

LOOKAROUND

AUGUST 2026

Donation £1.50

Issue 456

Lookaround is sad to hear that Andy and Shelagh Cobb are moving away from Sedbergh, albeit for good reasons. We would like to thank them for their contribution to Sedbergh life and wish them the very best for the future. Read

Andy's goodbye note on page 9.

Many congratulations to Sedbergh Primary on the achievement of the Opal Gold Award. It puts the school in the top 5% of schools for the quality of play. You can read much more about it on page 5. *Ed.*



DENT GALA

**BANK HOLIDAY
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31st AUGUST
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S & D Lookaround 72 Main Street, Sedbergh LA10 5AD
Mobile: 07464 - 895425

e-mail: editor@sedberghlookaround.org.uk website: www.sedberghlookaround.org.uk

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Cover Picture – Akay - Mags Hall

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Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 5th August - R.B.L.

Wed 12th August - St Andrew's

Wed 19th August - Killington W.I.

Wed 26th August - Garsdale Church

Groups who would like to run a Coffee Morning
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or email lebriggs@hotmail.co.uk



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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,

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Sedbergh and District Lookaround

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Reference: □

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SEDBERGH PRIMARY SCHOOL CELEBRATES PRESTIGIOUS OPAL GOLD AWARD

Victoria Hudson, Headteacher

Sedbergh Primary School is celebrating after achieving the highly regarded OPAL (Outdoor Play and Learning) Gold Award, recognising the remarkable transformation in the school's approach to providing high-quality play opportunities for all children.

The award places Sedbergh Primary School among the top 5% of schools nationally for the quality of play it offers, and reflects 2 years of dedication to creating a rich, inclusive and engaging play experience for every pupil.

The school's OPAL journey began after members of the School Council

honestly described the playground as "a flat boring yard." Determined to make playtimes more exciting and meaningful, staff, pupils and families worked together to reimagine what play could look like at Sedbergh Primary.

Today, playtimes are vibrant, creative and full of opportunity. Children enjoy access to music, fancy dress, small world play resources, large loose parts, a mud kitchen and water play, all of which are available as part of everyday play. The transformed environment encourages children to explore their interests, use their imagination and develop important life skills alongside their friends.

With play accounting for around





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

2026

Weds 16th September

Thurs 15th October

Weds 11th November



20% of the school day, the school recognises the enormous value that high-quality play brings to children's development. Through play, pupils build creativity, problem-solving skills, resilience, confidence and teamwork, while developing a lifelong love of learning and exploration.

In its award letter, OPAL praised the school's commitment to play, stating:

"This means that every child has an amazing playtime every day. It also means that play is taken seriously at the school and is given appropriate leadership, planning, evaluation and resources. Playtimes at Sedbergh are inclusive, joyful and provide a wonderful variety of types of play."

Headteacher, Victoria Hudson, said:

"We are absolutely delighted to have achieved the OPAL Gold Award. What has been most rewarding is seeing the impact on our children every day. Playtimes have become a highlight of the school day, with children demonstrating incredible creativity,

collaboration and independence. OPAL has transformed not only our playground, but also the way we think about children's development and wellbeing. We are immensely proud of what our pupils, staff and wider school community have achieved together."

The school marked the achievement with a special celebration assembly, recognising the contribution of pupils, staff, parents and volunteers who have supported the development of the programme. Families were also invited to a Stay and Play session, giving parents the opportunity to experience first-hand the exciting range of play opportunities available and to enjoy playing alongside their children.

The Gold Award is a significant milestone for Sedbergh Primary School. As the school community celebrates this national recognition, Sedbergh Primary School can proudly say that the "flat boring yard" described by School Council members is now a thriving, imaginative and adventurous play environment that supports every child's growth, wellbeing and happiness.



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. Which improbable surname appears in these titles by P G Wodehouse: ---- in the City, ----, Journalist and Leave it to ----?
2. Whose biography of Charlotte Brontë was published in 1857?
3. From 1939 until his death in 1970 James Fisher's books and radio programmes helped to promote a subject that is now a very popular leisure activity, with an

increasing number of people making a career in it. What is the subject?

4. Who wrote the poem that begins 'In Xanadu did Kubla Khan / A stately pleasure-dome decree: / Where Alph, the sacred river ran, / Through caverns measureless to man / Down to a sunless sea.'?
5. His novels include HMS Ulysses, The Guns of Navarone, Ice Station Zebra, When Eight Bells Toll, Where Eagles Dare and Puppet on a Chain. Who was he?
6. Which England cricketer, regarded as one of the sport's finest captains, published The Art of Captancy in 1985? Since retiring from cricket he has worked as a psychoanalyst and psychotherapist, and because of his motivational

Sedbergh Art Society Exhibition

2026



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to Monday 31st August

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skills he was famously described by an Australian opponent as having 'a degree in people'

7. Name the German-Swiss novelist and poet (1877-1962) whose best-known works include *Siddhartha*, *Steppenwolf*, *Journey to the East* and *The Glass Bead Game*. He was awarded the Nobel Prize in Literature in 1946.

8. 'This royal throne of kings, this scepter'd isle, / This earth of majesty, this seat of Mars, /

This other Eden, demi-paradise, / This fortress built by Nature for herself / Against infection and the hand of war, / This happy breed of men, this little world, / This precious stone set in the silver sea...' From which Shakespeare play do these lines come and who speaks them?

9. What is the title of the 1847 children's novel, set in southern England at the time of the Civil War, by Captain Frederick Marryat?

10. Which playwright died in 1950, aged 94, of renal failure brought on by falling from a ladder whilst pruning a tree in his garden?

11. Whose fictionalised autobiography appeared in three

volumes, with the main character called George Sherston: *Memoirs of a Fox-Hunting Man* (1928), *Memoirs of an Infantry Officer* (1930) and *Sherston's Progress* (1936)? He is also noted for his poetry, especially *Counter-Attack* and *Other Poems* (1918).

12. Which book published in 1930 included test papers, one of which contained the memorable instruction 'Do not on any account attempt to write on both sides of the paper at once.'?

THOUGHT OF THE MONTH

Editor

The team at Lookaround are introducing a new feature that will involve our readers.

