alsace can often produce stunning results, with the bonus of



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being considerably cheaper than Champagne itself. Most producers, even the big ones, are family-owned. Here are a few examples. Bert-Hartweg is one of the historic domaines of the region, dating back to the 16th Century. Florian and Mathilde are the 16th generation at the domaine, and despite their young age (early 30s), they've already gained a solid reputation due to their skilled and progressive approach. Inspired by the Japanese farmer and philosopher Masanobu Fukuoka, they utilise biodynamic approaches in their wine making, producing fantastic results, including 'Granit', which is a fascinating treat. By contrast, Domaine Lissner comes in at a fairly decent price point but also produces

some outstanding wines. A father and son team, fully focused on biodiversity throughout their vineyards. For example, the vines are not ploughed, mown or trimmed. They almost leave surrounding plants to run wild amongst the vines, encouraging the vines themselves to adapt and self-regulate in line with their environment. Their Pinot Blanc is a cracking wine, at a good price, but their Grand Cru Riesling, Muscat and Gewürztraminer are exceptional. Domaine Bohn, an ancient vineyard dating back to the 12th century, reflects true Alsatian terroir. The Bohn's have been vigneron in Reichsfeld for over three centuries. Now, an environmentally conscious father and son team produce some



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amazing wines. The father Bernard has always been experimental, which has been further reinforced by his young son Arthur, who has joined the team and has begun experimenting with sulphur-free, skin contact wines. Their Sylvaner wine 'L'Indigène' is stunning and a little off the page. Finally, Lucas Rieffel has almost reached cult status in the natural wine world. A slightly younger vineyard, still third generation and started before World War Two, but young for Alsace. The family have developed over the years, acquiring new plots and moving to organic status in 2009. Their Crémant is much sought after, and sometimes difficult to find, so I always try to have some stored in the cellar. Their Pinot Noir is very different, almost mind-boggling, with great depth, yet still being light, with pepper and spice and all things nice, in terms of fruit. Wines featured can be purchased online through [www.vinetrail.co.uk](http://www.vinetrail.co.uk) or <http://newcomerwines.com>.



*Photos provided by Vine Trail.*

# GUITAR LESSONS

**IN SEDBERGH  
WITH  
DAVE SYKES  
07974 653361**

## JUNIPER MYTHOLOGY AND FOLKLORE

*Trees for Life*

Both juniper and the Gaelic language were once more widespread in the Scottish Highlands. The Gaelic names for this shrub or small tree were Aittin or Aiten, and Samh. These words are still with us in place names such as Attadale in Wester Ross and Samhan near Mull. The writer Hugh Fife suggests that juniper was sometimes referred to as mountain yew. As such some place names incorporating the Gaelic word lubhair (yew) may in fact be referring to juniper.

People have known the practical uses of juniper for millennia. It is perhaps surprising then that it doesn't have a strong presence in ancient mythology. Juniper was a symbol of the Canaanites' fertility goddess Asherah or Astarte in Syria. In the Old Testament, a juniper with an angelic

presence sheltered the prophet Elijah from Queen Jezebel's pursuit. A later Christian tale tells of how the infant Jesus and his parents were hidden from King Herod's soldiers by a juniper during their flight into Egypt.

It is for its culinary, medicinal and ritual properties that juniper is best known. The first two of these properties relate to the juniper's berries. Strictly speaking these are in fact tiny fleshy cones. They can be crushed and ground for use, as one would do with a peppercorn, as well as pressed for any juice. Its culinary uses are many and varied. Scottish and English recipes include ground berries added to sauces and especially to game dishes. They add a bitter, spicy flavour. People also used them to flavour bread and cakes in the north of England.

The best known use of the berries is in flavouring gin, and indeed the words gin and juniper have a common root. In the nineteenth century Highland juniper bushes were more prolific. People gathered berries by the bagful and took them to markets in Inverness and Aberdeen. They were then exported to the Dutch gin distillers. The berries are also used to flavour other

alcoholic beverages such as a Swedish health beer and a French beer-like drink called 'genevrette'. People made the latter drink from equal amounts of juniper berries and barley.

