

LOOKAROUND

JULY 2026

Donation £1.50

Issue 455

Welcome to the first edition of Lookaround produced in Word! Microsoft are withdrawing Publisher, so we needed to find an alternative means of compilation. For a few more details see the Editorial Note on page 64.

Summer is here and the World Cup is in full swing. In Sedbergh we have the Annual St Andrew's Summer Fair and Finkle Street Party. Let's hope the weather holds for one of the best events of the year.
Ed.

St Andrew's Church Sedbergh

**DOG SHOW
11AM**

Craft Stalls
Games
Children's
Entertainment
Music

Summer Fair

Family Fun
Face
painting
Tea & Coffee
Lunches

**Saturday 18th July
10.00am until 4.00pm**

CLOSING DATE: 15th of every month for everything
S & D Lookaround 72 Main Street, Sedbergh LA10 5AD
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e-mail: editor@sedberghlookaround.org.uk website: www.sedberghlookaround.org.uk

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Weekly Coffee Morning St Andrews Church Every Wednesday 9:30am to 11:30am

Wed 1st July - Sedbergh Sight Advice

Wed 8th July - W.D.M.C.

Wed 15th July - St John's Hospice

Wed 22nd July - St Andrew's

Wed 29th July - St Andrew's

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



ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

We will print an advert supplied by you, or design one for you.

If you supply the advert please give it to us as a text file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer.

We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.

Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.

If you buy a year's worth of advertising (11 adverts) we will only charge you for 10.

New advertisers buying 3 months or more worth of adverts will get an extra one free.

Further details may be found in the Lookaround Information Section.

ADVERTISING RATES

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

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number: □

23388557

Sort Code: □

20-55-41

Reference: □

Invoice Number and your name or reference.

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

WALKING AND WELLBEING FESTIVAL

David Kenyon

Guided Walks by Sedbergh Summits.

The first Sedbergh Walking & Wellbeing festival is planned for 14-20 September 2026. Booking can be made www.trybooking.com/uk/GOMD from Monday 15 June 2026. Further details about the festival can be obtained by contacting Sedberghsummits@outlook.com

Walks

- Monday 14th September 2026. 10am Sedbergh & Frostrow Fell
- Tuesday 15th September 2026. 10am Howgills Skyline
- Wednesday 16th September 2026. 10am Cautley Spout &

The Calf

- Thursday 17th September 2026. 10am. Firbank Fell and the River Lune (walk & wild swim)
- Friday 18th September 2026. 10am. A traverse of the Howgills
- Saturday 19th September 2026. 10am. A Pennine Journey 'In the footsteps of Alfred Wainwright
- Sunday 20th September 2026 10am. A circuit of Wild Boar Fell – 8 miles
- Sun Rise and Sun Set Walks. Short guided walks of 1-2 hours to see the sun rise over the Pennines and Yorkshire Dales or to see the Sun set over the Lake District and Morecambe Bay. These walks can be arranged on demand, subject to weather at

Western Dales Mission Community

HEROES IN TRAINING HOLIDAY CLUB

BE BRAVE. DO JUSTICE. LOVE KINDNESS. FOLLOW JESUS – OUR ULTIMATE HERO!

MONDAY 20TH – FRIDAY 24TH JULY

10.00AM – 12.00PM

AT SEDBERGH PEOPLE'S HALL

OPEN TO CHILDREN AGED 4-11

REGISTER AT WWW.WESTERNDALES.ORG.UK/HOLIDAY-CLUB

PLACES ARE LIMITED!

BOOKING OPENS 7PM ON MONDAY 22ND JUNE

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AT 10.30AM ON SUNDAY 26TH JULY

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the time.

Talks at the Black Bull

- Monday 14th September. Navigation for Fell Walkers 6-7pm
- Tuesday 15th September. Alfred Wainwright, Books & Memorabilia 6-7pm.
- Chris Butterfield's love of the outdoors began in his teenage years, eventually leading to an interest in the life and work of Alfred Wainwright. Chris has built one of the most comprehensive private collections of Wainwright material, including rare books, original printing materials, personal objects and memorabilia. He is the author of Wainwright Memories, has

written articles, and appeared on television and radio to discuss Wainwright's guidebooks, legacy and continuing appeal. In 2025, his collection featured as a dedicated Wainwright exhibition at The Armitt. Contact Chris at www.alfredwainwright.co.uk

- Wednesday 16th September. Managing Emergencies on the Fells 6-7pm.
- A one hour talk or practical session will review why emergencies happen and how to avoid having to call for mountain rescue whilst on the Fells. We will consider what to carry, how to plan your day and how to make sensible decisions, before concluding with some strategies and approaches so that you know what to do should an emergency happen. – contact Mark at sedberghsummits@outlook.com / 07746361816 for details.
- Thursday 17th September. The Red Squirrels of Sedbergh. 6-7pm.
- A one hour talk about the conservation activities of the Sedbergh Red Squirrel group covering the nature, habitat and work being undertaken to protect this native endangered species. – contact Mark at www.sedberghredsquirrels.org.uk for details.



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. Whose novels include Under the Net, The Bell, A Severed Head, The Philosopher's Pupil, The Good Apprentice and The Sea, The Sea?

2. 'Old Time is still a-flying: / And this same flower that smiles today, / To-morrow will be dying.' What is the well-known line that precedes these in the poem by Robert Herrick?

3. Who wrote A Tour Through the Whole Island of Great Britain,

published in 1724-27?

4. Kurt Vonnegut Jr's best-known novel, published in 1969, tells of the experiences of Billy Pilgrim. What is the title?

5. The Anatomy of ----. Which word is missing from the title of Robert Burton's book published in 1621?

6. Shakespeare, Twelfth Night: 'Dost thou think, because thou art virtuous, there shall be no more --- -- - ---?' The missing three words were used as the title of a novel published in 1930. What is the title and who wrote it?

7. What is the title of the sequel to Three Men in a Boat?

8. Which Archbishop of Canterbury was the main driving



DENT GALA

**BANK HOLIDAY
MONDAY**

31st AUGUST

**MEMORIAL HALL
& SCHOOL FIELD**

STARTS 10.30AM

Children's Entertainer

Live music Races

Indoor Games Table Top Sale

Refreshments all day

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force behind the first two editions of
The Book of Common Prayer?

9. Name the playwright whose
work includes Five Finger Exercise,
The Royal Hunt of the Sun, Equus
and Amadeus.

10. Which French philosopher
published The Second Sex in 1949?

11. An Unsuitable Job for a
Woman and The Skull Beneath the
Skin feature the private detective
Cordelia Gray. Who, better known as
the creator of a male detective,
wrote them?

12. The 15th and last printed
edition of this work appeared in
2010, and it is now published only
online. Which work?

CHRISTIAN AID

Rev Anne Pitt

Christian Aid Committee

Thank you for Christian Aid Week
events in Sedbergh and District

Envelopes delivered around the
district or collected from the
churches during Christian Aid Week
have been returning to the Tourist
Information Centre in Main Street,
Sedbergh and to the churches over
the past weeks. These have now
been opened with the enclosed
donations counted with the cash
banked and cheques sent off to
Christian Aid. The envelopes
contained a grand total of £1,108.46
of which £661 was also gift aided
meaning an extra 25% of that will be
added to that amount i.e.£162.25

"Messy Play"

Paint..Glue..Paper..Clay
At "Rhumes", Dent
In Big Tent

Fri Aug 7th 3.30pm
Sat Aug 8th 3.30pm

No charge
Families welcome.
Info: Sarah
07837988438

bringing the overall amount to £1,270.71. Thank you to all who enabled the delivering of the envelopes and to those who donated and returned them. Also thanks to all who supported everything involved in Christian Aid Week which, when including the coffee morning results, raised £1,440.71. An excellent result all round.

CHRISTINE STOKER RIP **Christine Stoker 11.03.1950 –** **30.05.2026**

Christine's family would like to express their sincere gratitude for the overwhelming messages of condolence, support and shared memories of Christine.

'We are truly humbled. We have received so many cards and flowers too'. A big thank you from Mike, Sarah, Claire and the rest of the family.



R.B.L. COFFEE MORNING

David Parratt

Very many thanks for the support to our coffee morning on 10th June. Also, to all those who helped on the day with contributions to baking items and donations for raffle prizes and to Sandra Longlands for running the raffle. £211.70 was raised for Branch Funds towards worthy causes for the Legion. Much appreciated as always.

TRANSPORT TO MEDICAL APPOINTMENTS

Rosemary Marsden

Sedbergh residents participated in a project run by Westmorland and Furness Healthwatch to learn more about the challenges of transport to health related appointments for patients in rural areas.

There is now a report published about the findings plus recommendations.

One standout statistic is the % of respondents who have had to cancel appointments due to lack of available, affordable transport.

You can read the full report here....<https://shorturl.at/n8NCE>

DENT GALA

Sarah Woof

On August Bank Holiday Monday every year the Dent Gala takes place in the Memorial Hall, school yard and school field and has done almost continuously since the 1960's. It began when the new school was built and the old school building became a shared facility:

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

school hall during the week days and community space evenings, weekends and school holidays.

There had been plans to build a separate, brand new village Hall since just after the 2nd World War and I am writing a book all about that. Then the education authority decided the school wasn't big enough for the Dale and the new one was built. The then Vicar came up with the idea of a shared use Hall.

To raise funds the Gala was started. It rather took over from the old Dent Fair with its horses, racing, harness racing etc. That's another story!

Dent Gala is still the main fundraising event for the Memorial Hall. It has moved venue a couple of times, first to join the then Dent Show at Church Bridge to celebrate the Millennium and then to Millbeck fields around Lockdown when more outside space was needed.

We have over the years included Pillow Fights Donkey rides , even a small train. Ice cream, BBQ and awesome WI Teas, Bat the Rat, Hoopla, Tombola, Water & Wine, Tea tent, Children's competitions and entertainer, Bouncy Castle, Football Knock out, Tug o War and Fancy Dress competitions. We have paraded around the village behind a brass band and listened to Rawthey Rhythm.

The present committee of Trustees, made up of representatives of organisations who hire the Hall, and others, need help to run this year's Gala. Please get in touch with me and come and join in with what is still a much loved annual event.

015396 25212/07837988438.

ANIMAL RESCUE CUMBRIA (THE WAINWRIGHT SHELTER)

Andy Bowden and the team at 1818 Auctioneers

Animal Rescue Cumbria are based at Grayrigg, near Kendal. They were established in the 1970s with the help of Alfred and Betty Wainwright. Some 50 years later, the Charity helps rehome and rehabilitate some 350-400 cats and dogs a year, improving their lives and helping them find their forever homes.

As a charity, they receive no government funding and rely solely on the generosity of our community to support them. It gives me great pleasure to let you know that at 1818 Auctioneers, we will be holding a

Matthew Cook

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WESTMORLAND DALES FESTIVAL

**Celebrating Kirkby Stephen and
the Westmorland Dales.**

Deborah Coleman

Kirkby Stephen, Saturday 25-
Sunday 26 July 2026.

Kirkby Stephen's Westmorland
Dales Festival is back - and this July
celebrates its 10th anniversary.

The Festival began in 2016 with a
one-day event marking the
expansion of the Yorkshire Dales
National Park to include the part of
Cumbria now known as the
Westmorland Dales, and since then
has grown to become an annual
two-day fixture. This year promises
as ever a packed programme of
exploration, events and
entertainment for all – and almost
everything is free.

One aim is to explore different
facets of the Westmorland Dales
each year, and Saturday 25 July will
see a Cumbria Classic Coach tour of
Mallerstang and Ravenstonedale as
well as guided walking tours of Great
Asby and Orton. Meanwhile back in
Kirkby Stephen a Walkers are
Welcome workshop will equip future
explorers with essential map-reading
and navigation skills; and a Jubilee
Park workshop will help connect
young and old alike with the natural
world of the Dales. Crafts with
Lakeland Arts and music-making for
kids will take over the town's market
square, and there'll be the chance to
find out about the work of Cumbria
Wildlife Trust, the Friends of the
Settle to Carlisle Line, and other

charity stamp auction, which will end
on the 12th July. As the specialist
valuer for stamps and postcards at
the auction house, I have been
blessed by two very generous
vendors, who are donating their
material for me to auction on their
behalf, to raise funds with lovely
ranges of GB and European material
on offer.

So, what will happen with the
funds raised? Late last year, Animal
Rescue Cumbria purchased a new
site at Heversham, Milnthorpe.
Funds raised from the auction will go
towards the redevelopment of the
site to implement new kennels and a
cattery to the latest welfare
standards, in addition to an
education and training centre to
support their work in promoting
animal welfare.

Personally, it is a wonderful and
loving feeling to have a four-legged
family member looking at you with
two big eyes. Help us make a
difference to other animals in need
and support this auction.





WESTMORLAND DALES FESTIVAL

KIRKBY STEPHEN

Saturday 25 – Sunday 26 July 2026



WIN!

Win a farm stay in the fabulous Westmorland Dales!

Head to westmorlanddalesfestival.org to enter our prize draw

organisations working locally.

On Sunday 26 July the Festival welcomes special guest Harrison Ward, aka the Fell Foodie, who'll be demonstrating his trademark outdoor cookery (as seen on Mary Berry's 'Love to Cook') followed by a Q&A session and book signing. Other highlights include wild play, circus skills, face painting and a woolly treasure hunt for kids and their grownups; artisan markets; live music; and fun rugby and scarecrow making with Upper Eden Rugby Club. Dogs will have the chance to put their owners through their paces at Eden Animal Rescue's dog show, and humans can burn off more energy at a Sunday morning Zumba session.

A display of farming photographs and related household artefacts from the collection of well-known member

of the local farming community Hilary Wilson, on in the King's Arms Loki Centre all weekend, will give a fascinating glimpse of life on a hill farm in the 1940s, and running in parallel to the Festival for a second year is the highly successful Art in the Mart. Joining in too are Kirkby Stephen East Station and Kirkby Stephen Club, with entertainments all weekend.

There's the chance too, for anyone not fortunate enough to live in the Westmorland Dales, to enter the Festival's special 10th anniversary prize draw and win a farm stay at Tebay's Eden Ewe-nique Lonnen.

Find full information, enter the prize draw and book where necessary at www.westmorlanddalesfestival.org.

THE
THIRSTY RAMBLER

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SITUATED IN THE BEAUTIFUL TOWN OF SEDBERGH.

WE OFFER THE FINEST SELECTION OF NORTHERN
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CONDITION WITH GREAT CRAIC & A WARM, COSY
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BUSINESSES WHEREVER POSSIBLE.

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MUDDY BOOTS & DIRTY PAWS!



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📷 THETHIRSTYRAMBLERSEDBERGH

LOOKAROUND A.G.M. CHAIRMAN'S REPORT

Myles Ripley

Ellen Morrison has sadly resigned and, on behalf of the Lookaround Team, I thank her for all the hard work she has put in in sourcing new advertising for the magazine. Thanks also went to Frances Haigh for her previous work over the years with the finances.