We are looking for whimsical or amusing 'thoughts' that may raise a smile or give cause to think.

Please do not submit any political or religious 'thoughts' just anything you might find amusing or perplexing.

Let your minds run riot and submit your suggestions to our editor at: editor@sedberghlookaround.org.uk and the best will be published each month.

To set an example, these are two suggestions:

'When do you know when sour cream has gone off?'

'How can you be sure that the light has gone off when you close the fridge door?'

The team look forward to your suggestions.

A FAREWELL TO SEDBERGH

Andy Cobb

It feels like only yesterday when Shelagh and I arrived in Sedbergh in August 2010, as “incomers” from Shropshire. I had taken early retirement as Emeritus Professor and University Dean, and we both looked forward to exploring this new environment in the Yorkshire Dales. I still had my academic consultancy, papers and a book to write and a garden to grow and keep me busy. I was soon encouraged, however, to volunteer in the town and to Chair the Chamber of Trade, soon to be followed by establishing the Sedbergh and District Community First Responders. The former morphed into the Sedbergh Economic Partnership (SEP) in 2018, and the latter continues, thanks to Myles and Des. It was also an honour to become a Trustee on the Community Trust and a volunteer driver for Cumbria.

The SEP has become a valuable forum for all matters relating to the Sedbergh Economy. A regular 20 or so attendees meet every two months

at Sedbergh School, and from the outset the school has been a major contributor and supporter, as one would expect of the largest employer in the Yorkshire Dales and the town. I especially thank Peter Marshall, and more recently, Baz Bennett for their commitment and continuing support of the town. I also acknowledge the major contributions and support of Joanne Golton, John Barraclough and Tony Reed-Screen for ensuring the success of the SEP that is highly regarded by the Yorkshire Dales, Cumbria Tourism and the Westmorland and Furness Council, among other external bodies and politicians.

As for my thoughts for the future, I foresee many changes for the town and the SEP, as local and national circumstances dictate. I am pleased that John has agreed to take over the role at the September meeting as Caretaker Chair, in the first instance. I sincerely hope that the SEP will appoint a new Chair who is also Independent, Apolitical, and has no Conflicts of Interest. Indeed, his/her sole priority should remain the economic wellbeing of Sedbergh



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Cornerstone Church Sedbergh



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CHARITY WAGON PULL

Caspa, Organiser

On Sunday 4th October 2026 a large team of male/female volunteers made up from Sedbergh school rugby and hockey squads, Network rail staff from Carnforth depot, Wilson build, builders from Kendal, plus all our veteran pullers who support the team in every event, will be attempting to pull Andrew Woodhouse haulage 11.5 ton wagon from Devils bridge, Kirkby Lonsdale 10.5 miles to the Hirst centre on Busk lane, Sedbergh.

This will be our 26th community, sports and charity fundraising pull with Sedbergh school supporting us for the 5th time. This comes on the back of last autumns 4-ton minibus Greyhound pull where we raised £4500 for Sandgate school in Kendal.

This pull will take us approx. 3 hours and we will have plenty of marshals and walkers on the road with us throughout the morning, please be patient with the team.

We will be sharing all monies raised between Cancer research, the Samaritans, and the Rawthey project. (a local team helping and supporting our veterans who have fallen on hard times).

Two of our previous 25 pulls are on YouTube -- Sedbergh to Kendal tractor pull, and the Shap to Kendal double-decker bus pull, these will give you an idea of how the event will unfold.

Anyone wishing to donate and

and District. I would also recommend that all future attendees respect and reflect Diversity, Equality and Inclusion in all SEP activities. An equal gender membership would be a real bonus, with more younger volunteers!

Finally, I shall miss the Sedbergh Community and will watch developments online with interest. Joanne, please keep me on the SEP mailing list! With kind regards and the best of health to you all.

ROYAL BRITISH LEGION SEDBERGH BRANCH

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

For more information, visit our website:

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



support our team please go to our Give Wheel site,
<https://givewheel.com/fundraising/12870/3-charities-72-persons-10-miles-10-ton-wagon-pull/> Please support us if you can - they are three great charities. Raffle tickets will also be available from 25th August with some excellent prizes from Kendal, Bentham and Bolton golf clubs, Cartmel races, Haverthwaite railway plus many more donations coming in, including loads of family attraction prizes within the lakes.

Wilson build has not only donated £300 but 6 of their building team too. Paul Stewart our Network rail team leader has run a football card and we will be donating £500 from all the staff at Carnforth from this. All our sponsors and raffle donators will be printed on our posters from august. Let's smash another pulling event folks.



SEDBERGH ART SOCIETY Annual Exhibition: Thursday 27th to Monday 31st. August 2026

David Alison

Our membership increased to include several new members, who were encouraged to join as a result of their visit to our Exhibition last year. This has added to the spirit of enthusiasm during our Saturday and Wednesday meetings. A quantity of admirable work has been produced, examples of which you will see when you visit our Exhibition this year. We have had several inspiring workshops on Saturdays with visiting professional artists, learning new skills and using a variety of media to produce our own interpretations of the beautifully demonstrated pictures. At other times members have worked on their own compositions in a variety of media, including oils, acrylics, pastels, water colours and inks.

Our annual exhibition is an opportunity to showcase our year's work in the historic Sedbergh School Library, which, in itself, is well worth a visit! We will be open over the August Bank Holiday

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Paul Stephenson
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 07810 595543

Tom Wilson
 015396 20954
 07790 946578



weekend; Thursday 27th until Monday 31st. Most pictures are for sale at very reasonable prices. There will be artists printed cards on sale in one section, original hand-painted cards in another. Also, for the first time, we will have a section showing concertina cards on several themes – if you are wondering what these are, come and find out!

Entry is free and everyone is welcome. You don't have to buy – just come to enjoy the art.

If you are not a member, but you have a secret longing to try your hand at painting, or you are already a skilled artist or anything in between, we would love to chat to you and welcome you to our group. We are a very friendly bunch, ranging from vastly talented and experienced to aspiring beginners, and our sessions are fun, friendly and supportive (nearly always with cake!). You can find more information, together with galleries of members' work on our website:

<https://sedberghartsociety.org>.