In mediaeval times the berries were also used in Scotland to flavour whisky. It could be that the whisky may just have been used as a pleasant way to administer the medicinal benefits of juniper. Similarly juniper berries may also have been added to food for their medicinal properties. They were said to aid digestion and to be a cure for various stomach ailments. The earliest recorded medicinal use of juniper berries occurs in ancient Egypt. A papyrus dating back to 1500 BC contains a recipe to cure tapeworm infestations. The Romans too used



the berries for purification and stomach ailments. The mediaeval herbalist Culpeper recommended them for many conditions including flatulence.

Chemicals in the berries also stimulate contraction of the uterine muscles. They could be administered during labour, but the same properties were also used to abort an unwanted pregnancy. There was a phrase used in Lothian in the Middle

Ages of giving birth “under the savin ( juniper) tree”. This was a euphemism for juniper-induced miscarriage.

Practical uses of the juniper’s wood are few, and it was most commonly used to burn. This wasn’t so much for its heat, but rather for its smoke.

Though burning juniper wood gives off only minimal visible smoke, this smoke is highly aromatic. In ancient times people used it for the ritual purification of temples. The ancients believed the smoke aided clairvoyance. In central Europe juniper smoke played a part in the spring-time cleansing and casting out of witchcraft. Juniper was also burned during outbreaks of the Plague. In the Scottish Highlands, a Hogmanay (New Year) ritual involved saining – blessing and protecting the household and livestock with juniper smoke. Afterwards, the house would then be aired and the occupants revived with whisky!

Juniper’s use in alcoholic drinks and the use of its wood’s smoke are drawn together neatly in the tales of illicit Highland whisky stills. These stills were hidden away in the glens and juniper wood was a favourite as fuel. The near absence of smoke would help avoid attracting the suspicions of the local excise man.



## LIQUORICE TART, RHUBARB & HAZELNUT

*Nina Matsunaga*

### Sweet Pastry Ingredients:

3 eggs  
150g of icing sugar  
375g of plain flour  
150g of unsalted butter  
Pinch salt

Rub the butter and salt into the flour, add the icing sugar, bring together with the eggs and knead into a dough. Chill the dough in the fridge for at least an hour.

Lightly butter and flour a 5-7 cm tart case and line with pastry. The pastry should be 3-5 mm thin. Chill the tart case and blind bake at 170-180°C for 12-15 minutes.

Uncover and bake for another 3-5 minutes. A minute before finishing baking, remove and brush it lightly with beaten egg. Only a thin layer to protect it from becoming soft when filling is added. Finish for a minute or so until the egg is cooked.

### Filling Ingredients:

68g egg yolks  
45g of caster sugar  
200ml of double cream  
55g of liquorice paste

Mix egg yolk and sugar. Bring cream and liquorice to a boil, then add to the egg mix and mix well. Pass through a chinois. Fill the tart case and cook at 110°C for around 20-25 mins. Until lightly set and wobbly in the centre.

### Rhubarb Sorbet Ingredients:

75g water  
700g forced rhubarb, chopped  
40g glucose  
½ vanilla pod, seeds only  
140g sugar  
1 lemon

1 tbsp vodka

Bring all ingredients up to a boil, then blend and pass.

Add the juice of one lemon to it and the vodka. Churn in an ice cream maker or freeze and stir, with a fork, every thirty mins until thick.

#### **Hazelnut Biscuit Ingredients:**

250g plain flour

125g butter

100g sugar

60g ground hazelnuts

1 egg

Pinch of salt

Mix the dry ingredients, then rub in butter, add the egg and form into a dough. Chill for an hour. Then roll out onto a tray (it doesn't matter about shape because you're going to serve the biscuit as a rough crumb). Bake at 180°C for approximately 15-20 minutes. Cool completely and break into pieces. Store in an airtight container. Serve the tart with the sorbet, some biscuit crumb and something sharp, such as pieces of crystallised ginger.

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#### **HELP WITH FAKE IMPORTED GOODS SOLD ONLINE**

*Karen Evans, Chief Officer*

*South Lakes Citizens Advice*

"I bought a jacket online and when it arrived it looked nothing like the images shown. The company said if I want a refund I must pay to ship it to an address in China, but the website claimed the brand was UK-based. Is this a scam and how do I avoid it in future?"