Lookaround has been published successfully for the past year printing between 500 and 600 copies per month with a higher number for the colour Christmas copy.

Hard work done by our stand-in treasurer, Ed, and our advertising lead, Val, has ensured that our finances have improved since the last report, so much so, that we have been able to support one or two local events financially such as the pump track, Sedbergh Music Festival and the Dent Run.

Our compiler, Ed, has put together

every issue efficiently, keeping a rotation of articles by regulars so that any one regular doesn't always get page 1! Publisher is to be phased out in the autumn and he is already preparing to move over to Word as the software he uses to compile Lookaround.

I would like to thank all the volunteers who work tirelessly on every month's edition including all our proofreaders – Jane, Mark, Paul, Trish and Karen, and secretary Phil. We must also thank the various outlets that stock our magazines – Rycrofts, Spar, TIC, Dent Stores, Dent Heritage Centre, The Thirsty Rambler and Half & Half.

And we have a great appreciation of our regular advertisers who are very valuable to us as they keep the income stream flowing in a predictable fashion. Many thanks to them too.

LOOKAROUND

LOOKAROUND A.G.M. FINANCIAL REPORT

Ed Welti

This was our seventh year of running Lookaround, and our second most successful financially. We are now making a reasonable profit, which will build our reserve and the ability to survive into the foreseeable future.

After losing Frances, our treasurer, at this time last year, we weren't sure how well Lookaround was doing, and it took a little while to realise that we had already turned the corner after the loss of the previous year.

Two measures had already been taken, the printing cost was reduced, and Ellen Morrison had joined us to

help find new advertisers. As a final measure we increased the suggested donation from £1 to £1.50.

Financially the donation change made only a slight difference. The amount taken from the boxes per month went up slightly. However, circulation has gone down. The decline in circulation was no doubt exacerbated by the closure of the Post Office, one of our main outlets. In 2024 we were printing 650 copies, by the end of 2025 that was down to 500. But it is hard to judge how much effect the closure of the Post Office had and how much was due to the donation change.

The decline in circulation means, of course, that total printing costs

DEATH IN THE DALES FESTIVAL OF CRIME 2026

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



www.sedbergh.org.uk/bookfestival

are also lower. Combined with a general reduction in price from the printers there is a lowering in printing expenses this year. This was the pivotal factor which has assured our financial survival. Many thanks go to our printer Stramongate.

Advertising income has held up over the year. This is due to two factors. We have been proactively selling extra advertising (Ellen Morrison was responsible for this), and the inside front cover now becoming available as colour advertising space. Some, or all, of the space has been sold nearly every month, at a rate of £50 for a half page, £100 for a full page, and it makes a significant difference.

However, the number of adverts we are printing per edition has gone down from 62 in 2024 to 52 in 2025. Again, although the financial situation is stable, it disguises a decline in overall advertising sales over the two years.



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- Pain relief
- Injury rehab
- Post surgery recovery

Sedbergh Physio

Book your appointment today

07730659413 www.sedberghphysio.co.uk

We are now nearing half way through the next year and signs are that the situation is now stable. The take from boxes remains constant, as does advertising income, and the number of adverts sold (in fact this may have increased slightly). We are making a profit, and our reserves are growing. We can look forward to producing Lookaround on an ongoing basis, which is not what we felt last year.

HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

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

Exhibition Fund:

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

Tony Reed Screen
(a865@btinternet.com or 015396 21081) **or** John Sykes
(jmsykes100@gmail.com or 07786 384 917).

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

DENTDALE METHODIST CHURCH

Sarah Woof - 015396 25212

Our apologies to those who went to our May Coffee Morning on its usual Saturday, the third of the month, to find we had moved on a week due to the Vision Day. Our monthly Coffee Morning is a very friendly sociable event with stalls and coffee with home made biscuits. Children are most welcome and there's usually some activities for them in the schoolroom, dogs are welcome too.

Our Sunday services continue on the first and third weeks through the year with the occasional exception ie WDMC joint services. Details are always in the porch.

We were a drop off point for

TWAM, Tools with a Mission, and many thanks to all who gave. Next, it is underwear as we await a Bra Box; clean, good condition pants and bras will be sent to a charity which sends them abroad where needed.

All Age Worship takes place on July 19th at 10.30 with crumpets and coffee from 9.30am. On Aug 2nd James Maudsley will lead our service and on 9th we join Dentdale Christian Fellowship with a combined service in the Memorial Hall at 10.30am with bacon butties before.

As we have done previously we will be opening the schoolroom at Chapel for campers/visitors to use during August, more about that next month.



Sedbergh and District PUBLIC TRANSPORT USERS GROUP

A.G.M.

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7:00pm Weds 8th JULY

Cornerstone Church Hall, New St

Dentdale Christian Fellowship

This year our Festival is Friday 7th to Sunday 9th August and all are welcome. We begin with a meal and eve meeting on Friday at 7pm. This year the lunch and eve meals will be in the Methodist Church schoolroom and the other events in the big tent in Rhumes Garden.

There is something for all ages, puppet shows, teen meetings, Bible study, prayer times, speakers and musicians and our theme this year is based on Jeremiah chapter 18, the Potter and the clay, and a Messy Play session will include clay!

On the Sunday we will be in the Memorial Hall where the CMA, Christian Motorbike Association will join us. Do join us!

LIZZI'S CORNER

Lizzi Collinge

July marks two years since I was elected as your Member of Parliament, and it's hard to believe just how quickly that time has passed. Over those two years, I've met hundreds of constituents in Sedbergh and District, visited schools, farms, businesses and community groups, and had countless conversations about what matters most to people here.

I have thoroughly enjoyed my time spent in the most northerly part of the constituency, including in my work with the Sedbergh Economic Partnership and in the many visits I've made to local businesses, cafés and pubs. Hospitality, tourism and independent businesses are at the heart of what makes Sedbergh special, and hearing directly from business owners about both the opportunities and challenges they face has helped me champion their interests in Parliament.

No matter how busy Westminster becomes, one of the most important parts of my role is making sure I remain accessible to local people. Over the past two years, I've held a number of surgeries and drop-in sessions in Sedbergh, including, alongside Cumbria's Police, Fire and Crime Commissioner, Dave Allen. These meetings, and emails and letters from constituents, are where I learn most about the issues affecting our communities, so I'm always grateful to those who take the time to come and speak with

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me.

Few sectors are more important to our area than farming. Our farmers not only produce high-quality food but also help shape the landscapes that define our part of the world.

Regular meetings with local farmers and NFU representatives have given me the opportunity to hear their concerns directly and ensure their voices are represented in Westminster. At a time when agriculture faces significant pressures, it has never been more important that rural communities are heard.

Some of my most enjoyable visits have been to local schools.

Spending time with pupils and staff at Settlebeck School and Sedbergh

Prep in Casterton was a reminder of just how much talent, ambition and potential there is among our young people. They are the future of our communities, and it is vital that we create opportunities that encourage them to stay, work and build their lives here.

That is one reason I was particularly pleased to celebrate the opening of a new affordable housing development in the town. These beautiful homes fit perfectly with Sedbergh's character while providing much-needed housing for local people. New housing is essential if we want young families to stay in the area and local businesses to attract the workforce they need.

Of course, there are still

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challenges. Transport remains a major concern, and I have worked closely with residents to support the creation of a Sedbergh Bus Users' Group to advocate for better services. The lack of proper bus provision has affected many people, and I remain committed to pushing Westmorland and Furness Council for improvements. Similarly, I have met with local doctors and pharmacists to discuss healthcare provision and the pressures facing services in our rural communities.

One visit that will stay with me for a long time was to the Rawthey Project, where I saw first-hand the remarkable support being provided to veterans. The dedication shown by everyone involved was inspiring

and a powerful reminder of the difference local organisations can make.

Behind the scenes, I have helped more than 450 Sedbergh residents with individual pieces of casework and wider policy enquiries on issues ranging from healthcare and education to transport and international affairs.

Looking back, I feel incredibly proud of what we have achieved together. There is still plenty more to do, but my commitment remains the same as it was on day one: to be a visible, hardworking, strong voice for Sedbergh.



SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The new Sedbergh Group has already expanded again as the Scottish Prep School Ardvreck has joined the Group. Ardvreck is one of the UK's most respected prep schools, renowned for its adventurous spirit, exceptional pastoral care and outstanding all-round education.

Half term and the outside exams took up most of the last month. Half term was from Friday 22nd May to Sunday 31st May

Years 9 and 10 performed four performances off Chitty Chitty Bang Bang in the Arden Theatre in the week before half term, inviting older people from the town to one of the

performances.

The School has applied for planning permission to carry out major repairs to Sid's Barn using matching materials

By the time this is published the School will have taken part in the Sedbergh Musical Festival, both with performances and providing venues

The Sedbergh Courses this year expect more children than ever and are providing courses as follows: Rugby (including Girls' Rugby); Football; Athletics; Hockey; Netball; Cricket; Design School; Pony Camp; and Outdoor Adventure.

Cricket

The 1st XI match against the MCC was reduced to 52 overs, but further rain meant the Duckworth-Lewis

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system set Sedbergh a target of 138 from 22 overs ending with a dramatic finish when the School needed to make 4 runs from the last ball to win but only managed a single. Against Cumbria in the T20 the School lost by 13 runs. Again in the National T20 the School lost against Myerscough by 6 wickets. The Girls 1st XI on the other hand in the T20 won by 88 runs, a high light being Violet taking 6 wickets for 7 runs in four overs. The Girls won against Stonyhurst by 86 runs, their game against Cumbria was postponed, won against Ampleforth by 29 runs, lost to Scarborough College by 27 runs in the National Cup, and lost to Repton by 84 runs

Rounders

A mixed U16 team played Settlebeck dodging hail and won 14-11 The B team also played Settlebeck and won 16-8

Sailing

Sedbergh hosted the annual junior

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Regatta at Killington. The Yr 9 team finished joint second out of 10 teams

Running

Four Sedberghians took part in the U17 Bofra race up Winder performing well in a field of seasoned fell runners. Over 200 year 9-11 pupils took part in the postponed 4 Mile Cup. George M came in first over a minute faster than his nearest rival

Pupils and staff took part in the Hawkshead 10k race around Windermere

Current Year 10 pupil Lucia has been selected to represent Scotland in the U18 International Mountain Running Cup, next month in Italy. Lucia will be 1 of over 120 athletes from 16 nations tackling the tough mountain terrain in Gagliano del Capo, known for its steep coastal trails, tricky technical sections and panoramic views over the Adriatic Sea.

Old Sedberghian and World Record Holder Imo Boddy has written her name into the record books again, setting a new course record for the 300 mile Speed Project event from Los Angeles to

Las Vegas. Imo completed the gruelling 500km route in 77 hours 54 minutes (a new Women's course record by just under 5 hours)

Future Events

22nd June-27th Challenge Week
Speech Day 27th June End of Term
27th June Leavers Ball and
Fireworks 27th June Bowes Cricket
Tournament 28th June -1st July Girls
1st XI v Brighton 29th June 10 am
Girls 1st XI v Oakham 29th July 2
pm Girls 1st XI v Wellington 10.30
am Sedbergh International Summer
School 30th June

Summer Courses 20th-23rd July
Cricket: Lancashire v Surrey 21st
July Summer Courses 3rd-6th
August New Pupils arrive 5th
September

Michaelmas term begins 6th
September.

GARSDALE: FOCUS ON 40

Ruth Annison

Throughout the 1980s (this may seem difficult to imagine if you were not living here at the time), the Settle-Carlisle railway was under a long-running threat of complete closure. The line had opened in 1876, hence the 150th Anniversary celebrations along the line throughout 2026. However, Garsdale (6 miles from Hawes, 9 miles from Sedbergh) and most other stations on the line had been closed by British Rail (BR) in 1970 - all except Appleby and Settle, which remained open for express trains to stop there.

The 1980s campaign to save a

main line railway through the Yorkshire Dales National Park to the border city of Carlisle quickly gathered strength. It became a matter of widespread public interest and concern, and a vigorous ongoing news story in the regional and national media over six long years. Importantly, it was chronicled throughout in the quarterly magazine of the Friends of the Settle-Carlisle Line (FoSCL), which was formed in 1981 in anticipation of BR's formal line closure notice. Eventually - but not until 1989 - Paul Channon, then Secretary of State for Transport, announced on behalf of the government that he had decided to refuse consent to British Rail to close the Settle-Carlisle line (and the associated Blackburn-Hellifield line).

However, mid-way (as it turned out) through the campaign to save the line - and whilst more and more objectors to closure were making themselves known - BR

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unexpectedly announced in 1986 that 8 small stations on the Settle-Carlisle (including Garsdale) would re-open with the return, after 16 years, of local stopping train services. The Friends of Garsdale station will be marking this important 40th anniversary on the actual date: Tuesday 14th July. More details after 1st July via Sedbergh TIC or Hawes NP Centre. It will be an informal event; please drop by any time between 11.00am and 3.00pm.

If you come by car, please park on the far side of the railway from the houses (i.e. under the railway bridge from the A684). Current roadworks may mean that some people will come by train from Dent, Kirkby Stephen or elsewhere. Trains arrive at Garsdale station at 12.22 (from Leeds); 12.06 (from Carlisle). Trains depart Garsdale station at 14.39 (to Leeds); 14.50 to Carlisle. Please check your own local train times!

NOTES FROM DENT STATION

John Carey,

The Dent Station Team

There is much happening at the station at the moment, and we have just had the second of at least three planned work periods for this year. Another room overhauled and decorated whilst attention has been given to the troublesome west elevation in order to try and alleviate the occasional damp penetration experienced in inclement weather. We get quite a lot of it! It has been a continual learning process with lime pointing and the masonry, but we are gradually getting there. In a few weeks' time we hope to address the storm damage experienced earlier in the year. Dent Station is the gift that keeps on giving!

It won't be long before all the wild flowers appear on our wilderness 'garden'. Strimming has been suspended and we await the usual



display, that is, unless any 4-legged escapees manage to get in. We expect to see the usual display of orchids in a few weeks.

As part of the Settle-Carlisle 150 celebrations, The Settle Carlisle Railway Development Company ran a steam special train from Carlisle to York and back on bank holiday Monday. That might seem an unusual way of doing it as many trips run in the reverse direction, but tickets sold out such that extra carriages were required. I was fortunate to be amongst the passengers, and it was quite a crowd that assembled on Carlisle platform early on the Monday morning. Motive power was provided by Battle of Britain class 'Tangmere', a frequent visitor to the line. It is quite a different experience from the usual 158 and without the noise of diesel engines.