See the advert on page 7.



SEDBERGH BOWLING CLUB

Philip Johns, Sedbergh BC

Secretary, ps.johns@btinternet.com

On Sunday 21st June Sedbergh Bowling Club had the honour and pleasure to welcome Olly and Rowena Poyntz-Wright to the Poyntz-Wright trophy competition which has been held annually since 1928.

Olly had got in touch with me earlier in the year as the club had popped up during his investigation of his family history. Prior to this, Olly had no knowledge that anyone in the family had been involved in the club. It turned out that it was indeed related to his enigmatic grandfather, Stephen Poyntz-Wright. It is believed that he had moved down from Scotland in the 1890's and resided in Thorns Hall with his wife, Jayne, and their first born son, William. Unfortunately, William died in 1921 and is buried in the cemetery on Busk Lane. Stephen left Sedbergh in 1935 after the death of his wife and moved briefly to London before settling in Somerset. Although, by now, Stephen was in his seventies, he remarried and fathered a further three sons of which the oldest,



THERE'S A SEAT FOR YOU

*Explore the Christian
faith at Alpha.*

The Alpha Course is a space to explore the Christian faith and life's big questions. Each evening includes a homemade meal, a short film, and an informal discussion where you can ask any question and share your thoughts.

It's completely free, and there's no pressure to come back after the first session.

**The Alpha Course starts in Sedbergh on
Wednesday 23rd Sep, 6.30–8.30pm
Cornerstone Community Church
Running every Wednesday for 11 weeks**

Signup online: westerndales.org.uk/alpha

**For more info contact Revd Andy on 07539
409959 or andy.burgess@westerndales.org.uk**



Peter, was Olly's father. Stephen died in 1944 when Olly's dad was just six years old and so little is known of him. The club believes he may be a founding member of the bowling club as the club was only in existence since 1911. Olly's family spread out around the world although Somerset is still the focal point of the family.

Olly opened the competition, after drawing the lots, and with Rowena, tossed a coin to start the matches. The day progressed well in the warm sunshine with the members bowling their hearts out, sustained with a buffet and hot and cold drinks. Eventually the final was reached around 6.00pm and a fascinating, well fought match ensued. Gary Hall

finally overcame Neil Howarth to become the 2026 Poyntz-Wright Trophy champion. Olly gave the club an amusing speech thanking the club for our hospitality and recounted his knowledge of his grandfather. He then presented the winner's and runner-up trophies. Tom Wilson, our chairman, thanked Olly and his wife for making the trip up from their home in Wrexham and for enlightening the club members about the origins of the trophy, as, of course, there were no members dating back to 1928 who could remember why this trophy was originally played for.

Olly's uncle, William, although he died at a young age, has a very interesting past. He was awarded a

Military Cross for 'Conspicuous Gallantry' in WW1. More details are available on www.cairogang.com/soldiers-killed/alcock/alcock.html. In short, he was awarded the medal for 'his courage and example under very trying conditions by keeping his men together and maintaining a critical position. It was largely due to his energy and quick grasp of the situation that the position was maintained and counter attacks were organised'. William was drowned when the boat he was on was rammed astern by another boat in fog and at night on a trip to Ireland after a short holiday from duty. His body was recovered and is buried in Sedbergh under the changed name Lieut W.C. Alcock.

Ollly, himself, is no slouch. He has worked as a space engineer for the last twenty years and is presently developing a 'drill' for a European lunar mission that will drill the surface of the moon to examine the possibility of finding water. Rowena is a specialist therapist working in the NHS, counselling ultra stressed-out professionals.

VOLUNTARY SOCIAL CAR SCHEME

Myles Ripley

The voluntary social car scheme attempts to match volunteer drivers to people requiring local lifts who are unable to drive or access public transport at the relevant times. We serve Sedbergh, Dent and district. It is subsidised by the council. Typically we see people travelling to health appointments in Sedbergh, Kendal and Lancaster; meeting public transport on both our local train lines and occasional shopping trips.

Unfortunately, our coordinator who organises the trips, is resigning at the end of the year and we have a shrinking pool of drivers. Please consider either role but especially the coordinator role as, without a coordinator, the whole scheme will close. The coordinator does not need to be a driver and it is flexible role as you can do it from home or away. You would hold the dedicated scheme phone and have access to the scheme email. Having received a request for transport, you would contact the drivers to find someone available and willing to do the job. As

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well as this job, every year in April the records for the whole year need to be collated and sent in to the council. There is no payment available for doing this role, but reasonable expenses would be refunded.

Drivers need a car, clean driving license, DBS clearance, MOT (if relevant) and insurance. The job is varied and fulfilling. You meet a variety of people travelling for a variety of purposes to a variety of destinations.

If you are interested in talking more about the role, please do contact us on vsccsdbbergh@gmail.com and/or our phone line, though expect to leave a voicemail, 07880161648.

YOUTH ASK

Lettie Wareing, ACT

Please see below for information on the Youth Ask. This is an important consultation which aligns with our own campaign to ensure the incoming Mayor understands the challenges of living in a rural area, particularly for young people in the county.

Are you a young person aged 14-35 years old and living in Cumbria? Have your say by completing the Youth Ask!

If you are the parent/employer of a young person aged 14-35 years who lives in Cumbria, please share and encourage young people to take part.

In 2027, Cumbria will be getting its



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Full project management from design through to completion.



We can now offer a full range of decorating services.

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first Mayor. The Mayor will bring more money into the county and will have the ability to influence decisions on key issues which affect rural young people, including transport, housing, training, and employment.

For young people, this is a unique opportunity to have their say in what they want the future of Cumbria to look like.

Young people from Cumbria Future Generation Steering Group are inviting people aged 14-35 years old to complete the Youth Ask, a county-wide survey which asks what it is like to live here, and what needs to change. They will then present these findings to Mayoral candidates to ensure they know what the future

generation want for Cumbria.

The survey will only take 10 minutes of your time and all respondents will have the option to enter a prize draw. To complete the survey, follow the link below.