This is a really frustrating situation and unfortunately, it's very common. It's a type of retail scam where companies pretend they're based in the UK using fake brand names and UK websites or postal addresses. What they actually do, as in your case, is ship low-quality items from overseas. Shoppers are then asked to fork out for expensive international shipping fees if they want their money back. Understandably, many people don't bother. When sellers are based overseas, UK consumer laws are far harder to enforce, so it can be difficult to recover your money.

There are a few steps you can take to help you avoid these scams. Research companies before buying - check online reviews. Watch out for too-good-to-be-true prices, be especially alert to targeted shopping adverts in your social media feeds, and check if images look as though they were created by AI. Also check the company's website delivery information - overseas stores take much longer.

If you paid by debit card, ask your bank to use the 'chargeback scheme'. If you paid by credit card and the item cost less than £100, you

can ask to use the same scheme. If it cost between £100 and £30,000, tell your credit card company you want to make a 'section 75' claim.

The Competition and Markets Authority (CMA) has the legal power to enforce UK consumer laws against traders based abroad, but they rely on people reporting it. The Citizens Advice Consumer Service can offer support with individual situations. You can also report an advert you think is a scam to the Advertising Standards Agency.

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

1. Daphne du Maurier

### BOOK TOWN QUIZ ANSWERS

2. D H Lawrence

3. Asterix the Gaul

4. Marcus Aurelius

5. Mary Wollstonecraft

6. Lucky Jim

7. Terry Deary

8. All the President's Men (about Watergate)

9. A A Milne

10. Robert Macfarlane's

11. Sylvia Plath

12. Wildlife / natural history

### 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](http://www.lookaround.org)

Items for the 'Lookaround' should be emailed to:

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

### **ARTICLES**

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

the text of the same email.

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

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

a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

## 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<br>a865@btinternet.com |
| Sedbergh United Charities and Widows' Hospital : Poor Householder's Fund | Financial Assistance       | Jmsykes100@gmail.com<br>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<br>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                    |

# DIARY OF EVENTS

Dates are held up to 19/06/2027  
 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.

## JUNE 2026

|         |                                           |            |
|---------|-------------------------------------------|------------|
| 04      | Howgill & Firbank WI Laughter Yogo (31)   | FCH        |
| 04      | Lune Vally W.I. Meeting (24)              | PH         |
| 05      | Dent Head to Foot Summer outing           | TBA        |
| 09 1400 | Killington WI Fell Ponies (29)            | PH         |
| 09 1930 | Domino Drive                              | FCH        |
| 10      | Health Centre closed - staff trg          | TBA        |
| 10      | WIS Summer Outing                         | TBA        |
| 11 1930 | Sedbergh Parish Council (41)              | PH         |
| 14      | Sedbergh Music Festival (Feb)             | StAS       |
| 14      | Sedbergh Music Festival (Mar)             | StAS       |
| 14 1000 | Come & Sing Day                           | StAS       |
| 14 1100 | Killington Sailing Open Day (54)          | Killington |
| 14 1430 | Fox's Pulpit worship (May)                | Firbank Fe |
| 14 1430 | Songs of Praise (May)                     | 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 Hurdall-Smith & Jen Hartley          | StAS       |
| 19 1900 | Sedbergh Town Band                        | StAS       |
| 19 1900 | Town Band at Music Festival               | StAS       |
| 19 2100 | Evie Plumb                                | STS        |
| 20 1100 | The Trott Foundation Concert              | StAS       |
| 20 1230 | Milnthorpe Steel Band                     | StAS       |
| 20 1900 | 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 1400 | Gaudi Lecture (11)                        | Tennents,  |
| 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 (Feb)             | StAS       |
| 26      | Sedbergh Music Festival (Mar)             | StAS       |
| 26 1930 | Jeneba Kanneh-Mason                       | StAS       |
| 27      | Leavers Ball and Fireworks (38)           | SS         |
| 27 1600 | Summer Term Ends                          | SS         |