Other recent visitors to the line

have included the restored Peppercorn A2 Class 'Blue Peter' resplendent in blue livery which made for a fine sight as it coasted through Dent Station with The Chairman's Train, a special for the proprietor of Locomotive Services Ltd, better known for their Saphos Trains. This was closely followed by the unusual sight of 'Flora', a Class 121 'bubble car', which was a 1960s answer for branch line services. The single-car unit was immaculately restored complete with kitchen and a cocktail bar. It made a brief stop at Dent Station whereupon the red carpet was rolled out, and guests alighted with glasses in hand for a brief stop. Incidentally, the unit was also seen to pause briefly on Dent Head and Arten Gill viaducts. On board was one Jeremy Hoskins, a financier and chair of Locomotive Services, being the owner of several locomotives. When you own the





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train, you can do these things! I am indebted to Andy McClurg for the photos.

Back on the real railway, services have been a mixed bag and despite seeing some improvements we have encountered a number of issues. As I previously mentioned, services were suspended between Garsdale and Kirkby Stephen in early May in order to rebuild a section of collapsed retaining wall near Birkett Tunnel. Rail replacement buses were implemented and otherwise the railway maintained a usual timetable. However, in late May the railway suffered a lightning strike in the Blea Moor area which knocked out the signalling for a whole day. Whilst most of the signalling still

relies on tried-and-tested Victorian technology it is the electrical bits that have been added on more recently which are often subject to failure. In this case it was likely to be the axle counters which record when a train has passed over a section of track - a vital safety measure. We have argued for greater resilience and faster response times when things go wrong.

A seasonal issue remains the crowding on certain popular trains, particularly when units are called in for maintenance. This is often compounded with booked parties. Indeed, there was a recent well publicised instance of passengers unable to board a train at Settle when 2 cars were provided instead

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of the expected 4. Unfortunately, the stock shortage problem is not going to go away anytime soon, and we do not expect to see new replacements until 2035. There is a slim possibility of some units being transferred from Wales. But it is still amusing that folk drive to Settle to travel on what they perceive to be a heritage railway and are perhaps surprised to see that the train has just come in from Leeds and from where they have just driven. Possibly, more needs to be done to educate that this is a valuable part of the national rail network.

This brings me to some rather sad news with my 'DalesBus' hat on. It was on the way back from a bus forum in Kendal that I got the news

that the A684 through Garsdale was going to be closed for extended periods from late June and throughout most of the summer. The work involves reinstating the retaining walls, where the road runs close to the Clough River. It does mean that it will be impossible to run the 832 DalesBus which, as many will now know, originates in Darlington and travels onward through Hawes to reach Sedbergh and on to Kirkby Lonsdale.

Regrettably, a decision was made that the 832 service will cease after 21st June for the remainder of the season with the lack of certainty over the repair programme. Clearly, this is devastating news for the volunteers who set up and

fundraised the route and even worse for the passengers who have come to use it, both locals and visitors into the area. Whilst only in existence for some 3 months, it has established that there is a need for a Sunday service, and the larger bus has certainly proved to be beneficial. Meanwhile, attempts are being made to see if an alternative can be arranged. It should be added that, despite the set-back, the DalesBus team hope to be able to do something similar next year. Little White Bus will be similarly affected, although it is believed that the school bus may be allowed passage through the road works.

Unfortunately, the Garsdale situation is not unique, and in North Yorkshire we have been beset with roadworks around the Hawes area including Widdale, Brunt Acres Road and Buttertubs Pass. Quite possibly, the council decided it was a good time to undertake these before the main tourist season, but it makes it very difficult to run any sort of public service, often with cancellations and diversions. Whilst we might question why so much work needs to be done at one go and whether it was the accumulated lack of maintenance, the hard fact remains that work does need to be done. Often the bus operator is the last to find out and we can perhaps criticise the lack of notice.

On the prospect of an improved weekday Sedbergh to Kendal bus service there have been no further developments, and it seems that the

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council have yet to seek tenders. This is most unsatisfactory and until resolved, we need to make best use of what we have. I do realise that many Sedbergh folk regard Garsdale as a railhead, but it will perhaps come as no surprise that I advocate for Dent Station! In fact, during the road works, Garsdale will be cut-off anyway. But best of all, Dent does have the Saturday S1 bus service from Sedbergh. I would urge all to try it and pay a visit to England's highest mainline station and, therefore, also the highest bus-rail interchange at 1150ft above sea level.

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

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

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

PUBLIC TRANSPORT USER GROUP REPORT

Ed Welti

The Public Transport User Group will be holding it's A.G.M. on Wednesday 8th July at 7pm. As usual it will be in the Cornerstone Church Hall.

We'll be giving an update on what has been happening with public transport in our area, and you'll have an opportunity to ask any questions you may have. We will also be electing or re-electing committee members. We would very much like some people to join us, anybody with an interest in improving our local public transport would be very welcome. It would also be helpful if people from Dent, Garsdale, Middleton or Barbon could join us.

As reported last month the closure of the Garsdale road has led to the DalesBus 832 on Sunday and Little White Bus on Tuesday being cancelled. What will happen next year is yet to be determined. Both services were building a core of users, and the 832 was beginning to attract people to the Sedbergh area. On the last run of the bus, on Sunday 21st June, 4 older men got off at Sedbergh and visited the local pubs, before getting the return bus back. A further 7 were picked up on Langstone Fell, having walked down from Garsdale. As has been experienced in Kirkby Stephen bus services bring visitors, and visitors help the local economy.

It appears that some tender documents have been received back

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by the Council, and funds are now being allocated to other routes. There is currently no news on how the Kirkby Stephen, Sedbergh, Kendal route has done. We were led to believe that the tender documents had been stuck in the legal department, however it now appears that only some of them, including ours, were stuck. The Council are allocating funds to routes that have come through the process more quickly. Meaning that Sedbergh may be at the end of the queue again, when all the funds are gone.

If you would like to read a comprehensive account about the diminishing public transport provision in our area, John Carey, one of our committee members, has written a comprehensive report along with some suggestions for the future. It can be found at <https://www.dalesbus.info/SedberghPublicTransport.pdf> and if you are reading this column you should find it interesting.

Please do come to our meeting. We continue to need your support and help.



THE DENTDALE CHOIR

John Feltham

Our news update is around the theme of WELCOME!

Firstly, WELCOME to our NEW MUSICAL DIRECTOR, John Seymour!

We are delighted to announce that John Seymour is now The Dentsdale Choir's Musical Director! Many readers will already know of John because of his position as Director of Creative Arts at Sedbergh School. John brings a wealth of experience, enthusiasm and very obvious musical talent to his new role with us, and we can't wait to start our 2026/27 season with him! We are still pinching ourselves that somebody as highly regarded as John will be continuing the Choir's development.

We are very grateful to Nicholas Hurdall Smith, our departing MD, not only for the last three excellent years under his leadership (which included a highly acclaimed performance of "Messiah" to celebrate the choir's 50th anniversary), but also for his involvement in arranging for John to

take up the reins.

In the coming weeks we'll let you know more about our likely repertoire for the forthcoming year's events. These include our 2027 spring concert in St Andrew's Church, Dent, our traditional participation in the Dent and Cowgill carol services and, a feature of the last couple of years, an informal evening of music in The Memorial Hall, Dent, probably in February 2027. So WELCOME to John!

Secondly, WELCOME to all who would like to give it a go with The Dentdale Choir. We really are a welcoming bunch! We are a non-audition mixed choir of around 30 singers (you don't have to be able to read music) and we would be delighted to welcome new members - why not come along and give it a try? We plan to resume rehearsals, after our summer break, on 8th September. We meet on Tuesday evenings in The Memorial Hall in Dent, at 7:15 p.m. finishing at 9:00 p.m., whereupon a number of us retire to the pub for a bevvy, although this is not obligatory.

If you would like more information about the choir please do get in touch for a chat - contact either Jenny Robinson (Chair) on jennycumbriarobinson@gmail.com or John Feltham (Secretary) on feltham.john@btinternet.com



SLOVENIA SINGS

David Burbidge



I told the singers before our annual train trip to Slovenia from Sedbergh: "You have to believe that the journey is the destination - anything less, and you will be miserable."

This is especially true when using Deutsch Bahn, the German railway system, which has such a cheerful disregard for anything resembling punctuality, that it's not unusual for your train to be one, two or even three hours late - if it hasn't been entirely cancelled at some remote rural station in the middle of nowhere. Trains in the UK are also notoriously unreliable, but Deutsch Bahn takes the whole experience to a new level. When Germany hosted the UEFA football tournament last year, many English fans missed their matches because of late and cancelled trains and vented their anger against Deutsch Bahn. The German transport minister announced: "We know our railway system is in trouble when even the English complain about it."

And so with the twin mindset of experiencing the journey as the destination, and the Stoic



philosophy of having the strength to change what can be changed and the serenity to accept what can't - we set off across the continent with our Interrail Passes, allowing us to travel even cheaper than the budget airlines (which cost the earth with their damage to the environment) as most of us get discounts for being of retirement age.

On our last day travelling back to the UK, we got separated in Austria, and although the train I caught was an hour later than the rest of the group, my train arrived in Cologne near Belgium three hours ahead of the others who had been shunted into sidings, abandoned at remote country stations, and held in agonising pauses while announcements were made to the seriously overcrowded train that they wouldn't continue the journey until all

the bags had been moved from the aisles where they were causing safety issues. Every time the passageways were cleared and the journey resumed, another hundred passengers would get on, and the stops would start again. When I met their train just before midnight, the first things the singers said was: "We didn't moan."

This might not seem like a great achievement but is surprisingly difficult for us English, for whom the most popular comment when things don't go according to plan is: "Typical - I knew this would happen." Thus combining an Eeyoreish tendency to gloom with an exalted sense of omniscience. Moaning is deeply embedded in our national psyche, to such an extent that the Australians have a joke: Q: "How do you know when the Poms have

landed at Sydney airport?" A:
"Because when they switch the engines off, you can still hear the whining." So, the singers rising above this cultural imperative was no mean feat.

Everything else went very much according to plan - or even better. About 30 of us met in Sedbergh and practiced our Slovenian and English songs before leaving - and were joined for refreshments by our Zrece visitors who then sang with the singers in my garden at Farfield. We also sang in the concert in Sedbergh Parish Church, with songs which reflected each other - one song about the Slovenian national tree the Linden, and one about the English Oak. One mountain song from Slovenia, a kind of Alpine Happy Wanderer, and one the Joy of Living, by English folk singer and hillwalker Ewan MacColl. One song from Slovenia praising those countries who long for peace and for a time when our foes will be our neighbours; and the English folk song Harbour, about providing a warm welcome: "For our door is always open and our hearth is always warm, when you need a place to shelter, we're a harbour in the storm," introduced in Slovenian by our singer Mariana who is a fluent speaker, and whose parents had been refugees from Slovenia after the second world war and had found a warm welcome in England.

Our visitors loved our wildflower walk along the lanes and riverbank from Farfield with the names of over

20 flowers in both languages, and the visiting Ambassador Her Excellency Sanja Stiglic joined us after the concert for informal singing in Half and Half, with rousing folk songs from both countries.

We stayed in Heidelberg in Germany en route to Slovenia, where we enjoyed singing on the Philosophers' Way and through the woods overlooking this beautiful city. We sang on the train - softly, sweetly, in harmony - and the other passengers applauded. When we wanted something they could all join in with, we sang the Wild Rover which is widely known across the continent - but is surprisingly difficult to sing quietly. In the middle of the song in came the ticket collector who shouted, "Stop singing - you are disturbing the other passengers." Whereupon the other passengers called back, "But we like the singing." "OK," said the conductor, "You can sing, but quietly, softly." No more Wild Rover.

We stayed up in the mountains by a small Alpine Lake - in the Senkova tourist farm where Polona, the wner, knows Andrej Arbajter, the Zrece dancer who runs a tourist farm near



Skomarje. Despite our advanced age, we all walked up through the snow to the Ceska mountain hut where we sang our Slovenian mountain song Planinska, with others from the refuge joining in - and were rewarded with soup and beer. Back in the valley, the tourist farm is beautiful - surrounded by snowy mountains and forests, all old stone and exposed woodwork. We sang in the church alongside the village choir, and their priest gave us a personal tour of an impossibly beautiful small church near the tourist farm - old frescoes and golden icons.

Before heading home, we sang alongside the Ljubljana Waldorf School Parents and Teachers Choir -

one of the best informal singing sessions ever for us - with about 30 songs, half in Slovenian and half in English including Sing John Ball, Wild Mountain Thyme, Halantoe and others which the Slovenian choir had learnt specially to join in with us - in the same way we had learnt some many of the well-known Slovenian folk songs.

There are so many differences between our two countries - different language and culture and customs. But each time I visit Slovenia, it is like peeling an onion, and what I thought I understood about what is different between us dissolves in the face of seeing what is the same - like the way all parents love their children, the simple acts of kindness



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between friends, the pride people take in where they live - a love of family and community and nature.

For me, this has always been the value of town twinning - in accepting our differences and finding what we have in common between our two countries we learn how to do it within the community where we live, discovering that, in the words of the murdered MP Jo Cox, "We are far more united and have far more in common with each other than the things that divide us."

RIVERS4LIFE

Dales Countryside Museum

Rivers4Life summer exhibition runs from 6th June to 27th September. It showcases the work of the Yorkshire Dales Rivers Trust, and also includes art produced in the Rivers4Life workshops.

Thanks to National Lottery players, the Rivers4Life 3-year project will allow us to deliver an exciting programme combining the arts and science, to reach a wider audience. We will be working with local schools and community groups along the rivers Wharfe, Swale, Ure, Nidd and Ouse, and their tributaries, offering workshops to engage people through visual art, soundscapes, theatre, stop-frame animation and music. We'll also be running guided walks, art workshops and family activity sessions during school holidays. Through the project, we will inspire children and communities about everything to do with rivers and wildlife.

We will also be continuing our schools workshops and running training sessions for teachers, leading guided river walks, and presenting an exciting bespoke community theatre performance about the River Ure at the Dales Countryside Museum on 27th and 28th June, and during the Ripon Theatre Festival on 4th July.



BRINGING ANCIENT SAUNA TRADITIONS TO THE HOWGILLS

Fiona Berry

If you've noticed more people talking about and visiting saunas recently, you're not imagining it. Sauna use has exploded across the UK in recent years, with the number of public saunas growing by more than 400%. From city wellness spaces to beachside cabins and lakeside retreats, more and more people are discovering what countries such as Finland, Lithuania and Estonia have known for centuries: sauna isn't simply about getting warm. It's a powerful practice for health, wellbeing, community and connection. And now, right here on the edge of Sedbergh, nestled amongst the stunning landscape of the Howgill Fells, we have our very own wood-fired sauna.