Link to the survey
<https://tinyurl.com/cumbriayouthask>

NEWS FROM THE COMMUNITY TRUST

Tony Reed Screen

You will have seen that we are advertising for a new Shop Manager as after almost 10 years Anita has decided to move on to new pastures. We wish her all the best in the future. Inevitably, there will be some turbulence behind the scenes but we are confident that business will carry

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on as usual. However, we are still short of volunteers and keeping the shops open 6 days a week has been very difficult. We need more volunteers and more quality contributions to sustain the grants to the Community.

That said we have not had as many applications for grants this year as in previous years. So if you have a project please put in an application as there are funds available in the kitty. The closing date for the next round of grants is Friday 8th August. If this is too soon for you don't worry as there are further meetings of the Grants Committee in November and February in the current financial year.

DENT GALA

Sarah Woof

On August Bank Holiday Monday the Gala will start with a Table Sale, similar to a Car Boot, with preparation from 8 am and opening at 9 am. The main events will start at 10.30am with Phil Flip the children's entertainer and then at 11am the Memorial Hall will open with stalls and refreshments in the school yard behind. The day includes Competitions and WI Teas, BBQ, Tea Tent and the much-loved Family Sports, all raising money for the Memorial Hall. This year there will be photos of previous Gala events on display along with a questionnaire about what you would like to see happening in your Village Hall. AND this year there will be the Western Dales Bus running from Sedbergh to Dent, so hop on board and come join the fun. Admission free, donations invited.

AMENDED LIBRARY TIMES

Lyn Richardson

From 3rd August 2026 the library will open at the following times:

- Wednesday: 9.30am-1.00pm & 2.00pm-5.00pm

- Friday 1.00pm-5.00pm

- Saturday 9.30am-1.00pm

What's changing?

- We are opening 0.5 hours earlier on a Wednesday morning

- The Wednesday lunchtime closure is now 1 hour instead of 1.5 hours.

- Saturday hours are moving from 10.00am-2.00pm to 9.30am-1.00pm

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CLIMATE CHANGE VIGIL

Sally Ingham

Vigil to witness to climate change
29th August outside St. Andrew's,
Sedbergh - 11 – 11.40am

People, I know, have different reactions to the idea of Climate Change: some believing it is a fiction; others passionate about it; some feeling that even if the climate is changing, there is little we can do about it; others feeling that their main mission in life is to address this matter by reducing their own carbon footprint, raising awareness about global warming and its likely impact, and persuading governments and corporate bodies to act to reduce emissions and plan for the challenges climate change will present for us as a human race. Those campaigning for action sometimes seems apocalyptic but their message is not necessarily one of doom and despondency.

Humans are social animals who have survived this long because we are problem solvers and because of our ability to work together in crises. Although this issue is one of concern, it is not necessarily a matter of hopelessness. Someone once told me that in Chinese the word for crisis also means opportunity. I don't know if that is true but I like the idea.

If this issue is something you feel concern about, then one small thing you can do is join a quiet vigil outside St. Andrew's Church on 29th August between 11am and 11.40am and come together with a community who want to help us all plan to tackle

climate change and to be prepared for its possible consequences and reduce the difficulties this will bring.

If wanting to check the evidence for Climate Change, you could visit the Royal Society's website A Simple Guide to Climate Change which has a video to watch and an article you can read.

If you would like to explore these issues further, we invite you to a screening of The People's Emergency Briefing at St Andrew's Church, Sedbergh, on Saturday 12 September at 7.30pm. This compelling 50-minute film brings together leading experts to explain the climate and nature crisis, why it matters, and the practical choices facing us. The screening will be followed by an opportunity for discussion. Everyone is welcome. Meanwhile we hope to see you on the 29th August outside St Andrew's church in Sedbergh.

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FitSteps Chair - seated dance fitness:
Thursdays - Dent Methodist Church, 10-10:45am
Thursdays - Cornerstone Church, Sedbergh, 2-2:45pm

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huxleyhealthandfitness@outlook.com

FLYING THE UKRAINIAN FLAG AT ST ANDREW'S

Revd Andy Burgess

Following Russia's full-scale invasion of Ukraine in February 2022, Sedbergh and Lune PCC chose to fly the Ukrainian flag at St Andrew's Sedbergh as a sign of our solidarity with the people of Ukraine and our prayers for all those affected by the conflict. Since then, we have continued to support Ukraine through occasional coffee mornings and other charitable initiatives.

We would like to update the local community on a change to the way the Ukrainian flag is displayed at St Andrew's. From October, the Ukrainian flag will be flown on the 24th of each month, marking the

date on which the full-scale invasion of Ukraine began, and will be displayed inside the church throughout the rest of the month as a continuing sign of prayer, solidarity and support.

This brings the flying of the Ukrainian flag into line with our usual practice of flying flags on particular feast days and significant occasions, while continuing to recognise the suffering of the people of Ukraine and our ongoing hope and prayers for peace.

If you would like to share your thoughts on this decision with the PCC, please do get in touch with me by emailing
andy.burgess@westerndales.org.uk

Educational Grants 2026/27

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2026-2027. Applications must be made by the student who wishes to benefit from the grant.

You must have attended Dent C of E Primary School, or your parents must presently live, full time, in the Parish of Dent with Cowgill.

Grants are made in respect of study at any School, University or Institution of Further or Higher Education approved for the purpose by the Dent Grammar School Educational Foundation Governors. The money awarded may go towards, for example: accommodation, equipment, reasonable travel expenses, uniforms, learning resources, field courses and placements essential to the course of study.

The Governors have the power of final decisions under the rules of the Charity. The number and size of grants will be decided at the September Committee meeting and grants made available in October 2026.

Applications forms can be requested from the Clerk:

Helen Seabridge,
Clerk, Dent Grammar School Educational Foundation,
Rise Hill View, Laning,
Dent, Sedbergh, Cumbria, LA10 5QJ

Email dgsefl@yahoo.co.uk

Closing date:

Completed applications to be with the Clerk by **31st August 2026**

DENTDALE BABIES AND TODDLER GROUP

Sarah Woof

This Group meets each Tuesday morning in school term time, in the Methodist Church in Dent from 9.30am to 11.30am though we are there setting up earlier. During school holidays we meet up elsewhere with our regulars keeping in touch via WhatsApp. New babies and Toddlers and families are always welcome. In July we finished our regular gatherings with an extra treat, soft play from Hardy Soft Play which was much enjoyed. Info, Sarah, 015396 25212.