## JULY 2026

|        |                                  |      |
|--------|----------------------------------|------|
| 01 930 | Sight Advice Coffee Morning (32) | StAS |
|--------|----------------------------------|------|

|         |                                       |            |
|---------|---------------------------------------|------------|
| 01 1915 | Wildlife photo walk                   | Broughton  |
| 04 1400 | Dent Head to Foot Strawberry tea (33) | DMH        |
| 07      | Killington WI Garden party            | TBA        |
| 08 1100 | Pmr/Gca support group                 | FM         |
| 08 1930 | WIS Author Denise Clarke (25)         | PH         |
| 09      | Health Centre closed - staff trg      | TBA        |
| 12      | Sedbergh Town Band (Mar)              | Hesket New |
| 12 1430 | Songs of Praise (May)                 | 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         |
| 17 1100 | Sedbergh Economic Partnership         | SHC        |
| 17 1100 | Sedbergh Economic Partnership         | SHC        |
| 19 1400 | Tea and Cake                          | FCH        |
| 21      | Cricket - Lancs vs Surrey (38)        | SS         |
| 25      | Dent W.I. Mini Market (24)            | TBA        |

## AUGUST 2026

|         |                              |            |
|---------|------------------------------|------------|
| 08 1500 | Duck Race and BBQ            | GVH        |
| 09 1430 | Songs of Praise              | Hawes Jnct |
| 11 1400 | Killington WI Pendle Witches | PH         |
| 11 1930 | Domino Drive                 | FCH        |
| 12 1930 | WIS Charting the 60's        | PH         |
| 29      | Artisan Market               | StAS       |
| 29 1500 | Afternoon Tea                | GVH        |

## SEPTEMBER 2026

|         |                                  |            |
|---------|----------------------------------|------------|
| 01 1400 | Sight Advice                     | PH         |
| 02 1000 | 25 Years of the Wool Clip        | SHC        |
| 04 1400 | Dent Head to Foot Sue Cox        | DMH        |
| 05 1400 | Michaelmas Term Begins           | SHC        |
| 08 1400 | Killington WI Cumbrian Yarn      | PH         |
| 08 1930 | Domino Drive                     | FCH        |
| 09 1100 | Pmr/Gca support group            | FM         |
| 09 1930 | WIS Social Evening               | PH         |
| 13      | Exploration and Discovery        | SS         |
| 13      | Glimpses of Our Bay - Artybird   | SS         |
| 13      | Text and Textile! - Connie Flynn | SS         |
| 13 1830 | East Witton Male choir (May)     | Hawes Jnct |
| 16      | Health Centre closed - staff trg | TBA        |
| 16 1000 | Pathways - Contemporary Textiles | SHC        |
| 16 1000 | Textile Fusion - Dianne Standen  | SHC        |
| 16 1000 | Tumbling Stones, Wiggly Tin      | SHC        |
| 18 1100 | Sedbergh Economic Partnership    | SHC        |
| 20 1400 | Tea and Cake                     | FCH        |

## OCTOBER 2026

|         |                                   |            |
|---------|-----------------------------------|------------|
| 02 1400 | Dent Head to Foot Cosy Homes      | DMH        |
| 04 830  | Lorry Pull KL to Sedbergh         | KL-Busk La |
| 06 1400 | Sight Advice                      | PH         |
| 07 930  | Christian Aid Coffee morning (47) | StAS       |
| 11 1430 | 150th Ann Service (May)           | Hawes Jnct |

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](mailto:catering@farfieldmill.org)