Birch Sauna sits beside Blossom wellbeing yurt at Howgills Hideaway, offering panoramic views across the

fells, wide open skies and the kind of peace that's becoming increasingly rare in modern life. But what makes our sauna different is that it's rooted in tradition. Sauna may be having a moment, but it is far from a trend. For thousands of years, sauna culture has been woven into daily life across Northern and Eastern Europe. It has been a place to gather, celebrate, heal, reflect and connect. People didn't visit a sauna simply to sweat; they came for the rituals, the conversations, the slowing down and the deep sense of wellbeing it brought.

As a qualified Sauna Master, Fiona, from Bloom with Berry, has trained both in the UK and Lithuania, learning traditional Baltic sauna practices known as Pirtis. This is a beautiful and immersive sauna tradition that works with the healing power of nature. During rituals, aromatic herbs, flowers and plants are infused into the sauna



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atmosphere, releasing their scent and beneficial properties. Traditional leaf whisks, known as vanta, are used to gently brush and fan the body, creating waves of heat, stimulating circulation and providing a unique sensory experience that is both invigorating and deeply relaxing. The experience engages all of the senses. The crackle of the wood-fired stove. The scent of birch, eucalyptus, meadowsweet or wild herbs. The warmth on the skin. The rhythm of the whisking. The feeling of stepping back into nature and away from the noise of everyday life.

While many people are drawn to sauna because it feels good, research is increasingly highlighting the potential health benefits too. Regular sauna bathing has been associated with improved circulation, reduced stress, enhanced recovery after exercise, better sleep, relaxation of muscles and joints, and support for overall wellbeing. Many people simply describe it as one of the few places where they truly switch off.

Perhaps most importantly, sauna creates space. Space to slow down. Space to breathe. Space to connect with yourself, with nature and with others. That's why our Social Sauna sessions have become so popular. They offer a chance to gather with friends or meet new people, sharing warmth, conversation and laughter between rounds of heat and cooling off in our cold plunge beneath the Cumbrian sky.

This summer we're also launching

something completely new: Sauna Supper. Taking place on 18th July, Sauna Supper combines the restorative experience of sauna with delicious food and good company, creating an evening designed to nourish body and soul. It's an opportunity to experience sauna culture in the way it has traditionally been enjoyed for generations: as a communal, joyful experience that brings people together. To our knowledge, this is the first sauna offering of its kind in the area and one of the few places in the North West where people can experience authentic Pirtis-inspired sauna rituals led by a trained Sauna Master.

Alongside our community sessions, Birch Sauna is also available for private bookings, whether you're celebrating a special occasion, gathering with friends, planning a team wellbeing event or simply looking for a unique way to spend an afternoon.

As someone who spends much of her time helping people reconnect with themselves through yoga, wellbeing coaching and nature-based experiences, Fiona had fallen in love with what sauna can offer. It's simple, ancient and surprisingly powerful. Sometimes all we need is warmth, fresh air, good company and a little time away from the rush of everyday life. And now, all of that is waiting just above Sedbergh.

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*Karen Evans
Chief Officer*

South Lakes Citizens Advice

The flat that I rent is very expensive, it's damp and in bad condition. The wiring is unsafe and last week everything in the kitchen stopped working. I keep trying to contact the letting agent but they don't reply. I can't afford to eat out. I will have to borrow money to get this fixed if nothing happens. A friend complained about repairs and they got evicted. This is making me feel trapped and very stressed. What can I do?

You are not alone - Citizens Advice has found almost half of

renters who dealt with a letting agent in the last three years, nearly 4 million people, faced rule-breaking behaviour. 29% saw emergency or urgent repairs left totally unresolved. Citizens Advice nationally is campaigning for tougher regulation of letting agents and better enforcement of existing rules.

The new Renters' Rights Act makes it illegal to evict a tenant without a good reason, so don't be afraid to take action.

Collect all your evidence - photographs, dates of contacts and copies of messages, receipts for expenses caused by the problem, a letter from your GP if your health is affected, and a copy of your tenancy agreement.

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Write (or email) to the letting agent setting out the problem, give a clear deadline, and keep a copy. If you don't get a satisfactory response, you can make a formal complaint, first to the letting agent and then to an independent complaints body. You can even take them to court, use ADR (alternative dispute resolution) or mediation. But where the problem is a Health and Safety issue, as in your case, you can contact your local Council for help in ordering your landlord to carry out the repairs.

There is full information about all these steps on the Citizens Advice website. If it seems overwhelming, contact SLCA who will guide you through it.

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

- Tuesday - Drop in at Wainwright's Yard, Kendal 10am - 1pm, last client at 12.45
- Wednesday - Pre-booked appointments
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FIFTY YEARS AGO

Colin Cowperthwaite

A selection of news items which appeared in local newspapers during June and July 1976.

Swimming Club

There were forty people at a parish meeting in the People's Hall last Wednesday, and unanimously called on the Parish Council to form a swimming club. Four people were elected from the meeting to form the nucleus of a committee, and were given power to co-opt. They are Mr Andrew Winn, Mr R. Smith, Mrs Christine Williams and Capt. R.A. Morrison. The committee will also have two representatives from the Parish Council, and two from Sedbergh School. The Clerk to the

Parish Council, Mr R. Harper, will be responsible for calling the first meeting of the committee, but swimming will not commence before the autumn term.

Efforts by Sedbergh Scholars

Two pupils of Sedbergh County Secondary School, David Todd and Ian Parrish, who are on a course based at Fellside Outdoor Pursuits Centre near Wigton, will be staying at their own school as part of the course - the group is visiting Sedbergh. The exchange visits of children from Barnsley and Sedbergh schools, both camping and staying in each other's homes, have proved very successful and interesting, and it is hoped that this will be an annual exchange visit.

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Friday afternoon was the occasion of sponsored fundraising by pupils. The children have been sponsored for trampolining, being silent, dancing, cycling, walking, scoring cricket runs, and swimming. This has been a self-help effort to assist school funds now the authorities are having to restrict finance. The event was organised by staff and children. This weekend a group of children are camping at the school from Barrow-in-Furness. Mr D. Lord is in charge of caving and other expeditions to make their stay enjoyable.

Dent School Presentation

On Friday afternoon in the presence of parents, governors, teachers, canteen staff and children, the vicar, the Rev. A.J.W. Barker and his wife received their retirement gifts from the school. Teresa Capstick presented Mrs Barker with a bunch of flowers. Vanda Wilkinson gave them both a book of paintings done by the children, Gillian Tyson gave a paperweight to Mrs Barker, and Thomas Hartley, not to be outdone by the ladies, gave a retirement card he made himself. The main present was a Dent glass goblet with Dent Church and the vicar's initials engraved on it. Last Sunday morning, at a service which was well attended and led by Mr Boggis of Sedbergh, the retiring vicar preached his farewell sermon in his parish of more than 14 years. He spoke of his family's love of Dent and of the warmth extended to them during their time there. Mr Bush was organist, and Mrs Florrie Raw and

Sarah were on the bells.

Born in the Parish

The death occurred recently of Mrs Annie Postlethwaite, widow of Mr J.T. Postlethwaite. Mrs Postlethwaite had lived all her life in Howgill. Born at Gate House, she was the elder daughter of Mr and Mrs Hird. On her marriage she moved to Riddings, where she and her husband farmed until their retirement to Mill House. Mrs Postlethwaite was a regular attender at Holy Trinity Church, and was a member of the church council for many years. The funeral took place on Friday, when the bearers were four grandsons. Mrs Postlethwaite is survived by two sons, four daughters, thirteen grandchildren and five great grandchildren.

Ladies' NFU

"Making up to look Natural" may sound "Irish", but was in fact part of a talk on beauty culture given by Mrs Armitstead, of Lancaster, at the monthly meeting held in the secondary school. With Mrs Davenport as the volunteer model, members were shown how to cleanse the skin, and other cosmetic tips. Thanks were expressed by Mrs Pearson.

Old People's Welfare

The annual meeting of Sedbergh and District Old People's Welfare Committee was held last Thursday at Highfield House with the vicar, Canon D.A. Rogers in the chair. The treasurer, Mr G. Hague, reported that there was a deficit of about 200 pounds on the year's working,

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mainly due to exceptional items of expenditure, and no major money-raising efforts being undertaken during the year. Although it did not justify complacency, there was a balance in hand of nearly 1000 pounds. The Meals on Wheels organiser, Mrs Christine Williams, reported that 3,054 meals had been served during the year to an average of 25 recipients per week. This compared to 3,465 meals to an average of 30 recipients during the previous year. The chairman announced that he was resigning from office. He had held the position since 1967 and thought that there should be a change. Elections: chairman, Lady Entwistle; vice-chairman, J. Burrow; treasurer, Mr

G. Hague; auditor, Mr Colin Armitstead. The secretary, Mr A.G. Wilkinson, did not offer himself for re-election and the vicar agreed to fill the office on a temporary basis. Mrs Williams will continue to organise the Meals on Wheels.

Garsdale Presentation

There was a farewell and presentation party at Garsdale Primary School last Thursday to mark the departure of the headmistress, Mrs Adrienne Roberts, for Windermere, where she has been appointed to the headship of St. Mary's Nursery and Infant School. Pupils staged a short concert, and then David Calvert and Jason Winn presented Mrs Roberts with a flowering plant and a painting

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by Henry W. Bracken. Mrs Mary Airey spoke on behalf of parents, and the vicar, Canon D.A. Rogers, who also gave an address, congratulated Mrs Roberts on gaining her Bachelor of Education degree. He also thanked Miss Dilys Evans, the acting headmistress, who agreed to continue in the position for another year.

Methodists

The Sedbergh Circuit Rally was held recently at New Street Methodist Church, and the guest speaker was the Rev. Ronald H. Brown, the Superintendent of the Workington Circuit, and secretary of Carlisle District Synod. The afternoon service was followed by tea, and at the evening rally the Rev.

H.S. Hills introduced the chairman, Mrs H.W. Robinson of Kendal. The Rev. Brown spoke on the subject of "Faith", and the Circuit Mission Band sang a number of gospel songs. Organist was Mrs G. Spencer, and supper was served at the close.

Dent Parish Council

A meeting was held on Monday June 28th at which it was reported that Task Force North, which had been operating within the Yorkshire Dales National Park for some months, ceased operations at the end of May, as the Regional Office of the Manpower Services Commission would make no money available after this date. The council had asked that two footbridges over the River Dee at Ellers and Brackensgill

should be rebuilt, and the YDNP had accepted that if South Lakeland District Council were unable to do this within the current year, they themselves would endeavour to do the job. Some concern was expressed about the state of the Dent Water Supply, and enquiries of the North West Water Authority had shown that there was some problem about the degree of chlorination required to make the water safe for drinking without making the water unpalatable. The council was to make further enquiries to ensure that the water was safe to drink.

Church Council

The first meeting of the newly elected Church Council for the parish of Sedbergh, Cautley and Garsdale was held last Monday at Highfield House, the former Rural District Council offices. The vicar, Canon D.A. Rogers was in the chair, and elected officers are: vice chairman, Mr J. Burrow; secretary, Mrs M.R.W. Cann; treasurer, Mr A.G. Jenkins (Sedbergh Parish Church), Miss Isobel Scarr (Vale of Lune), Miss M.A. Armitstead (Cautley). As yet there has been no appointment made for Garsdale. Electoral Roll Officer, Mr E. Towler; representatives on joint committee with Roman Catholics, Mr I. Christopherson and Mr Burrow; Sedbergh Council of Churches, Mr A.P. Adamson and Mrs T. Winn; Sedbergh and District Old People's Welfare Committee, Mrs J.D. Young, Mrs L. Douglas and the Vicar.

RECOLLECTIONS OF SEDBERGH

Colin Cowperthwaite

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

It was a time to remember when the railway line was opened between Lowgill and Ingleton (1861 I think) and coals were brought from Ingleton: they did not send forth sulphur fumes, but they blazed; before long Durham coal came and Ingleton coal sank into obscurity. At Garsdale, as the coal was picked out it was put ready in cart loads at the pit mouth. It was no light matter in those days to fetch the coal in winter: where there were no walls there used to be posts fixed about eighty or a hundred yards apart painted white below and the upper part black. As a little child I remember seeing this when I was taken for a drive and asking why the tops of the posts bordering the steep slopes down to the river were painted thus, and was told that in winter the snow was often so deep that the posts were placed there as warnings to carts and coaches to

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prevent their getting off the right track.

The Cautley road was the most direct route to Durham and Northumberland. There was a daily coach (from York I think) and the guard's horn, as the coach passed through Sedbergh Main Street, was the great excitement of the day, at about four p.m. We children were not allowed outside the gates, so could only have a glimpse, but the horn alone was a great delight, and the "Factotum" next door kept the house steps placed in readiness against the yard wall to mount and watch it pass on hearing the horn. Only twice do I remember our being honoured as I felt by the coach stopping at our house, and the first time it was to deliver a magnificent Newfoundland dog - "Duke" by name, a grand fellow to look at, but his time with us was short for some reason, and we knew him no more. The second time I saw the coach stop at our house it turned out a visitor, who came to look after us while my father and mother were away, and I was only too glad when it took her away again, for she was one of the very few active dislikes in my life. That winter and its happening never faded from my memory; I believe I was four years old; Dombey and Son was coming out in parts and was read aloud, and I heard much about it.

I do not recollect when the coaching days passed. After the Lancaster and Carlisle railway was opened, Lowgill was our nearest station. I believe there was a bus to

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take the boys to the school at the end and to meet them at the beginning of term. For those who had no means of conveyance of their own, things were sometimes awkward. I remember a very obliging carrier, Adam Parrington, who would at a pinch give the shelter of his cart and cart cover to those at a loss, and once when there was a scare of scarlet fever at our house, we children, one dark December morning, were packed off in it at 7.30 in a great hurry and "left till called for", shut safely up in the little old waiting room in the then wooden Lowgill Station, and it was five or six hours before our protector and belongings arrived in a phaeton to conduct us to our destination. I think Adam Parrington also plied between Sedbergh and Kendal twice a week. It was slow going but he was a jovial big-bodied and big-hearted man.

Carrying the mail bags to Kendal was even then a risky undertaking. Letters all went to Kendal first, and the road beyond Scotch Jeans was bare of dwellings for many miles : I believe the next one was the second turn-pike house three miles from

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Kendal. Many had been waylaid, robbed, and even killed by highwaymen in bygone days, and just before my own time old Benson, for one, was robbed and left for dead; but he recovered. He was found lying senseless with no sign of anyone near on a hill three miles this side of Kendal. There is a story of a much respected family of brothers living on a farm at the foot of this, so-called, Middle Hill : I know the house well. These men were steady churchgoers or even churchwardens and took part in investigating these evil doings on the high road. Ultimately these very men were found to be guilty of highway robberies and brought to justice.

Crossing the fell was none too safe a matter in our young days, and when we saw the little red mail-cart starting at night on its journey we felt great awe for the driver, who always carried a loaded pistol. He used to start on the return journey at five a.m. I only remember two drivers, Lambert and "lile Jimmy Poss". The latter was known and liked by everybody, and was known to be very good to his mother.