BELLS AT ST ANDREW'S, SEDBERGH

Susan Sharrocks

You will be familiar with the sound of the bells coming from the tower of the Parish Church as the ringers practise on Tuesday evenings and call people to services on Sundays and other special days throughout the year.

Instead of playing melodies on the bells, the ringers alter the striking order of the bells by ringing methods which are mathematical sequences during which a change is made every two seconds, using much concentration.

As in many courses of learning, special times are organised to help pupils learn their chosen subject. On Friday 7th August in the afternoon, from 2pm until 4pm, and again on Saturday morning 8th August, from 10.15am until 12.15pm, ringers who

are taking part in The North West Ringing Course will be using our bells to put their theory learning into practice.

There is always room for more church bellringers and should you have an interest in this ancient art you would be most welcome to come and join the ringers at St Andrew's on a Tuesday evening at 6pm.

DENTDALE METHODIST CHURCH

Sarah Woof

Our 3rd week Saturday coffee mornings continues to be a friendly place for people to meet and buy delicious home baked goodies. There are usually some activities in the schoolroom for any children who come as indeed there are at our Sunday services. The services are on the first and the third Sundays as a general thing.

During August, games and activities will be set out in the Schoolroom and open to all, holiday makers escaping the heat or the rain or local youngsters looking for something to do, every TUESDAY from 10am to 7pm, with the means to make a drink. It will be manned periodically throughout the day and all are welcome.

We will be joining our Anglican friends for their coffee morning and possibly another fund-raising event as well as services on the 2nd and 4th Sundays. Aug 9th will find us all in the Memorial Hall for Bikers Breakfast. Do spread the word! Sarah Woof 015396 25212.

"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

DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

August is our Festival where people from near and far share worship, testimony, meals, messy play, baking, puppet shows and much, much more. Based around Rhumes, Dent, the programme was still being decided as I penned this, the first event is Messy Play on Fri 7th 3.30 in the big tent, then a meal and evening meeting at 7pm, with puppet shows, teen meetings and Bible study all happening on Saturday along with more Messy Play. On Sunday we are using the Memorial Hall with a Bikers Breakfast with CMA, followed by worship and testimony with lunch afterwards.

Do come. More info, call Sarah 015396 25212.



SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School is pleased to have been commended in the Independent Schools of the Year awards in the category of Independent Boarding School of the Year. Finalists will be announced on 10th September

Year 8 had an Adventure Week which included ghyll scrambling, sheep shearing, den building, laser tag,, sleeping under canvas and climbing Scafell Pike

The end of term on 27th June was relatively quiet compared to former years. There was a chapel service at 11.30 am but there was no sermon and no anthem(the Choir was in Italy). The Speech Day ceremony in the Hirst Centre at 2pm began with a short speech from the Chairman of the Governors, but did not have one from the Headmaster who was absent for family reasons. Mr Dan Harrison gave talk mainly about the new Sedbergh Group of Schools. Most surprisingly there was no Guest Speaker. The usual ball for the leavers and their parents took place in the evening with fireworks at dusk.

This summer, the School launched the inaugural SOSCARs, an inter-house filmmaking competition that challenged pupils to become writers, directors, actors and editors in just one week. The Houses embraced the challenge with enthusiasm, producing everything from laugh-out-loud comedies and suspense-filled thrillers to clever mysteries and

imaginative adventures

The Prep held their Sports Day at the end of term which included such hard fought items as the Fathers' cricket match. The Prep School performed a production of Beauty and the Beast at the end of the school year

Next year (2026/27) is the 25th anniversary of Girls at Sedbergh and there will be a weekend on 5th to 7th February to celebrate this.

In the last week of term the pupils spent time helping charities and doing tasks to help the community, or doing something that challenged the individuals Gold and Silver expeditions took place in the boiling sun. Carus House Yr 12 collected used clothes and sold them – any

left were donated to the Salvation Army. Three Yr12 pupils completed three days of triathlons in support of Brain Tumour Research – each day involved a 1.5km swim, 40 km cycling and a 10 km run. Others worked on the car park, the Killington footpath and the Church in Dent among other contributions to the community and charities. The four weeks of the international school began immediately after the end of term, to be followed by the summer courses at the end of July and beginning of August

Music

The chapel choir went on a tour to Italy which included 8 nights, 5 cathedrals and churches, 1 choral safari in Verona, 1 theme park, 1



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water park and 1 night at the opera

The School welcomed pupils from a number of schools to Sedbergh for a large-scale music workshop, reflecting both the strength of the Music Department and the commitment to sharing opportunities more widely through outreach.

The School took part in the Sedbergh Music Festival with performances by pupils from years 9 and 10 in the Church, but with a superb performance on the flute by Daisy playing Bizet. The Prep took part in the Music Festival joining in singing Zadok the Priest

Cricket

The 1st XI lost to Lancashire Academy by 107 runs on 16th June. No 1st XI results have been

published since half term

At the Prep the Staff & Parents cricket team finished the 2026 season with a win over Mr Pickup's Ingleton.

Sedbergh U15A place 3rd in the northern regional T20 competition. The side were beaten by Manchester Grammar School but comfortably beat Durham School in the 3rd and 4th play off.

U15 Girls won the County Indoor Finals and go on to represent Cumbria in the next round.

Maddy played for Lancashire Girls' cricket team

Netball

The U15 team finished in the last eight at the top eight in the World School Games at Loughborough

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Tennis

Max, who has coached tennis at the Prep since he was 16 has left the school for pastures new

Future Events

New Pupils arrive 5th September

Term begins 6th September

Battlefield Trip 11th – 16th September

Senior Regatta 3rd October

English Schools Fell Running

Championships 4th October

Chapel Choir sing Evensong

Ripon Cathedral 5th October

LIZZI'S COLUMN

Lizzi Collinge MP

In July, I was pleased to see the news that the owners of the Sun Inn in Dent have accepted an offer from the community to purchase the pub. I was first contacted by the local Save Our Sun campaign before the election and since then have worked with them to look for funding avenues. I also wrote to the minister on their behalf outlining their fantastic campaign and making the case for support for community pubs. I am so thrilled that the Sun Inn now has a future in the village, and that the community has been able to keep this fantastic venue alive. I look forward to having a pint there over the summer.