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

## GROUPS AND ORGANISATIONS

|                                           |                                                                       |
|-------------------------------------------|-----------------------------------------------------------------------|
| Age UK South Lakeland -----               | Helpline - 030 300 30003                                              |
| Allotments Association - Dent -----       | Mr Colin Brunold - 07762 217385                                       |
| Allotments Association - Sedbergh -----   | Mr Jim Atkins - 015396 20031                                          |
| Angling Association -----                 | Mr Wright - 015396 25533                                              |
| Art Society - Sedbergh -----              | Mrs Alison - jen.alison10@gmail.com                                   |
| Audio Lookaround -----                    | Rosemary Handley - rosemaryahandley@hotmail.co.uk                     |
| Babies & Toddler Group - Dent -----       | Sarah Woof - 015396 25212                                             |
| Badminton Club - Sedbergh -----           | David Wheatley - 07816 437500                                         |
| Beekeepers Association -----              | Rosemary Hartley - 07596 117035                                       |
| Bell Ringers (StAS) -----                 | Mrs Sharrocks - 015396 20754                                          |
| Book Group -----                          | Mrs J.E. Dodds - 015396 20308                                         |
| Bowling Club - Sedbergh -----             | Phil Johns - 07807 909860                                             |
| Bridge Club -----                         | Mr Alison - 015398 24666                                              |
| Carer Support South Lakes Office -----    | Kendal - 01539 815970                                                 |
| Christian Aid -----                       | Mrs Thompson - 015396 22023                                           |
| Citizens Advice Bureau -----              | Kendal - 0808 2787 984                                                |
| Community Corner - Dent -----             | Sarah Woof - 015396 25212                                             |
| Community Officer -----                   | See Public Information                                                |
| Community Orchard Group -----             | Mrs Parratt - 07443 580 960                                           |
| Community Swifts (Sedbergh) -----         | Mrs Hoare - 01539 824043                                              |
| Community Trust -----                     | Ann Parrat - parrattann@gmail.com                                     |
| Cornerstone Community Church -----        | William Allen - 015396 20194                                          |
| Crickets Club - Sedbergh -----            | Kris Baldock - 07730 659413                                           |
| Dent Meditation Centre -----              | Bel Charlesworth - 07775 920079                                       |
| Dent Memorial Hall -----                  | Mrs McClurg - 07855 102930 /<br>annemcclurg@btinternet.com            |
| Dentdale Choir -----                      | John Feltham - 015396 25689 /<br>feltham.john@btinternet.com          |
| Dentdale Head to Foot -----               | Mr Steele - 015396 25054                                              |
| Dignity in Dementia -----                 | Diane Smillie - 07771 682378                                          |
| Dog Training - Sedbergh -----             | Mrs Robertshaw - 07969 301024                                         |
| Farfield Mill - Art Craft Heritage -----  | 015396 21958 /<br>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 /<br>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 /<br>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 /<br>joe.gorsty24@gmail.com                  |
| Killington Parish Hall -----              | John Harrison - 07810 140996 /<br>johnharrison249@gmail.com           |
| Killington Sailing Association -----      | Myles Ripley - mylesripley@btinternet.com                             |
| Liberal Democrats -----                   | TBA                                                                   |
| Little People -----                       | Emma Brown - 07855 620018 /<br>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

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

## CAMPING, CARAVANNING & SELF-CATERING

|                                                      |                                                                                                                                                                                                                                                                                                                                                                 |              |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Mrs S Capp                                           | Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN<br>Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i><br>Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i><br>e-mail: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a><br>website: <a href="http://www.scrogghouse.farm">www.scrogghouse.farm</a> | 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<br>45845                                 | The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11)<br><i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i><br>e-mail: <a href="mailto:hello@killingtontower.co.uk">hello@killingtontower.co.uk</a><br>website: <a href="http://www.killingtontower.co.uk">www.killingtontower.co.uk</a>                                 |              |
| The Roost at Bowersyke, Killington, LA10 5EW         | <i>Sleeps 2 people 1D CH L TV P NS NP NC</i><br>e-mail: <a href="mailto:booking@theroostcottage.co.uk">booking@theroostcottage.co.uk</a><br>website: <a href="http://www.theroostcottage.co.uk">www.theroostcottage.co.uk</a>                                                                                                                                   | 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 Moorcook | 1252         | Kirkby Lonsdale Square     | 1522         |
| Garsdale Street            | 1300         | Sedbergh opp. Library      | 1545         |
| Sedbergh Farfield Mill     | 1310         | Sedbergh Farfield Mill     | 1548         |
| Sedbergh Library           | 1315         | Garsdale Street            | 1558         |
| Kirkby Lonsdale Square     | 1340         | Garsdale Head The Moorcook | 1605         |
| Kirkby Lonsdale Booths     | 1342         | Hawes Mkt Place Mkt Hall   | 1620         |

All single fares are no more than £3.

Under 19s travel for £1.