FAMILY MUSINGS

Sarah Woof

What a lot of celebrations we had recently. At the end of May our youngest grandson was two years old. He celebrated soon after by coming into our house saying "gran" for the first time. Precious. At our 45th, sapphire wedding anniversary, the same grandchild wasn't impressed when I removed the balloon pump he was carrying around before he hid it. I gave him an alternative thing which he promptly dropped in the stream!

What a marvelous day we had, glorious sunshine and over 115 people, friends and family having tea in our garden. We met three great nephews for the first time and although all our bridesmaids couldn't be with us, two were. When people were asked to put hands up if they were at our wedding, it seemed quite a number were.

Amongst the guests were my brother and his partner and a cousin who, with his wife, will celebrate 70 years of marriage next year.

Then we shared in the Pentecost Service and BBQ before heading off for a few trips out during the day but returning home for B&B.

Gardening is going apace, lots of vegetables amongst the flowers. We have tidied our allotment and started to grow veg there. Our free-range hens still haven't been caught ... yet.

Some of my schooldays were at boarding school in Windermere. We started at the junior school, Elleray

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(now sold) with a good walk twice a day to and from the senior school, moving up in our second year. There were downsides and positives with being away at school, but the main positive is the friends made all those years ago (1968 to 1974/5) that I am still in touch with. We meet every June for lunch in Carlisle and have the most wonderful time. Great conversations, sharing of memories, looking at photos and really, we are still a group of giggling schoolgirls at heart. Long may it last; we are all in the region of our 70th birthdays with more celebrations to come.

Enjoy however you spend the summer and here's hoping we have some hot dry weather.

DENTDALE HEAD TO FOOT Annual Summer Outing

Andrew Povey

The sun came out after a few days of rain, as we set off by minibus from Dent.

Our first stop was at the Halecat nursery/garden centre at Witherslack. Coffee was available prior to a good look around the many plants available in this quiet, very sheltered nursery. Some beautiful cockerels live here and welcomed us with their cries. There is plenty of seating to sit and enjoy the sight of a very wide range of plants. Many plants were bought and the front luggage area of the bus started to resemble a miniature nursery itself!

The next stop was at the Derby Arms in Witherslack, the local pub, for a hearty lunch and a drink. This was a convivial time for members and friends to chat.

Our final stop was in Cartmel. This very attractive village hosts the racetrack, and a magnificent and very large priory church, plus numerous cafes and pubs. Everyone was free to wander and explore. There were many interesting historical features to learn about.

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

In July we will be holding our Strawberry Tea. This is a fund raiser towards the community Christmas Lunch that we provide in December. The Tea will be on Saturday July 4th in the Memorial Hall in Dent at 2pm.

We have no meeting in August, so the next meeting is then on September 4th. This will be a talk from Susan Cox: Far La Routo: following the flocks to the Alps.

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 - DDHF 07881655166 poveya@btinternet.



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The Afternoon Institute For The Entire Area

Wendy Fraser-Urquhart

Due to difficulties with our hoped-for speaker, we had an afternoon in which we entertained [and educated!] ourselves. Members had been asked to select the one book which they would save from their burning house if they could only save one. Then they had to explain its significance to the rest of us. What an impossible task that proved to be! I was the first to start and have to admit to cheating from the very beginning by mentioning my number 2 and number 3 choices as well. My number 2 is still almost always on my bedside table. It is a little book which belonged to my mother, being a teenage gift to her. Both she and I knew by heart many of our favourite poems from it. It is "Palgraves Golden Treasury". My very favourite book is "Anne of Green Gables", which arrived at our house when I was 11, in and among three full bookcases which my father had purchased at a lunch-time auction when out from his office on the Pier Head in Liverpool. They proved to be a great treasure for all the family.

Dilys's valuable choice was far more erudite. She selected a famous local history book, "Three Picturesque Yorkshire Dales, Sedbergh, Garsdale, and Dent", by Rev. W. Thompson, which was first published in 1892. He was a true academic and a truly local man. The

book is absolutely fascinating. Her second choice was a book which she has just finished reading called "Cuddy" by Benjamin Myers. It tells all about St. Cuthbert and the building of Durham Cathedral.

Margaret was next, and she slipped even further away from the 'one precious book' theme, by recommending a series of 15 books that she has enjoyed over recent times. The books by Ellie Griffiths are non-violent whodunits featuring Dr Ruth Galloway of the University of Norwich.

Susan brought us back on track by showing us her precious school prize, "Jane Eyre" by Charlotte Bronte. She explained that she valued this particular volume

because it is the only prize she ever won. All we can say to that is that her teachers must have been nuts! Susan's choice brought back happy memories of the outing we had to Haworth Parsonage a few years ago.

Barbara M. was the final 'bringer of books' for this meeting. Her first book was one which she has read recently. It is described as historical fiction inspired by real lives and events. It is called "The Ladies of Llanfairpwll" by L.K.Wilde, and concerns the growth of the W I at Llanfair PG in Anglesey. Barbara's treasured book is one which was known to one and all, a well-worn Rupert Book. What a lot of memories that brought back!



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Tea time followed, so we look forward to other members' contributions on some other occasion. Lots of the chat over our luscious chocolate cakes was about books. We actually had our business meeting as we munched. My mother would have said, "don't talk with your mouth full"! We offered birthday congratulations to Lavinia and Pat. We planned our future activities. Thank you Sally for hosting our forthcoming Garden Party on Tuesday July 7th. Our competition for a bee related item was won by Dilys. Our July meeting will be held at the People's Hall at 2-00pm on Tuesday July 14th when Rob David will tell us about "The Secrets of Muncaster Castle". So they won't be secret any more!

HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

Laughter was the agenda for the evening when we met at Firbank School Hall on 4 June. Diane Fairhurst-Kirk, who had trained at Dent Mediation Centre, guided us in the art of laughter yoga, where your inner child is revived. Laughter yoga was founded by Dr Madan Kataria in a park in Mumbai, India to a group of 5 individuals. Its popularity has been so great, thousands are now practicing this type of yoga worldwide. It targets the body, mind and spirit, increasing mood and wellbeing, raising the immune system, whilst reducing stress and tension. Along with all that, it burns calories and improves

cardiovascular health. Everyone participated with tears of laughter being experienced by some. Diane brought her talk to a conclusion with a short exercise in meditation/relaxation. Jacqui thanked Diane for a most entertaining evening.

Condolences were expressed re the sad news of the death of Brian Hoggarth. Our thoughts are with Audrey and her family at this sad time.

Members who attended Country Fest at Crooklands had an enjoyable day out. The newsletter was reviewed, and some suggestions for an outing were discussed with a decision to be made next month when it's our members evening. The competition for a family photograph was won by Tanya, with Pauline second; and the raffle was won by Vera. We concluded the evening with our usual Jacobs join.

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SEDBERGH W.I.

Moirra Folks

A bit of luxury to start this report: our lunch club met at Kendal College on 20th May for a 3-course meal for £17 served by Kendal College final-year catering students in their restaurant, each course with 3 options. It was beautifully served and most of us were pleased with our choices.

On Friday 22nd May, a plant sale held at Ellen's house raised an amazing £258 for our WI funds, thanks to several busy members who had been raising seedlings, rooting cuttings and dividing their own plants for sale. Thanks to good advertising in the community forum, we had lots of visitors as well as our own members buying plants: well done to all of you who helped, and many thanks especially to non-members who came to support us!

On Thursday 4th June at Sedbergh People's Hall we hosted the annual WI Group Meeting which brings together several WI groups from around the local area: the groups take it in turns to host the meeting, which allows us the opportunity to invite a special speaker. 'From Prison to Palace' was the eye-catching title chosen by Veronica Bird to describe her own career. Born in Barnsley, one of nine children, she was used virtually as a slave in the home as well as being physically abused, and she wasn't allowed to stay at school beyond the

earliest leaving age, so she couldn't take exams, being forced to work on a market stall. One day a woman she knew told her that she must get away from home as soon as possible because she was simply being used as a slave. She tried to get a job at M&S but failed because she couldn't get to the interview. The Prison Service accepted her as a trainee prison officer, however, and gave her accommodation away from home: ideal! She served in several prisons and eventually became a prison governor, being awarded the Order of the British Empire for her successful career, which also included security work at Buckingham Palace! As first woman governor at Armley Prison in Leeds, she initiated a suicide prevention scheme and involved the Samaritans. She visited Russian prisons with a view to helping improve conditions. She was certainly an extraordinary woman!

Following Veronica Bird's lecture, a light supper was served, provided by our members, which was much appreciated by everyone – there were about sixty ladies present, including Karen Hanks who chairs our local Federation.

Our Summer Outing took place on June 10th, when seven of us met at Barnard Castle in County Durham to visit the Bowes Museum. Some of the party had been before and had annual tickets: this was my first visit, completely unprepared for, so I was in for a delightful shock! As we



turned through the gateway, the view of a grand chateau in French style, backed by fresh green English woodland, just made my jaw drop! The interior, with grand wide sweeping staircases, was similarly impressive with high-ceilinged galleries on two floors providing ample space for exhibitions of paintings (including some Impressionists and Canalettos), porcelain, furniture and fashion from several centuries, though the particular exhibition of the moment was of fashion designer Vivienne Westwood's collection over several decades, which was very interesting to view but would not have necessarily been very comfortable to wear! We were booked for lunch in

the café at 12pm, so we managed to view some of the collections before it. A must-see event was the life-size automaton Silver Swan in one of the galleries, 'swimming' round its glass case. After that, we went back to see anything we'd missed so far, ending up in the café with tea and cake to see us home. It was a very enjoyable day out: many thanks to Ellen for organising it and to Valerie and Louise for chauffeuring us!

The book club met the next day at Karen's home where she treated us to a lovely pre-birthday celebration afternoon tea – her own birthday was due 3 days later. We were discussing 'The Winds from Further West' by Alexander McCall Smith, better known for his humorous '44

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Scotland Street' novels and 'Number One Ladies' Detective Agency' series set in Botswana. Most of us preferred those to the book under discussion, published in 2024, which was more interested in modern-day problems associated with careers in academic circles and difficult relationship problems. With scores given between 8 and 3/10, the average was 6.

Our next meeting in the People's Hall committee room will be held on Wednesday 8th July with Denise Clarke, a local author, talking about her life and work. Visitors and new members are always welcome. For further information, please contact Ellen Morrison on 07702 919745 or Valerie Welti on 07969 376649.

RETURNING TO HEALTH & RUNNING

Ali Bramall

For as long as I can remember I've been interested in health and healing. Being brought up on a farm has obviously had a big influence on me. I was fit from working and all the sport I did and learned how to deal irritations such as rubbing a dock leaf into nettle stings and using comfrey for bruises and breaks. I've known that there are many ways to heal naturally and that given the appropriate support, the body will heal itself.

When I was young, I used to run everywhere - it came easily. Moving to Ambleside after university, I was in the perfect location to push myself physically as I was working in Leadership Development in an organisation that used the lakes and fells as a training environment.

I used to take it for granted that I'd be able to keep pushing myself up hills, either on foot, skis or mountain bike, enjoying the exhilaration of racing or summiting alpine mountains; but despite taking reasonable care of my body I have slowed down and at 67 I'm no longer able to make the cut off times in races. I tell myself this is OK and I can be content with walking, but actually, I'd still love to be enjoying the freedom of moving quickly over the fells and having the leaner body that goes with running.

In search of keeping myself injury-free and healthy, I've been going for Acupuncture and Cranial



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Osteopathy for decades and I've trained in a whole range of energy healing practices so I can take care of both us and the dog.

Last November, my husband Steve's knee became very inflamed, swollen and too painful to walk. It happened without an obvious cause and seemed to be his body re-visiting an old skiing injury that hadn't fully healed. This led me to explore the world of stem cell renewal.

I got enthused by this amazing technology when I went to Windermere to meet people who had their lives change dramatically as a result of using LifeWave patches. There's nothing like seeing the walking, talking evidence as well

as hearing from others all over the world whose health has improved when nothing else worked for them.

LiveWave has customers in 87 countries so there are thousands of personal testimonies of halting chronic pain, bones regrowing, eyesight returning, organ regeneration, menopausal symptoms disappearing, arthritis, ulcers, diabetes, and nerve inflammation resolving. There are also many testaments to overcoming cancer and pretty much everything that can be addressed when the body's stem cells are rejuvenated. The only part of the body that isn't able to be regenerated in this way are teeth.

I just had to get involved as I was

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captivated by the desire to de-age my whole body. I don't have any injuries or health issues so my focus was on improving stamina, speed and getting myself fit.

I've done a lot of de-toxing and found it's the little things that we tend to take for granted as we get older, that have improved. My skin is smoother and the wrinkles on my face have reduced. Cracked heels and athletes' foot that I used to get from walking barefoot on the fells are no longer an issue. The same for cold sores, which would inevitably come as a result of being in strong sun. What I'm looking forward to is my eyesight and hearing improving, as it has done for so many people, and the brain fog disappearing. And of course the increase in energy and

stamina.

Over the last 4 months Steves' knee has recovered to an 8/10 and his silver hair is not only thicker but growing back dark grey at the sides.

Some people are known as 'One Patch Wonders' as they can feel the healing effect immediately. Others take days, weeks or months. The thing is that even if the effects are not immediately obvious, the stem cells are working internally. Collagen is needed to make the cells of all the internal organs strong and flexible, so there's a load of work going on out of sight. It's reckoned that we need a month of patching for every decade of our lives and as everyone is different, we can't predict how long it will be before the magic happens.

DEMENTIA

Myles Ripley

Firstly, may I thank all of you who attended our Coffee Morning in May where we raised just over £300 which was donated to Dementia UK. Thanks also to Sedbergh Songsters who entertained us (and baked plenty of goodies) and to Alheimers who sent a representative to advise attendees. We will have a stall at the August Artisan market if you want to come along and find out more.

Another idea if you want to find out more about Dementia is Dementia UK's free Summer school which is online so you can attend their sessions from the comfort of your own home.

Tuesday 7th-Friday 10th July

Dementia UK is excited to host its free annual Summer School, with the aim of improving practice in and knowledge of dementia care. We invite all, including students, volunteer sector workers and allied professionals who have an interest in improving care and support for families living with dementia.