Before the school holidays began, I spent a morning with the pupils at Settlebeck School discussion the legislative process, how parliament works, and answering their questions. This was part of their values curriculum, arranged by the local community police officer Adam Roberts. It was a great way to engage with young local people, and to discuss how Governing really works in our country. I was pleased to welcome Tim Farron MP as well, who so ably represented Sedbergh and District for almost 20 years.

Looking forward, I am about to commence my summer tour of the constituency which will include village drop-ins, community meetings, business visits, and much more. I do drop-ins all year round but Parliamentary recess provides



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more time to be out and about across the whole of Morecambe and Lunesdale. If you would like details of these drop-ins please do get in touch with me via email or leave a voicemail with my office. Equally, if you know of a community group or business who would like to showcase their work, please do get in touch.

In the last week before recess, I was pleased to host a Tyre and Road Safety drop-in with my constituent, tyre safety campaigner Sophie Lyden, and her sister Emma, also a tyre professional. We had an excellent turnout, including one of the Deputy Speakers of the House and the Minister for Local Transport.

I wanted to host this event to raise

awareness of tyre health, as it is too often overlooked in road safety campaigns. Both Sophie and Emma have worked hard over the years to bring this issue to the forefront, and it was encouraging to hear so many of my colleagues recognise that while road safety discussions often focus on speed and the other fatal factors, tyre safety doesn't always receive the attention it deserves. I was shocked to learn that around 40% of vehicles on our road have defective tyres.

So, let this be your reminder: take a few minutes today to check your tyres. Make sure the pressure is correct, inspect them for any damage, cracking or excessive

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wear, and check that the tread depth is legal and safe using the '20p test'. The legal minimum tread is 1.6mm and the outer edge of a 20p coin is nearly 2mm so it's a helpful gauge. Remember though, that the recommendation is to have at least 3mm tread depth to ensure safety, especially in wet or icy conditions. It only takes a moment, but it could make all the difference.

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



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.

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NOTES FROM DENT STATION

*John Carey,
The Dent Station Team*

I was going to say that train services were performing reasonably well but then the dreaded infrastructure problems appeared again. On Friday 10th July the signals failed in the critical Blea Moor section. For the uninitiated, this is where the north and southbound lines converge into one to cross Ribbleshead Viaduct. And all of this on one of the hottest days of the year so far. A southbound train was stranded at Dent Station for over 2 hours whilst a northbound was stuck at Ribbleshead. At least the southbound passengers were allowed to wonder about on Dent

platform. Several of the later trains were cancelled. Unfortunately, this was quickly followed by a major signalling problem in Leeds on the Saturday. Whilst not directly on our line, the effect was that all services in and out of Leeds were delayed and many cancelled. No doubt the heat played some part in the failures, but it again shows the need for greater resilience of systems on our railways.

Elsewhere, railway news was rather dominated by the terrible Bedford rail crash on what would have been the Midland mainline route to London St Pancras, and so has a historic connection to our line. Naturally, our thoughts are with those involved. But incidents of this

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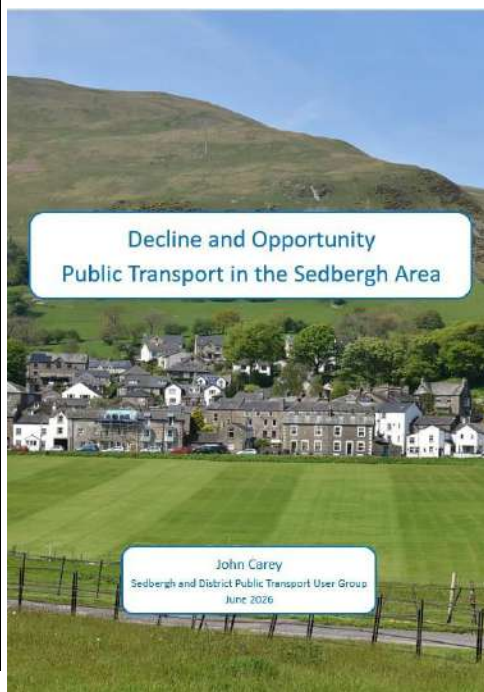
type are rare, and rail remains by far the safest mode of travel. This is largely down to tried and tested Victorian practices which are still maintained to this day. These prevent two trains from being on the same section of track. For an explanation of how it all works, a visit to the volunteer-restored Settle or Armathwaite signal boxes is highly recommended.

Meanwhile, the public transport woes of Sedbergh do not go away and there is little positive news apart from the fact that the council have, at long last, issued invitations to tender for the key Sedbergh-Kendal route. This is despite the fact that we have seen several other services tendered and implemented in the interim, strangely without any cause for delay. As a representative of the Yorkshire Dales National Park recently remarked, 'Sedbergh has the worst public transport of any community of its size within the National Park'. They were not wrong.

For the potential visitor, the lack of service provision is difficult to grasp. Grassington has an hourly service to Skipton. Settle has a 2-hourly connection along the A65 (it was hourly until recently) not to forget, two railway stations. Kirkby Stephen now has a daily bus service to Penrith including Sundays. By the way, all of these communities would like to see improvements. And that is before we start comparing with the Lake District. Believe it or not, the slightly

smaller Ambleside has 140 bus departures per day. OK, I'm perhaps using an extreme, but the bus frequency amplifies the popularity of an already popular destination. Undoubtedly, bus services play an important part in the local economy.

The local public transport group have been hard at work over the last few months and published 'Decline and Opportunity' which takes a look at the public transport in the area, the past decision-making by the local authority, and suggests a network of services based upon Sedbergh. This would include Dentdale, Garsdale, Kirkby Stephen and Kirkby Lonsdale. But at its core would be the Kirkby Stephen-Sedbergh-Kendal trunk route. A reasonable aspiration might be an hourly service to Kendal and 2



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hourly to Kirkby Stephen with bus services available 7 days a week. This would provide flexibility for the communities to access work, education and appointments plus visitor access, essential to the local economy. This has now been distributed to key decision makers and is available to all at www.dalesbus.info/SedberghPublicTransport.pdf This makes for a compelling if not difficult read at times!