Dales Rover tickets and Elderly/Disabled bus passes valid.  
 Operated by Arriva North East as part of the DalesBus network

**WESTMORLAND AND FURNESS COUNCIL**  
**S1 MONDAY / S1 FRIDAY**  
**Kendal Blackhall Road to Sedbergh Maryfell via Oxenholme and return**  
*From 31st March 2025*

|                        | Mon&Fri | Mon&Fri | Mon&Fri |
|------------------------|---------|---------|---------|
| Kendal Blackhall Road  | 9:40    | 11:11   | 13:26   |
| Kendal K Village       | 9:45    | 11:16   | 13:31   |
| Oxenholme Station      | 9:50    | 11:21   | 13:36   |
| Killington M6 bridge   | 10:00   | 11:31   | 13:46   |
| Sedbergh Spar          | 10:09   | 11:40   | 13:55   |
| Sedbergh Opp. Library  | 10:10   | 11:41   | 13:56   |
| Sedbergh Maryfell      | 10:12   | 11:43   | 13:58   |
|                        | ..      | ..      | ..      |
| Sedbergh Maryfell      | 10:18   | 11:53   | 14:05   |
| Sedbergh Library       | 10:20   | 11:55   | 14:07   |
| Sedbergh Opp. Morphets | 10:21   | 11:56   | 14:08   |
| Killington M6 bridge   | 10:30   | 12:05   | 14:17   |
| Oxenholme Station      | 10:40   | 12:15   | 14:27   |
| Kendal K Village       | 10:45   | 12:20   | 14:32   |
| Kendal Bus Station     | 10:51   | 12:26   | 14:38   |

| <b>WESTERN DALES BUS</b><br><b>S1T TUESDAY AND THURSDAY</b><br><b>Kirkby Stephen Co Op to Kendal Morrisons via Sedbergh and Oxenholme, and return</b><br><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      | *          |

| <b>LITTLE WHITE BUS</b><br><b>TUESDAY</b><br><b>Hawes - Garsdale Station - Sedbergh</b><br><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  |       |
| <b>£10 return Hawes to/from Sedbergh</b><br><b>£5 single Hawes or Stn to Sedbergh or vice versa</b><br><b>£3 single 1610 Stn to Hawes</b><br><b>£2 return/£1 single Child</b> |      |       |       |       |       |
| <b>WESTERN DALES BUS</b><br><b>S1W WEDNESDAY</b><br><b>Dent Village to Kendal Morrisons via Sedbergh and Oxenholme and return</b><br><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 | *     |