Here is a description of the topics available during Summer School. You are welcome to book as many

or as few webinars as you like. Book via <https://www.dementiauk.org/professionals/admiral-nurse-academy/annual-summer-school/>

If you have any questions, please contact

ANacademy@dementiauk.org

Tuesday 7th July

10.30am-12pm Welcome to Dementia UK and Admiral Nursing

- Welcome to Dementia UK: the specialist dementia nursing charity
- Admiral Nurses working across different settings

2-4pm Practical tips and advice in dementia care

- Tips from dementia carers: Lived Experience Advisory Panel (LEAP) discussion

- Risks in the home

Wednesday 8th July

10.30am-12pm Rarer types of dementia and tackling stigma

- Frontotemporal dementia
- Tackling the stigma in young onset dementia

2-4pm Parkinson's and Lewy body dementia

- Parkinson's and cognition: symptom management and treatment

- Lewy body dementia:

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understanding the lived experience and supporting families – what works

Thursday 9th July 2026

10.30am-12pm Honouring and supporting the LGBTQ+ community and dementia care

- Love, legacy and memory: centring LGBTQ+ stories in dementia care

2-4pm Honouring culturally responsive dementia care

- Inclusive dementia care: cultural and religious considerations
- Protocols used in transcultural dementia care: supporting communities from diverse backgrounds

Friday 10th July 2026

10.30am-12.30pm Intimacy and sensory needs

- Promoting intimacy in dementia care
- Hearing loss and dementia: why hearing matters for brain health
- Navigating the complexity of real life: a family experience

All presentations are recorded and available on the Dementia UK You Tube channel

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare



UK Swift Awareness Week

Sat 27th June - Sun 5th July 2026

Despite a few brief hot spells this summer the cold, windy and wet weather has not been good for swifts. There have been very few parties of swifts screaming and flying around and people have been asking 'where have all the swifts gone this year?' The swifts are indeed here but have gone into what we might describe as 'stealth' mode – the breeding birds concentrate on going out foraging for insects and just dart back into their holes, so quickly that you're not necessarily likely to spot them. The non-breeders probably prefer to stay around the best feeding areas such as marshes and lakes. Apparently masses of swifts were seen feeding at Leighton Moss RSPB reserve. All it takes is for some fine weather and you see them hurtling around once more.

Nevertheless, make the most of July – let's hope for better weather - as it should be the best month for seeing more swifts. The non-breeders will be flying around feeding - with only themselves to look after - and both of the parents

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of breeding pairs will be very active in feeding their chicks. With a record very early arrival and egg laying this year, our oldest chicks at Lowgill could be ready to fledge about July 10th. The majority of chicks however will not be fledging until later in July, as after the early swifts returned from migration the other arrivals were very drawn out.

Consequently, there is a big overlap in development, with (at the time of writing) a few chicks being 2 weeks old while other pairs are still incubating their eggs. After the last egg is laid both parents take turns at incubation. We noticed this year though that eggs were being left uncovered in the nest for a few hours at a time, which is unusual.

Maybe the parents were struggling to get enough insects to feed themselves and just had to go out. When they do hatch these chicks won't be fledging until late July and even some in August.

Swift chicks spend a long time in the nest - about 40/42 days - which is unusual compared with other birds. It is probably because, as the nests are hidden in eaves, they are safe from predators whereas other birds' nests are vulnerable to predation by magpies, crows and even starlings.

The other difference is that unlike most other birds, swift chicks, once fledged, never return to the nest, are not fed by their parents and are completely independent of them.





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Never having flown before, they drop out of the nest site under gravity and swoop into the air to become airborne for the first time. They join the adults in the sky along with all the non-breeding swifts and very soon after that will embark on their first migration back to Africa. Astonishing!

The national UK Swift Awareness Week is June 27th to July 5th, with over 90 events taking place all over the country. Swift groups put on all sorts of events – walks, displays, craft sessions etc - to raise awareness of swifts, explain the threats they face, but show that they are a bird that we CAN help.

We will be holding an Open Day at Lowgill on the morning of Sunday

July 5th at 9.30am, with panoramic viewing of our large colony flying around. Prior booking is essential. Even if the weather is not favourable outside there will be activity to view through our cameras. Contact details are below.

On Saturday July 4th at the 40 Farms Fair at Rheged at 1.30pm we will also be giving a talk 'Amazing Swifts'. This is a free event at Rheged 10am - 3pm with many stalls, food, crafts, gifts

A reminder: 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 it will fly: put it in the palm of your outstretched arm. Let it take off in its own time. If it doesn't fly, or crashes down, put it in a shoe



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box to rest. Contact us for more advice. It helps if you send us a picture. 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. They hopefully will let you take it to them.

And could you be a Swift Taxi, just to drive grounded swifts to a helper such as Kendal College? All we need is your phone number just to see if you might be available. When someone contacts me, I would phone around to see who could collect the bird and drive it for rehabilitation.

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 or ring 01539 824043



BLACKTHORN

Karen Bruce Lockhart

The blackthorn is among the first real signs of spring as the blossom covers the hedges and hillsides with its slightly pinkish petals. It is of the rose family and is a variety of plum. Its latin name is *Prunus spinosa* – prickly plum. The flowers are typical wild rose shaped although much smaller and usually more numerous on the branches. It is common all across Europe and the word “sloe” with minor variations can be traced in nearly all Indo-European and Slavonic languages

The wood is often used to make very superior walking sticks. Officers in some regiments round the Commonwealth (particularly Irish) carry sticks made of blackthorn. Its most common use is as hedging as the sharp spines make it a good barrier. As it is hardy it is also used as a root stock for many species of plum. Although it is usually a bush it can in fact grow to 20 feet with tangled branches. The fruit is, of course, the sloe, a very bitter wild plum that can be made somewhat sweeter by frost – or alternatively a night in the deep freeze. This also softens the skins for making sloe gin. The skins were used to make dyes and ink – the dye starts by being red but fades to a light blue dye.

The fruit is edible but very bitter, and the stones are not edible as they contain traces of cyanide (like most varieties of plum) and should always be discarded. As well as sloe

gin the fruit can be used for jams and chutneys

The bark and berries used to be used to treat diarrhoea and stomach cramps. An infusion of blackthorn flowers and berries has also been used for colds, coughs and bronchitis. The sloes have diuretic and slightly laxative effects and can positively affect blood sugar levels. The sloes are good for vitamin C.

The berries have also been used as charms, amulets, etc, to ward off evil. A prick from blackthorn spike was said to seal a bargain with the devil. Blackthorn staffs were used by witches and warlocks. It is associated with the more evil kind of fairy such as goblins.

CUMBRIA WILDLIFE IN JULY

Myles Ripley

In July, Cumbria's wildlife is in full summer swing, highlighted by breeding ospreys at Bassenthwaite Lake and Foulshaw Moss, fledging curlews across the fells, and grey seals at South Walney Nature Reserve. It is also the peak season for upland hay meadow wildflowers and migrating seabirds.

Birds

- Ospreys: July is a thrilling time to watch breeding ospreys. You can observe them swooping over Bassenthwaite Lake or follow the webcams and boardwalks at the Cumbria Wildlife Trust Foulshaw Moss to see young chicks practicing their fishing skills.



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- **Waders:** Listen for the haunting, trilling calls of the curlew across moorlands and wet grasslands before they migrate to the coast later in the summer.

- **Seabirds:** At South Walney Nature Reserve near Barrow-in-Furness, watch out for Arctic, little, and sandwich terns fishing, as well as breeding eider ducks and oystercatchers.

Marine Life

- **Grey Seals:** July is an excellent time to spot grey seals at high tide. South Walney is the only place in Cumbria where they regularly haul out, and you can track their activity using the reserve's live seal cam.

Insects and Flora

- **Butterflies & Dragonflies:** Warm July days bring out a variety of butterflies—including the meadow brown, ringlet, and small skipper—flitting through the grasslands.

- **Hay Meadows:** Look out for Cumbria's spectacular upland hay

meadows. Reserves like Eycott Hill Nature Reserve feature a stunning array of summer flowers like great burnet, yellow rattle, and wood crane's-bill, which attract a flurry of pollinating insects. Bowber Head at Ravenstonedale is our closest example.

WARNING FOR ONLINE SHOPPERS AFTER SPIKE IN CRIMINALS GAINING UNAUTHORISED ACCESS TO RETAILER ACCOUNTS

Report Fraud

Report Fraud is urging online shoppers to stay alert for unusual activity on their accounts following a rise in criminals gaining access to buy expensive goods.

Recent reporting highlights Argos as a key trend in this activity. Report Fraud has seen a significant increase in cases mentioning the retailer, reflecting how criminals are targeting well-known brands. Argos is actively working with authorities and its customers to identify suspicious activity and strengthen safeguards.

Criminals are using login details



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2026

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Weds 16th September

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obtained from data breaches to gain unauthorised access to retailer accounts. This is possible due to the practice of reusing the same password across multiple online accounts. Once they have control of the account, criminals will place online orders and then collect the good in-person at a physical store. In some instances, the goods are paid for using payment details not connected to the victim of the compromised account.

These fraudulent orders are frequently fulfilled through 'click and collect', allowing offenders to retrieve goods in person.

In May, Report Fraud received 652 reports which mention Argos, a 323 per cent increase compared to April, when 154 reports mentioning the retailer were made. Since the start of 2026, there have been 1,175 reports mentioning the retailer, with May seeing the highest number to date.

Argos has been contacting customers who may have been affected and continues to work closely with partners and shoppers to help protect accounts and prevent further incidents.

Detective Chief Inspector Steven Kettle, Head of Crime Services at Report Fraud, said:

"Report Fraud urges anyone with online retail accounts to remain vigilant and be alert to any unusual or suspicious activity.

"It is essential to take appropriate steps to protect your accounts by following Report Fraud's guidance. If you believe you have been a victim of fraud, please report it to Report Fraud via reportfraud.police.uk or by calling 0300 123 2040."

How can you protect yourself?

All shoppers with any retailer should take measures to protect their online account. Here is what you can do:

Reset passwords: if you notice any unauthorised activity on an online account, you should change your password immediately. You should also do this for any accounts that use the same password. A good way to make sure your passwords are secure and strong is to combine 3 random words to create a unique password. You should opt for a passkey if you can.

Enable 2SV: whenever available, protect your online accounts by enabling 2-step verification (2SV).

Shopping online: if you decide to create an account for the store

you're buying from, don't allow them to store your bank details for future purchases.

If you have been a victim of fraud, you should tell Report Fraud by reporting it on the website at reportfraud.police.uk or by calling 0300 123 2040. Or if you live in Scotland, call 101.

SUSPICIOUS EMAILS

55 million suspicious emails reported by the public

Neighbourhood Alert

Members of the public have reported 55.7 million suspicious emails to the Suspicious Email Reporting Service (SERS). The free service was created by the UK's National Cyber Security Centre (NCSC) in 2020 and since its launch has resulted in the removal of 250,000 scams across 443,000 malicious websites

Why you should report phishing scams

'Phishing' is when criminals use scam emails, text messages or phone calls to trick their victims. The aim is often to make you visit a website, which may download a virus onto your computer, or steal bank details or other personal information.

The NCSC is a UK government organisation that has the power to investigate and take down scam email addresses and websites. Reporting a scam is free and only takes a minute. By reporting suspicious emails, messages and calls, you can:

- reduce the amount of scam communications you receive
- make yourself a harder target for scammers
- protect others from cyber crime online

How to report suspicious emails and text messages:

If you've received an email or text message that doesn't feel right, STOP!

- break the contact – don't reply, click on any links, call any phone numbers or make any payments
- check if it's genuine: contact the organisation directly using an email address or phone number you know is correct, e.g. from your utility bills, via a search engine, on the back of your card or by calling 159 for banks

Sedbergh and District Lookaround

AUDIO & LARGE PRINT LOOKAROUND

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

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

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



OPEN HOUSE

Every Tuesday
Coffee, Craft & Chat

10:00am till 12:00pm
Renew Wellbeing Café
Cornerstone Church Sedbergh



Sedbergh
Grief Share

07498 870267

*For anyone
struggling
with bereavement*

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

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

• Report suspicious emails by forwarding them to:
report@phishing.gov.uk
• Report suspicious text messages by forwarding them to: 7726 (it's free of charge)

How to report suspicious phone calls:

If you've received a phone call that doesn't feel right, STOP!

- hang up
- check if it's genuine: contact the organisation directly using contact details you know are correct, such as those on a utility bill, official website, the back of your card or by calling 159 for your bank

- don't trust the Caller ID display on your phone – it's not proof of ID
- report it by sending a text to 7726 with the word 'Call' followed by the scam caller's number

If you have been a victim of cyber crime or fraud, tell the police at www.reportfraud.police.uk.

For advice and guidance on what to do if you have been a victim of fraud, please visit:

<https://stopthinkfraud.campaign.gov.uk/recovery-from-fraud>

BOOK TOWN QUIZ ANSWERS

Gerry Cotter

1. Iris Murdoch's
2. Gather ye rosebuds while ye may
3. Daniel Defoe
4. Slaughterhouse-Five
5. Melancholy
6. Cakes and Ale – W Somerset Maugham
7. Three Men on the Bummel (also known as Three Men on Wheels, the bummel being a cycle tour in Germany)
8. Thomas Cranmer
9. Peter Shaffer
10. Simone de Beauvoir
11. P D James
12. Encyclopaedia Britannica

EDITORIAL NOTE

This is the first Lookaround produced using Microsoft Word instead of Publisher which is being 'retired' in the Autumn. You may have noticed glitches, or some of the information may not have survived the transition well. I have tried to double check as much as possible. Please do let us know if we need to make corrections.

PUZZLES (ANSWERS ON PAGE 81)

	7					2	
	5					1	
1			4	7	3		8
2				3			5
		5		2		3	
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9		4	6	2	5	8	1
	3					4	

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 Information Centre, Rycrofts, Spar, Dent Stores, and cafes and bars in the area, and by post (please address enquiries to the editor). Back copies are available to read at the History Society Archive at 72 Main Street or online at www.lookaround.org. Items for the 'Lookaround' should be emailed to:

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

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 in black and white. The December/January issue may be in full colour. All copies have a full colour cover by a local photographer, or photographers.

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

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.

Ideally please use font 'Arial' and font size 11 point.

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 also 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. Handwritten articles can be posted or delivered to the address above.

ADVERTISING

Please see page 4 for all details on how to advertise in Lookaround including contact details and pricing.