Amongst other things, we have complained that Westmorland and Furness had failed to include local bus timetables on the council website despite public information being one of the key responsibilities under their 'Enhanced Partnership' charter. The omission assumes a reliance on the website of the major operator in the area which covers 95% of all services – but sadly not those in Sedbergh! In the past, it would have been easy to find a

Western Dales timetable or that of any other operator on the council website. We understand that the reason is due to a 'technical glitch' but you would have thought that could have been resolved by now.

We were pleased to be able to join Libby Bateman, the Lib-Dem candidate for the new combined authority mayoral role on the first part of her trip around the whole of Cumbria by rail. We convened at Dent Station at 0755 on a Saturday morning for the first train north to Carlisle, during which time we were able to relate the many local public transport issues. This was a worthwhile discussion, and Libby is a keen advocate for rural issues. We will of course tackle the other candidates on their transport policies. Public transport will, of course, fall within the remit of the new mayoral role and rural transport remains a significant problem to be addressed.

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Stalls, Entertainment
Activities**



Last month I spoke about the sad withdrawal of the 832 DalesBus via Sedbergh after only 10 weeks of operation. This is due to the extensive Garsdale road closures, of which we were given late notice. During the few weeks of operation, the bus proved its worth allowing travel for both visitors and locals. But the good news is that Western Dales Bus have agreed to run an S7 service from Sedbergh to the same timetable for the remainder of the season which will be much appreciated. Kirkby Lonsdale is a nice place to visit on a Sunday afternoon and quite difficult to reach otherwise. We do hope that folk make use of the S7 service.

However, for the last 832 prior to

the roadworks, I joined with a few others for a trip to Kirkby Lonsdale. After leaving Sedbergh on the return journey, the bus continues on to Hawes and takes the spectacular route across Buttertubs Pass and thereafter along Swaledale towards Darlington and Middlesbrough. This takes in one of the highest 'bus summits' in the country (Hartside being higher). Relishing a transport challenge, I therefore continued on the 832 from Sedbergh to Hawes where it becomes the 831 and then to the Farmers Arms at Muker to wait for the bus coming the other direction to Hawes and then to Ribbleshead. Who would have thought that Sedbergh to Muker on the same bus was even possible!



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Hopefully, the DalesBus team will be able to reinstate the 832 service next year subject to funding and operator.

But back to Dent Station, the highest bus rail interchange in the country at 1150ft, we are pleased that the S1 Western Dales Bus service to Kendal continues to make its appearance twice on a Saturday connecting with the mid-morning northbound and late afternoon southbound trains. The bus is 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 give 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.



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PUBLIC TRANSPORT USER GROUP REPORT

Ed Welti

Our A.G.M. meeting on the 8th July took place in the Cornerstone Church Hall. Attendance wasn't high, but to be honest, I wasn't expecting it to be. We'd organised and publicised it at short notice, and without our secretary, Debbie Wilson, available to encourage people, the inevitable resulted. As you may know Debbie is recovering from an accident, and we all wish her a speedy recovery.

However, we did have Adrian Waite (the Westmorland and Furness Council Transport Portfolio Holder) in attendance. Adrian is a long term supporter of better public

transport east of the M6 and having him on the Council Executive is a definite benefit.

The meeting included a review of what the User Group has been doing over the past year, and what we hope to do in the future. Adrian introduced himself and was available to answer questions. In general he is positive about achieving improvements in bus services between Kirkby Stephen, Sedbergh and Kendal. Although, of course there are provisos!

At the time of the meeting the Council were releasing the tender documents for the Bus Operators to review. They have released a variety of different options for the Sedbergh to Kendal connection, including a

Castlestead View, Oxenholme, Kendal - for the over 55s

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shuttle between Sedbergh and Kendal, differing options for a service between Kirkby Stephen, Sedbergh and Kendal, including the PTUG timetable and options to connect with Queen Katherine School. There were also tenders documents for the Bus Operators to formulate a timetable of their own along with the conditions the timetable should meet. The Council have done their very best to try and ensure that the bus operators reply with suitable terms.

Whether we get an improved service depends on those replies, how much the operators will charge and the Council budget. The deadline for responses is August 6th.

Where we as a group go from there depends on what happens then. If we do get an improved service, we become less of a campaigning group and more of a user group, encouraging people to

use the new service, but also working far more closely with Western Dales Bus to ensure that they continue to serve our local community and routes. Western Dales are key to our area and widening bus coverage.

If we don't get a commercial operator we need to begin to switch our campaigning emphasis away from Westmorland and Furness and on to the Mayoral Candidates. But even if this happens we still need to work far more with our existing services, mainly Western Dales Bus, to help them improve their coverage and services.

On that note, if you are thinking about volunteering in our area, and have a licence that permits it (includes category D1), do consider volunteering as a driver for Western Dales Bus.



FUTURE OF BUS SERVICES CAUSES CONCERN AT SEDBERGH (4/12/1970)

Supplied by Colin Cowperthwaite

Our bus services have been hanging on for years. Back in 1970, however, it was believed the different Councils should talk to each other to try and come to a solution. An interesting idea. Ed.

At the conclusion of a discussion on bus services at the meeting of Sedbergh Rural District Council on Wednesday last week, councillors agreed unanimously that their clerk be delegated powers to take any action he might think necessary in the event of withdrawal of services involving the Sedbergh area.

The clerk, Mr A.G. Wilkinson told the council that the matter of rural bus services was now under review, and it was likely where uneconomic services were being run at present they would not continue to run after last Saturday in March 1971 unless subsidies were forthcoming.

Mr Wilkinson said it was probable that subsidies would be implemented in the Sedbergh district and that discussions on the relevant issues were going on with various county councils. In view of what information had already been received, said the clerk, he had written to the West Riding County Council.