| <b>WESTERN DALES BUS</b><br><b>S5 Fridays - Kirkby Stephen Shopper</b><br><b>Sedbergh - Kirkby Stephen - Ravenstonedale -</b><br><b>Newbiggin - Kendal Bus Station - Kendal Morrisons</b><br><i>From 31st March 2025</i> |                    |                    |                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------------|--------------------|
| <b>Sedbergh Dalesman</b>                                                                                                                                                                                                 | <b>0900</b>        | <b>..</b>          | <b>..</b>          |
| <b>Cautley Cross Keys</b>                                                                                                                                                                                                | <b>0909</b>        | <b>..</b>          | <b>..</b>          |
| <b>Kirkby Stephen Station entrance</b>                                                                                                                                                                                   | <b>0923</b>        | <b>..</b>          | <b>..</b>          |
| <b>Kirkby Stephen, Market Square</b>                                                                                                                                                                                     | <b>0928</b>        | <b>..</b>          | <b>..</b>          |
| <b>Kirkby Stephen Co-op</b>                                                                                                                                                                                              | <b>0935</b>        | <b>1139</b>        | <b>1428</b>        |
| <b>Kirkby Stephen Social Club</b>                                                                                                                                                                                        | <b>0936</b>        | <b>1140</b>        | <b>1429</b>        |
| <b>Kirkby Stephen Station entrance</b>                                                                                                                                                                                   | <b>0941</b>        | <b>1145</b>        | <b>1434</b>        |
| <b><i>Trains to Carlisle</i></b>                                                                                                                                                                                         | <b><i>0934</i></b> | <b><i>1106</i></b> | <b><i>1501</i></b> |
| <b><i>Trains to Leeds</i></b>                                                                                                                                                                                            | <b><i>0920</i></b> | <b><i>1146</i></b> | <b><i>1455</i></b> |
| <b>Ravenstonedale Kings Head</b>                                                                                                                                                                                         | <b>0947</b>        | <b>1151</b>        | <b>1440</b>        |
| <b>Newbiggin on Lune</b>                                                                                                                                                                                                 | <b>0950</b>        | <b>1254</b>        | <b>1443</b>        |
| <b>Tebay Roundabout</b>                                                                                                                                                                                                  | <b>0958</b>        | <b>1202</b>        | <b>1451</b>        |
| <b>Killington M6 bridge</b>                                                                                                                                                                                              | <b>1008</b>        | <b>1212</b>        | <b>1501</b>        |
| <b>Kendal Castle Green</b>                                                                                                                                                                                               | <b>1017</b>        | <b>1221</b>        | <b>1510</b>        |
| <b>Kendal Bus Station</b>                                                                                                                                                                                                | <b>1022</b>        | <b>1226</b>        | <b>1515</b>        |
| <b>Kendal Morrisons</b>                                                                                                                                                                                                  | <b>1027</b>        | <b>1231</b>        | <b>1520</b>        |
|                                                                                                                                                                                                                          |                    |                    |                    |
| <b>Kendal Morrisons</b>                                                                                                                                                                                                  | <b>1037</b>        | <b>1326</b>        | <b>1530</b>        |
| <b>Kendal Blackhall Road</b>                                                                                                                                                                                             | <b>1042</b>        | <b>1331</b>        | <b>1535</b>        |
| <b>Kendal Castle Green</b>                                                                                                                                                                                               | <b>1047</b>        | <b>1336</b>        | <b>1540</b>        |
| <b>Killington M6 Bridge</b>                                                                                                                                                                                              | <b>1056</b>        | <b>1345</b>        | <b>1549</b>        |
| <b>Tebay Roundabout</b>                                                                                                                                                                                                  | <b>1106</b>        | <b>1355</b>        | <b>1659</b>        |
| <b>Newbiggin on Lune</b>                                                                                                                                                                                                 | <b>1114</b>        | <b>1403</b>        | <b>1607</b>        |
| <b>Ravenstonedale Kings Head</b>                                                                                                                                                                                         | <b>1117</b>        | <b>1406</b>        | <b>1610</b>        |
| <b>Kirkby Stephen Station entrance</b>                                                                                                                                                                                   | <b>1123</b>        | <b>1412</b>        | <b>1616</b>        |
| <b><i>Trains to Carlisle</i></b>                                                                                                                                                                                         | <b><i>1106</i></b> | <b><i>1501</i></b> | <b><i>1703</i></b> |
| <b><i>Trains to Leeds</i></b>                                                                                                                                                                                            | <b><i>1146</i></b> | <b><i>1455</i></b> | <b><i>1717</i></b> |
| <b>Kirkby Stephen Pennine Hotel</b>                                                                                                                                                                                      | <b>1128</b>        | <b>1417</b>        | <b>1621</b>        |
| <b>Kirkby Stephen Co-op</b>                                                                                                                                                                                              | <b>1129</b>        | <b>1418</b>        | <b>1623</b>        |
| <b>Kirkby Stephen Market Street</b>                                                                                                                                                                                      | <b>..</b>          | <b>..</b>          | <b>1624</b>        |
| <b>Kirkby Stephen Station entrance</b>                                                                                                                                                                                   | <b>..</b>          | <b>..</b>          | <b>1629</b>        |
| <b>Cautley Cross Keys</b>                                                                                                                                                                                                | <b>..</b>          | <b>..</b>          | <b>1643</b>        |
| <b>Sedbergh, Library</b>                                                                                                                                                                                                 | <b>..</b>          | <b>..</b>          | <b>1652</b>        |

**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<br>For Garsdale times, add 5 minutes |       |           | Southbound to Leeds<br>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<br>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** - 2<sup>nd</sup> and 4<sup>th</sup> Sunday 2pm.