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. 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 £50.00 for an Annual Subscription. If you live in the 'Lookaround' area we will deliver for a year for £20.00.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

JULY 2026			05 1400 Michaelmas Term Begins	SHC
01 Rivers For Life (34)	Dales	08 1400 Killington WI Cumbrian	PH	
01 930 Sight Advice Coffee	StAS	08 1930 Domino Drive	FCH	
01 1915 Wildlife photo walk	Broughton	09 1100 Pmr/Gca support group	FM	
04 Amazing Swifts Talk (56)	Rhedged	09 1930 WIS Social Evening	PH	
04 1400 Dent Head to Foot	DMH	13 Exploration and Discovery	SS	
05 930 Swifts Open Day (Booking	Lowgill	13 Glimpses of Our Bay -	SS	
07 Killington WI Garden party	TBA	13 Text and Textile! - Connie	SS	
08 1100 Pmr/Gca support group	FM	13 1830 East Witton Male choir	Hawes	
08 1900 Transport User Group AGM	CCCN	14 Walking and Wellbeing	Various	
08 1930 WIS Author Denise Clarke	PH	14 1000 Frostrow Fell Walk (5)	Sedbergh	
09 Health Centre closed - staff	TBA	14 1800 Navigation for Fell Walkers	BB	
12 Sedbergh Town Band (Mar)	Hesket	15 1000 Howgills Skyline (5)	Howgills	
12 1430 Songs of Praise (May)	Hawes	15 1800 Alfred Wainwright Talk (5)	BB	
14 1400 Killington WI Secrets of	PH	16 Health Centre closed - staff	TBA	
14 1930 Domino Drive	FCH	16 Managing Emergencies in	BB	
15 1000 Exploration and Discovery	SS	16 1000 Cautley & the Calf (5)	Cautley	
15 1000 Glimpses of Our Bay -	SS	16 1000 Pathways - Contemporary	SHC	
15 1000 Text and Textile! - Connie	SS	16 1000 Textile Fusion - Dianne	SHC	
17 1100 Sedbergh Economic	SHC	16 1000 Tumbling Stones, Wiggly	SHC	
17 1100 Sedbergh Economic	SHC	17 1000 Walk & Swim Firbank &	Firbank	
18 1000 Summer Fair/Finkle Street	StAS	17 1800 Red Squirrels of Sedbergh	BB	
19 1400 Tea and Cake	FCH	18 1000 Traverse of the Howgills (5)	Howgills	
20 1000 Holiday Club (5)	PH	18 1100 Sedbergh Economic	SHC	
21 Cricket - Lancs vs Surrey	SS	19 1000 Pennine Journey Walk (5)	Howgills	
24 Holiday Club (5)	PH	20 Walking and Wellbeing	Various	
25 Dent W.I. Mini Market	TBA	20 1400 Tea and Cake	FCH	
25 Westmorland Dales	Kirkby S	27 Rivers For Life (34)	Dales	
26 Westmorland Dales	Kirkby S	OCTOBER 2026		
07 Christian Fellowship	Rhumes	02 1400 Dent Head to Foot Cosy	DMH	
07 1530 Messy Play (9)	Rhumes	04 830 Lorry Pull KL to Sedbergh	KL-Busk	
08 Messy Play (9)	Rhumes	06 1400 Sight Advice	PH	
08 1500 Duck Race and BBQ	GVH	07 930 Christian Aid Coffee	StAS	
09 Christian Fellowship	Rhumes	11 1430 150th Ann Service (May)	Hawes	
09 1430 Songs of Praise	Hawes	13 1400 Killington WI Xmas craft	PH	
11 1400 Killington WI Pendle	PH	13 1930 Domino Drive	FCH	
11 1930 Domino Drive	FCH	14 1930 WIS Chair Fitsteps	PH	
12 1930 WIS Charting the 60's	PH	15 Health Centre closed - staff	TBA	
29 Artisan Market	StAS	16 Death in the Dales Festival	TBA	
29 1500 Afternoon Tea	GVH	16 1400 Half Term Begins	SHC	
31 1030 Dent Gala (7)	Memorial	17 1000 Pathways - Contemporary	SHC	
SEPTEMBER 2026			18 Death in the Dales Festival	TBA
01 1400 Sight Advice	PH	23 1930 Tattie Pie And Bingo	FCH	
02 1000 25 Years of the Wool Clip	SHC	24 1200 COGS Apple Day (Dec)	PH	
04 1400 Dent Head to Foot Sue	DMH	26 1930 Beetle Drive	GVH	
		30 1100 Sedbergh Economic	SHC	

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.

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		PLACES OF INTEREST TO VISIT IN THE AREA	
AS	Art Society		Bowling Green, Queens Gardens
BC	Sedbergh Bowling Club		Bruce Loch Nature Area, Busk Lane
BF	Brigflatts		Cautley Spout, A683 towards Kirkby Stephen
BVH	Barbon Village Hall		Community Office, 72 Main Street
CCCN	Cornerstone Community Church,		Community Orchard, Vicarage Lane
CM	Coffee Morning		Cornerstone Community Church, New Street
CWT	Cumbria Wildlife Trust		Cumbria Wildlife Trust, Community Office
DCMH	Dales Countryside Museum, Hawes		Dent Heritage Centre, Laning, Dent *
DCP	Dent Car Park		Farfield Mill, A684 Garsdale Road
DCS	Dentdale Chapel Schoolroom		Friends Quaker Meeting House, Brigflatts
DHTF	Dentdale, Head to Foot		George Fox's Quaker Pulpit, Firbank
DMH	Dent Memorial Hall		Golf Club, Catholes, Sedbergh *
DMC	Dent Methodist Chapel		Information Centre, 72 Main Street
FCH	Firbank Church Hall		History Society, Community Office
FM	Farfield Mill		Holy Trinity Church, Howgill
GC	Golf Club		Jubilee Wood Nature Area, Castlehaw Lane
GH	Gladstone House		Langstone Fell, A684 Garsdale Foot
GVH	Garsdale Village Hall		Motte & Bailey Castle, Castlehaw Lane
HS	History Society		Pepperpot Folly, Busk Lane
HVH	Howgill Village Hall		Picnic Site, Ghyllas, Cautley Road
HTH	Holy Trinity Howgill		Picnic Site, Settlebeck New Bridge
JLCP	Joss Lane Car Park		Play Ground, Dent Village
KL	Kirkby Lonsdale		Play Ground, People's Hall
KPH	Killington Parish Hall		Play Ground, Maryfell
L	Library, Main Street		Queen's Gardens, Station Road
LHCP	Loftus Hill Car Park		St. Andrew's Church, Dent
MC	Medical Centre		St. Andrew's Church, Main Street, Sedbergh
MCD	Meditation Centre, Dent		St. Gregory's Church, Vale of Lune
PH	People's Hall		St. John's Church, Cowgill
QG	Queens Gardens		St. John's Church, Firbank
RFC	Rugby Football Club		St. John's Church, Garsdale
RR	Rawthey Room, 72 Main Street		St. Mark's Church, Cautley
SASL	Sight Advice South Lakeland		Sedbergh Embroidery, StAS
SCC	Sedbergh Cricket Club		Tennis Courts, Guldrey Lane *
StAS	St Andrew's Church, Sedbergh		Winder Fell, above Sedbergh
StAD	St Andrew's Church, Dent		* = Entry Fee Applicable
StJCC	St Johns Church, Cowgill		
StJCG	St Johns Church, Garsdale		
StMC	St Mark's Church, Cautley		
SIC	Sedbergh Information Centre,		
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		

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
Cricket Club - Sedbergh	Kris Baldock - 07730 659413
Dent Meditation Centre	Bel Charlesworth - 07775 920079
Dent Memorial Hall	Mrs McClurg - 07855 102930 / annemcclurg@btinternet.com
Dentdale Choir	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot	Mr Steele - 015396 25054
Dignity in Dementia	Diane Smillie - 07771 682378
Dog Training - Sedbergh	Mrs Robertshaw - 07969 301024
Farfield Mill – Art Craft Heritage	015396 21958 / reception@farfieldmill.org
Firbank Church Hall	Stephen Troughton - 015396 21109
First Responders - Dent	See Public Information
First Responders - Sedbergh	See Public Information
Football Club Junior - Sedbergh	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
Football Club Senior - Sedbergh	Mr Parkin - 015396 20585
Friends of Farfield Mill	friends@farfieldmill.org
Friends of Settle and Carlisle Line	john.carey@settle-carlisle.com
Garsdale Village Hall	Mrs Labbate - 015396 22114/07814 378758 / rhlabbate@gmail.com
Getting Together	Sarah Woof - 015396 25212
Gladstone Community Group	Janey Hassam - 07966 134554
Golf Club	Mr Gardner - 015396 21551
Good Companions - Dent	Sarah Woof - 015396 25212
Grief Share	Duty Team Member - 07498 870267
History Society	Karen Bruce Lockhart - 015396 34603
Howgill Harriers	admin@howgillharriers.co.uk
Howgill Village Hall	Gareth Marshall - 07801 276233
Howgill's Harmony	Mr Burbidge - 015396 21166
Ignite Youth Club	Joe Gorst - 07964 830473 / joe.gorsty24@gmail.com
Killington Parish Hall	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association	Myles Ripley - mylesripley@btinternet.com
Liberal Democrats	TBA
Little People	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk
Meals On Wheels	Colin Cowperthwaite - 07961 925003

GROUPS AND ORGANISATIONS (CONTINUED)

Messy Church	Rev'd Andy Burgess - 015396 20018
Orchestra - Sedbergh	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Over 60's Swimming Group	Sedberghswimmingclub@gmail.com
Parent Support Group	Mrs Goad - 015396 20402
Parish Council - Dent	Scott Thornley - 07368 455353
Parish Council - Garsdale	Clerk - clerk@garsdaleparishcouncil.gov.uk
Parish Council - Sedbergh	Janey Hassam - 07966 134554
People's Gym	membership@sedberghgym.club
People's Hall	Steve Longlands - 015369 20885
Pepperpot Club - Sedbergh	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh	Janey Hassam - 015396 20125
Playgroup - Sedbergh	07785 743837 / sedberghplaygroup@yahoo.com
Playing Field - Sedbergh	Steve Longlands - 01536 20885
PMR/GCA support Group	0300 111 5090 / kendal@pmrgca.org.uk
Poetry Club	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh	sedberghredsquirrels100@gmail.com
Royal British Legion	Keith Birbeck - 07557 871961 / keithbirbeck@gmail.com
Schools - Dent Primary	015396 25259
Schools - Dent Primary - Friends of	015396 25259
Schools - Sedbergh Primary	015396 20510
Schools - Sedbergh School	015396 20303
Schools - Settlebeck	015396 20383
Scouts	Bill Mawdsley - 07989 201481
Scouts - Beavers	Bill Mawdsley - 07989 201481
Scouts - Cubs	Bill Mawdsley - 07989 201481
Sedbergh Book Town	booktown@sedbergh.org.uk
Sedbergh Community Tree Group	Evelyn Pardoe - plantmoretrees3@gmail.com
Sedbergh Environmental Group	sedberghecomarket@greencobweb.co.uk
Sedbergh Ladies Friendship Group	Jo Birkbeck - 07769 908663
Sedbergh Songsters	TBA
Sedbergh United Charities	John Sykes - 07786 384917 / jmsykes100@gmail.com
Senior Golfers	Mr Braddon - 0330 1138850
Shooting Club - Sedbergh	Richard Martin - 07884 559829
Sight Advice South Lakeland	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale)	Anastasia Micklethwaite - 07952 601568
Spellbound Theatre	Facebook: Spellbound Theatre
Squash Club	John Bannister - 07877 301088
Swimming Club	Sedberghswimmingclub@gmail.com
Tennis Club	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Town Band - Sedbergh	Sarah Waters - 015396 20457
Town Twinning Group	Garth Steadman - 07796 164066
Transport Users Group	Ed Welti - sd.transportusers@gmail.com
Voluntary Car Scheme	Myles Ripley - 07880 161648 / vscsedbergh@gmail.com
Westmorland Gazette Entries	Ed Welti - 07854 103377
White Hart Sports and Social Club	The Committee - 015396 20773
Women's Institute - Dentdale	Mrs Smith - 015396 25607
Women's Institute - Howgill	Mrs Hoggarth - 01539 824663
Women's Institute - Killington	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh	Louise Atkinson - 07855 378883
Young Farmers - Sedbergh	Club Secretary - sedberghyfc@hotmail.com

If you would like to add or update your group please let us know.
New groups are marked with an asterisk *.

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

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

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

LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman	Mark Crawford	Proofreading
Ed Welti (T)	Treasurer	Jane Fisher (T)	Proofreading
Philip Johns (T)	Secretary	Paul Shepard	Proofreading
Karen Bruce Lockhart	Proofreading	Ed Welti (T)	Compilation and Vice Chairman
Trish Cooling	Proofreading	Valerie Welti (T)	Advertising Administration

**Editorial Team members annotated with (T) are also Trustees.
Jackie Whicker is Life Time President but is not involved in compilation**

SOME WALKS AROUND SEDBERGH

WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs

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

THE CALF 8 miles 2600ft 4-5 hrs

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

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs

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

AKAY WOODS 2.3 miles 1 - 1.5 hrs

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

SEDBERGH SCHOOL 45 mins

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

FELL WALL 2.2 miles 1 - 1.3 hrs

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

BRIGGFLATTS 4.2 miles 2-3 hrs.

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

DENT AND BACK 11.5 miles

1500 ft 4-5 hrs

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

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs

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

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

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

MILLTHROP AND ABBOT HOLME 5.1 miles 920ft 2.5 - 3 hours.

Up over Frostrow, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. (Walk 10)

DALES WAY AND CRAGGSTONES. 7.5 miles 1165 ft 3 - 4 hrs.

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

For further details of these numbered walks see the Sedbergh Town website. Leaflets describing the walks can also be obtained from Sedbergh Information Centre for £1.

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

Nationally recognised and award winning restaurant. Drink in the garden on sunny days, or in the bar on winter 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.

HALF AND HALF

MAIN STREET

Bar with sofas and a good fire, or window seats to watch the world go by. Events evenings, food on Fridays, and a quiz on Wednesday.

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.

THE THREE HARES

BEHIND THE BLACK BULL

Sedberghs excellent Café/Bistro/Deli revived. Tables inside and out.

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

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

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



PLACES TO STAY

BED & BREAKFAST

ADDRESS	FACILITIES	CONTACT DETAILS
Bramaskew Farm, Howgill, Sedbergh LA10 5HX	1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW	Mrs J Postlethwaite 015396 21529 email: stay@drawellcottage.co.uk

CAMPING, CARAVANNING AND SELF-CATERING

ADDRESS	FACILITIES	CONTACT DETAILS
Borrett Barn, Marthwaite, Sedbergh, LA10 5HN	Borrett Barn Caravan: Sleeps 4 people; D; T; CH; L; P, NS Borrett Barn Flat: Sleeps 4 people; D; T; CH; L; P; NS	015396 21175
The Pele Tower, Killington Hall, Killington, LA6 2HA	Luxury Self Catering Sleeps 2-4 people; 2D ES /1D 1T ES; CH; L; TV; NP; NC	Ann Newbold 015396 45845 e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk
The Roost at Bowersyke, Killington, LA10 5EW	Sleeps 2 people: 1D CH L TV P NS NP NC	07927 295262 e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk

KEY

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

BUS AND TRAIN SERVICES

NOTE.

Most of the bus routes which cover Sedbergh to Kendal have the blanket designation S1.

However there are extensions to Kirkby Stephen and Dent on different days.

MONDAY AND FRIDAY the service is from Sedbergh Maryfell to Kendal Bus Station and return. This service is run by Westmorland and Furness.