*Combined plans for Western Dales Mission Community*  
*June 2026*

|                                                                                                              | Time      | 7 <sup>th</sup>     | 14 <sup>th</sup>                                                 | 21 <sup>st</sup>      | 28 <sup>th</sup>                   |
|--------------------------------------------------------------------------------------------------------------|-----------|---------------------|------------------------------------------------------------------|-----------------------|------------------------------------|
| St. Andrew's, Sedbergh<br>LA10 5BZ                                                                           | 8.30am    | HC-BCP              | HC-BCP                                                           | HC-BCP                | HC-BCP                             |
|                                                                                                              | 10.30am   | Morning Service     | HC                                                               |                       | HC<br>4pm Teatime Church           |
| Cornerstone Community Church, Sedbergh<br>LA10 5AF                                                           | 10.30am   | Connect             | Service<br>4pm- Messy Church                                     | Joint Service         | HC                                 |
| St. Mark's, Cautley<br>LA10 5LZ                                                                              | 9.30am    |                     |                                                                  | MP                    |                                    |
| St. John's, Garsdale<br>LA10                                                                                 |           | 10am- HC            |                                                                  | 10am- Morning Service | 2pm- Afternoon Service             |
| Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT                                                     | 2.30pm    |                     | Songs of Praise                                                  |                       |                                    |
| All Saints, Killington<br>LA6 2HA                                                                            | 2.30pm    | HC                  |                                                                  |                       |                                    |
| Holy Trinity Howgill<br>LA10 5JD                                                                             | 9.30am    |                     | HC                                                               |                       |                                    |
| St. John's Firbank<br>LA10 5EF                                                                               | 2.30pm    |                     | HC                                                               |                       |                                    |
| St. Andrew's, Dent<br>LA10 5QL                                                                               | 10.30am   |                     | HC                                                               |                       | All-Age Service                    |
| Dentdale Methodist Chapel<br>LA10 5QJ                                                                        | 10.30am   | Service             |                                                                  | Morning Service       |                                    |
| St. John's, Cowgill<br>LA10 5RJ                                                                              | 2.30pm    | Afternoon Service   |                                                                  | HC                    |                                    |
| Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN                                                    | 10.30am   | Meeting for Worship | Meeting for Worship OR Area Meeting Zoom Worship. Contact below. | Meeting for Worship   | Meeting for Worship                |
| Roman Catholics, St. Andrew's, Sedbergh<br>LA10 5BZ                                                          | 12 noon   | Service             | Service                                                          | Service               | Service                            |
|                                                                                                              | Tuesday   | 2 <sup>nd</sup>     | 9 <sup>th</sup>                                                  | 16 <sup>th</sup>      | 23 <sup>rd</sup> /30 <sup>th</sup> |
| St. Andrew's, Dent<br>LA10 5QL                                                                               | 9.30am    | HC-BCP              |                                                                  | HC-BCP                |                                    |
|                                                                                                              | Wednesday | 3 <sup>rd</sup>     | 10 <sup>th</sup>                                                 | 17 <sup>th</sup>      | 24 <sup>th</sup>                   |
| St. Andrew's, Sedbergh<br>LA10 5BZ                                                                           | 11.30am   | HC-BCP              | HC-BCP                                                           |                       |                                    |
| Roman Catholics                                                                                              | 21.00     |                     |                                                                  |                       | Compline Night Prayer              |
| HC- Holy Communion (HCx- Holy Communion by Extension)<br>BCP- Book of Common Prayer                          |           |                     | MP- Morning Prayer                                               |                       |                                    |
| Quakers contact Pam Coren 015396 22586;<br>Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063 |           |                     |                                                                  |                       |                                    |

## PUBLIC INFORMATION

### Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

**Option 1 - 24hr Prescription line**

### Surgery and Dispensary Opening Hours

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

### Doctors Clinics

**Monday – Friday**

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

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

### **Practice Nurse/Health Care Assistant clinics**

Available to book online or call reception to book

### **Saturday morning clinics**

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

For more information on all clinic times please see our website

**[www.sedberghmp.nhs.uk](http://www.sedberghmp.nhs.uk)**  
for further details.

### Location of Public Defibrillators

72 Main Street  
People's Hall, Howgill Lane  
Fire Station, Long Lane  
Health Centre, Station Road  
Telephone Box, Millthorpe  
Dent Village Car Park (opp Memorial Hall)  
*Access Codes to the 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](mailto: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](mailto: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](https://www.cumbria.gov.uk/libraries/locations/sed_lib.asp)

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

### **DENT LIBRARY** Main Street 01539 713520

|          |             |
|----------|-------------|
| Tuesday  | 0900 - 1900 |
| Saturday | 0900 - 1400 |

### **SEDBERGH & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

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

### **VETERINARY SURGERY**

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 \*

Monday-Friday Appointment Only 1400 - 1500 \*

### **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

### **POST OFFICE**

Spar, Station Road, LA10 5DL

### **MARKET DAY**

Wednesday

*Last Page Update:*

*May 2026*