TUESDAY AND THURSDAY the service is from Kirkby Stephen CoOp via Sedbergh to Kendal Morrisons and return. This service is run by Western Dales Bus.

WEDNESDAY the service is from Dent Village via Sedbergh to Kendal Morrisons and return. This service is run by Western Dales Bus.

FRIDAY the S5 Service to Kirkby Stephen and Kendal is run by Western Dales Bus.

SATURDAY the service is from Dent Station to Kendal Morrisons and return.

This service is run by Western Dales Bus.

FULL TIMETABLES FOR EACH DAY ARE BELOW AND ON SUBSEQUENT PAGES

DUE TO THE CLOSURE OF THE A684 GARSDALE ROAD OVER THE SUMMER OF 2026 **THE DALEBUS 832 SUNDAY SERVICE FROM HAWES VIA SEDBERGH TO KIRKBY LONSDALE AND THE THE LITTLE WHITE BUS TUESDAY SERVICE TO HAWES HAVE BEEN DISCONTINUED.**

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

WESTERN DALES BUS
S1 T TUESDAY AND THURSDAY
*Kirkby Stephen Co Op to Kendal Morrisons via Sedbergh
and Oxenholme, and return*
From 1st April 2026

	Tue/Thur	Tue/Thur	Tue/Thur	Tue/Thur
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	09:11	11:40	13:55	16:24
Sedbergh Opp. Library	09:12	11:41	13:56	16:25
Sedbergh Maryfell	09:14	11:43	13:58	16:27
Cautley, Cross Keys	09:21	*	14:05	*
Fat Lamb	09:28	*	14:12	*
Kirkby Stephen Station Entrance	09:35	*	14:19	*
Kirkby Stephen Pennine Hotel	09:40	*	14:24	*
Kirkby Stephen Co-op	09:41	*	14:25	*
563 from Penrith arr.	9:21		14:16	
563 from Penrith dept.	09:49		14:44	
	*	*	*	*
Kirkby Stephen Co-op	09:51	*	14:35	*
Kirkby Stephen Social Club	09:52	*	14:36	*
Kirkby Stephen Station Entrance	09:57	*	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	*

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

	Weds	Weds	Weds	Weds	Weds
Kendal Morrisons	*	*	11:06	13:21	15:50
Kendal Blackhall Road	*	09:12	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	*	09:26	11:31	13:46	16:15
Sedbergh Spar	*	09:35	11:40	13:55	16:24
Sedbergh Opp. Library	*	09:36	11:41	13:56	16:25
Sedbergh Maryfell	*	09:38	11:43	13:58	16:27
Dent Village	*	09:53	*	14:13	*
	*	*	*	*	*
Dent Village	*	10:03	*	14:47	*
Sedbergh Maryfell	08:34	10:18	11:53	15:02	*
Sedbergh Library	08:36	10:20	11:55	15:04	*
Sedbergh Opp. Morphets	08:37	10:21	11:56	15:05	*
Killington M6 bridge	08:46	10:30	12:05	15:14	*
Oxenholme Station	08:56	10:40	12:15	15:24	*
Kendal K Village	09:01	10:45	12:20	15:29	*
Kendal Bus Station	09:07	10:51	12:26	15:35	*
Kendal Morrisons	*	10:56	12:31	15:40	*

JOSS LANE & LOFTUS HILL CAR PARKING CHARGES

CARS & CARS WITH TRAILERS

1 hour = £1.50	4 hours = £5.00
2 hours = £2.70	All day (9 hours) = £7.00
3 hours = £3.90	Payable all days 9am - 6pm
Maximum stay = 24 hours	Annual Resident Permit = £70

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

WESTERN DALES BUS**S5 Fridays - Kirkby Stephen Shopper****Sedbergh - Kirkby Stephen - Ravenstonedale -
Newbiggin - Kendal Bus Station - Kendal Morrisons**

	Fri	Fri	Fri
Sedbergh Dalesman	09:00	*	*
Cautley Cross Keys	09:09	*	*
Kirkby Stephen Station entrance	09:23	*	*
Kirkby Stephen, Market Square	09:28	*	*
Kirkby Stephen Co-op	09:35	11:39	14:28
Kirkby Stephen Social Club	09:36	11:40	14:29
Kirkby Stephen Station entrance	09:41	11:45	14:34
Trains to Carlisle	09:34	11:06	15:01
Trains to Leeds	09:20	11:46	14:55
Ravenstonedale Kings Head	09:47	11:51	14:40
Newbiggin on Lune	09:50	12:54	14:43
Tebay Roundabout	09:58	12:02	14:51
Killington M6 bridge	10:08	12:12	15:01
Kendal Castle Green	10:17	12:21	15:10
Kendal Bus Station	10:22	12:26	15:15
Kendal Morrisons	10:27	12:31	15:20
Kendal Morrisons	10:37	13:26	15:30
Kendal Blackhall Road	10:42	13:31	15:35
Kendal Castle Green	10:47	13:36	15:40
Killington M6 Bridge	10:56	13:45	15:49
Tebay Roundabout	11:06	13:55	16:59
Newbiggin on Lune	11:14	14:03	16:07
Ravenstonedale Kings Head	11:17	14:06	16:10
Kirkby Stephen Station entrance	11:23	14:12	16:16
Trains to Carlisle	11:06	15:01	17:03
Trains to Leeds	11:46	14:55	17:17
Kirkby Stephen Pennine Hotel	11:28	14:17	16:21
Kirkby Stephen Co-op	11:29	14:18	16:23
Kirkby Stephen Market Street	*	*	16:24
Kirkby Stephen Station entrance	*	*	16:29
Cautley Cross Keys	*	*	16:43
Sedbergh, Library	*	*	16:52

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	08:35	11:23	13:15	15:20	18:07
Sedbergh Library	08:37	11:25	13:17	15:22	18:09
Sedbergh Opp. Morphets	08:38	11:26	13:18	15:23	*
Killington M6 bridge	08:47	11:35	13:27	15:32	*
Oxenholme Station	08:57	11:45	13:37	15:42	*
Kendal K Village	09:02	11:50	13:42	15:47	*
Kendal Bus Station	09:08	11:56	13:48	15:53	*
Kendal Morrisons	09:13	12:01	13:53	15:58	*
	*	*	*	*	*
Kendal Morrisons	09:18	12:23	14:03	16:08	*
Kendal Blackhall Road	09:28	12:28	14:08	16:13	*
Kendal K Village	09:33	12:33	14:13	16:18	*
Oxenholme Station	09:38	12:38	14:18	16:23	*
Killington M6 bridge	09:43	12:43	14:23	16:28	*
Sedbergh Spar	09:57	12:57	14:37	16:42	*
Sedbergh Opp. Library	09:58	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	*

PEOPLES' HALL HIRE RATES

Main Hall

Session	7-9am	9am-1pm	1pm-5pm	5pm-7pm	7pm-1am
Local Hirers	£13.00	£26.00	£26.00	£19.00	£48.00
Other Hirers	£19.00	£39.00	£39.00	£28.00	£72.00
Commercial	£26.00	£52.00	£52.00	£38.00	£96.00

Committee Room

Local Hirers		£19.00	£19.00	£13.00	£19.00
Other Hirers		£28.00	£28.00	£19.00	£28.00
Commercial		£38.00	£38.00	£26.00	£38.00

DENT RAILWAY STATION TIMETABLE

Valid from December 2025

(N) Through train to Leeds, Sheffield and Nottingham

(S) Originates in Sheffield (G) Time at Garsdale - DOES NOT STOP at Dent.

Cancellations are always possible, so please check before travelling:

National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)

Northbound to Carlisle.

For Garsdale times add 5 minutes

Southbound to Leeds.

For Garsdale times subtract 5 minutes

Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06:49	07:55	10:43	07:02	09:08	10:39
09:15	09:15	12:38 (S)	09:38	10:42	13:38
10:48	10:47	14:01	12:12	12:11	16:35 (N)
12:16	12:16	15:53	14:39 (G)	14:39 (G)	18:41
14:45	14:45	17:47	16:05	16:05	20:25
16:46	16:46	20:19	17:33	17:33	*
18:15	18:15	*	19:38	19:38	*

PUZZLE ANSWERS

3	7	6	1	5	8	4	2	9	7	1	6	8	5	4	9	2	3
8	5	4	6	9	2	7	1	3	4	9	3	2	6	1	5	7	8
1	2	9	4	7	3	6	5	8	5	2	8	3	9	7	6	1	4
2	9	1	7	3	6	8	4	5	3	8	7	5	4	6	1	9	2
7	4	5	8	2	9	3	6	1	2	4	9	7	1	8	3	6	5
6	8	3	5	1	4	9	7	2	6	5	1	9	3	2	4	8	7
4	6	2	9	8	1	5	3	7	1	6	2	4	8	3	7	5	9
5	1	8	3	6	7	2	9	4	9	7	4	6	2	5	8	3	1
9	3	7	2	4	5	1	8	6	8	3	5	1	7	9	2	4	6

CHURCH OF ENGLAND	OTHER DENOMINATIONS
THE BENEFICE OF THE WESTERN DALES	ROMAN CATHOLIC St. Andrew's Parish Church Sunday 12.00 Parish Priest Kendal Tel: 015397 20063
Vicar Rev'd Andy Burgess 015396 20018 andy.burgess@westerndales.org.uk	
Associate Minister Rev'd Dr Sally Pickering sally.pickering@westerndales.org.uk Usually works Saturdays, Sundays and Mondays	SOCIETY OF FRIENDS - QUAKERS Brigflatts Sunday 10.30 Janet Chetwood (Comms Clerk) Tel: 015396 21715 Sally Ingham (Business Clerk) Tel:07939 569559
CHURCHWARDENS	
St Andrew's, Sedbergh Tony Reed Screen 015396 21081 Susan Sharrocks 015396 20754 churchwardens.sedbergh@westerndales.org.uk	DENTDALE CHRISTIAN FELLOWSHIP Rhumes, Dent LA10 5QJ Sarah Woof Tel: 015396 25212
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	METHODIST CHURCH IN THE WESTERN DALES Cornerstone Community Church, New Street, Sedbergh; Dent; Garsdale Low Smithy; Hawes Junction Rev'd Andy Burgess 015396 20018 andy.burgess@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	UNITARIAN & FREE CHRISTIAN CHAPEL Market Place, Kendal Sunday 11.00 Amanda Reynolds Tel: 07545 375721
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	

SERVICE TIMES

ANGLICAN SERVICE TIMES

ST ANDREW'S CHURCH, SEDBERGH

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

ST ANDREW'S CHURCH, DENT

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

ST MARK'S CHURCH, CAUTLEY

3rd Sunday - 10.30am, Morning Prayer
5th Sunday - 2.30pm, Taizé Service

ST JOHN THE BAPTIST'S CHURCH, GARSDALE

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

ST JOHN THE EVANGELIST'S CHURCH, COWGILL

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

HOLY TRINITY CHURCH, HOWGILL

2nd Sunday - 9.30am, Holy Communion

ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday - 2.30pm, Holy Communion

ALL SAINTS' CHURCH, KILLINGTON

1st Sunday - 2.30pm, Afternoon Service

METHODIST SERVICE TIMES

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

COMBINED PLANS FOR THE WESTERN DALES MISSION COMMUNITY

JULY 2026

	Time	5 th	12 th	19 th	26 th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC	Joint Service	Holiday Club Celebration Service, People's Hall
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Service 4pm- Messy Church		Holiday Club Celebration Service, People's Hall
St. Mark's, Cautley LA10 5LZ	10.30am			HC	
St. John's, Garsdale LA10		10am- HC		10am- Morning Service	2pm- Afternoon Service
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm		Songs of Praise with Askrigg Ladies		
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service			
Holy Trinity Howgill LA10 5JD	9.30am		Outdoor HC		
St. John's Firbank LA10 5EF	2.30pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC
Dentdale Methodist Chapel LA10 5QJ	10.30am	HC		All-Age Service	
St. John's, Cowgill LA10 5RJ	2.30pm	Afternoon Service		Afternoon Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	7th	14th	21st	28th
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP		HC-BCP	
	Wednesday	1st	8th	15th	22nd/29th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Roman Catholics	21.00				29 th - Compline Night Prayer
HC- Holy Communion (HCx- Holy Communion by Extension) BCP- Book of Common Prayer			MP- Morning Prayer		

Quakers contact Pam Coren 015396 22586;
Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063

PUBLIC INFORMATION		PUBLIC INFORMATION	
SEDBERGH MEDICAL PRACTICE		POLICE	
01539 718191 When we are closed please ring 111 or 999 if appropriate Option 1 - 24hr Prescription line		101 or 999 Email: 101@cumbria.police.uk Crimestoppers 0800 555 111 Community Officers Mandy Colman - 07773 181425 Amanda.coleman@cumbria.police.uk Adam Roberts - 07773 217740 adam.roberts2@cumbria.police.uk	
Surgery and Dispensary Opening Hours Monday – Friday 8am – 6.30pm (Doors open at 8.15am)		DENTAL SURGERY	
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)		Main Street 015396 20626 Jamini Kathirgamanathan (Principal), Ben Houghton, Emma Fairley, Amelia Dore, Katie Mckay.	
Practice Nurse/Health Care Assistant clinics Available to book online or call reception to book		Opening Times Monday,Tuesday,Thursday,Friday - 9am to 5pm Wednesday - 9am to 6pm	
Saturday Morning Clinics Are now available, see our website for details and call reception to book		LIBRARIES	
For more information on all clinic times please see our website www.sedberghmp.nhs.uk for further details.		SEDBERGH LIBRARY Main Street 01539 713150 Wednesday 10am - 12:30pm and 2pm to 5pm Friday 1pm to 5pm Saturday 10am to 2pm	
PUBLIC DEFIBRILLATORS		DENT LIBRARY Main Street 01539 713520 Tuesday 9am to 7pm Saturday 9am to 2pm	
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 Defrills are supplied on contacting Ambulance Control on 999		INFORMATION CENTRE	
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		For Resident & Visitor Information □ 72 Main Street, Sedbergh Open seven days a week 9am to 4pm e-mail: tic@sedbergh.org.uk Tel: 015396 20125 www.sedbergh.org.uk If you are an event organiser or accommodation provider and you would like a listing on the website, or if you are a local organisation and want the website to carry information about your activities, please email the Information and Book Centre on office@sedbergh.org.uk	
POST OFFICE Spar, Station Road, LA10 5DL		VETERINARY SURGERY	
MARKET DAY Wednesday		015396 20335 (including emergencies) Farm Gate Vets, 14 Long Lane Office Hours Monday-Friday 8:30am to 5pm Companion Animal Consultations 9am - 10am Monday-Friday Appointment Only 2pm - 3pm	
		PUBLIC TOILETS	
		Main Street, Sedbergh Main Street, Dent	