He stated in his letter to the council that Ribble Motor Services operated all the bus services in the Sedbergh area, and he understood the company had already met

officials of Cumberland County council with regard to services in Cumberland and a meeting between representatives of the company and Westmorland County Council was envisaged in the near future.

Meeting.

He also stated in his letter that it was necessary that Sedbergh RDC be informed and consulted where there was any probability of the withdrawal or curtailment of services and also urged that Westmorland County Council should not make any decision, which would be prejudicial to the residents of the Sedbergh area.

The Clerk said that not only were the West Riding County Council involved on the issue of the Kendal



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to Sedbergh service but also Westmorland County Council, Kendal Borough Council and South Westmorland Rural Council, as well as the Sedbergh Council.

Mr Wilkinson predicted that at some stage there had to be a meeting of all local authorities involved to decide how to operate the subsidies, which he felt would be done on a proportionate basis and added that if there were it to be any withdrawal of the services he anticipated he would be informed by Christmas.

FIFTY YEARS AGO

Colin Cowperthwaite

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

Car Parking

A long discussion on the use of Joss Lane car park took place at the Parish Council meeting. Some uses to which it has been put recently have caused concern, and the council decided it was unable to recommend an alternative site for a fairground. The council was of the opinion that coaches should not use

the car park on Wednesdays, and that market stalls should revert to their former layout on the periphery.

Camp Coffee

The First Sedbergh Cub Pack held their initial fund raising effort with a coffee morning and bring-and-buy stall, held in the White Hart Club on Saturday. Formed by three local ladies, Mesdames Carol Hinton, Anne Fearn and D. Gibson, just before Whitsun, the pack has a complement of 24 boys, and already has a long waiting list for membership. Facilities and equipment have been kindly provided by Sedbergh Secondary School but, wishing for a measure of independence, the Cubs staged the event which was well supported and raised more than 60 pounds.

Fell End Methodists

Mr J. Thornburrow, Tebay, conducted the Fell End, Ravenstonedale Methodist Sunday School anniversary services. Recitations and choruses were by Anne, Deborah and Stephen Hird; Carol, Sandra and Malcolm Fawcett; Susan, Brenda, Thomas and Graham Mason; Graham and Martin Todd, and David Tunstall. Duets were by Deborah Hird and Carol Fawcett; solos by Anne Hird and Susan Mason; trios by Susan and Brenda Mason and Anne Hird. Lord Wharton Bibles were presented to Stephen Hird and David Tunstall, and the scholars received books from the Sunday School.

Sedbergh's Firemen

Sedbergh's firemen are once

again out to prove that they are the best part-timers in Cumbria. They have once again won the Cumbria Fire Service East Division station efficiency competition and now go forward to represent the division in the county competition in which they triumphed last year. Sub-Officer J. Douglass, who is in charge of the Sedbergh station, said he was particularly proud this year because some of his men had only started their training at the beginning of the year after a recruiting campaign had been launched to get the brigade up to full strength.

Children's Week

With the aim of getting youngsters to give consideration to what the Christian faith is all about, a club for

children was held all last week with mornings spent at the Methodist Church schoolroom, when the programme included questionnaires, games, singing, drama and collage, and a memory verse from the Bible. The afternoons were spent playing games on Settlebeck School playing field. Officially supported by the Scripture Union and all Sedbergh churches, the project was led by Mr Sandy Roy and Mr Robert Dawson, with a team of enthusiastic young helpers. With a daily average attendance of over 60 children, both local and summer visitors, the venture was well supported, and in the evenings a coffee bar was held for teenagers, with entertainment from various gospel folk groups, in





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the United Reformed Church hall. On Thursday evening a barbeque was held on Castlehow Ghyll.

Centenary Services

Special services marking the centenary anniversary of Hawes Junction Methodist Chapel were held at the weekend. On Saturday evening, Mr Len Cookson of Longton, Preston, introduced the well-known evangelist, Mr Herbert Silverwood, who conducted the services for the Television documentary film "The Dale that Died" at the same chapel last year. Bristol-based Mr Silverwood also preached at both Sunday services. The organists were Mrs Jenny Thornborrow and Miss Gladys Allen.

The late Mr. J.J. Woof

The funeral took place at the Parish Church of Mr John James Woof of Alderson Spout, Dowbiggin, who died at his home aged 75, less than six weeks after the death of his wife. A farmer in semi-retirement, he was born at Rose Cottage, Frostrow, and educated at the former British School. He was employed at several farms in the Lune valley, but after his marriage in 1922 to the former Miss Elizabeth Winn of Low Hollins, Frostrow, he became a roadman with the West Riding County Council for a period, before starting farming on his own account at Alderson Spout. During the 1939-45 war he served in Sedbergh Fire Service. His main interests were his family and the farm where he and his wife had lived for over 50 years. He is

survived by four sons and two daughters, 18 grandchildren and five great-grandchildren. The service was conducted by the vicar, Canon D.A. Rogers, and interment took place in Sedbergh Cemetery. The bearers were his four eldest grandsons, who had also been the bearers at his wife's funeral.

School Concert

Pupils of the Primary and Junior School presented an end of term concert for parents and friends in the school hall last Wednesday. The artists made their own introductions and the concert featured a number of massed choral items, directed by Mr Roger Bush, who also led a recorder and guitar group. An instrumental string ensemble was

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conducted by Mr W.L. Smith. Other accompanists were Mr Victor Brook and Mrs Jennifer Thornely. Piano solos were given by Elizabeth Ingham and Pamela Metcalfe, and a solo cello item by Jackie Thornely. Following the musical traditions of her parents, Mr and Mrs Granville Morris, Jennifer Morris sang The Trout, by Schubert. All taking part were thanked by the headmaster, Mr E.S. Marney. The previous afternoon, a condensed version of the concert was presented by pupils, to the delight of old folk at the Gladstone House Community Centre.

SEDBERGH PRIMARY SCHOOL HISTORY

Colin Cowperthwaite

Fifty five years ago, in the summer of 1971, many changes were about to take place in the life of Sedbergh's Primary School. I have unearthed a few news items from the 'Westmorland Gazette' from that time, the first of which (April) advises that: "Bulldozers have already started ripping down the structure of the former Sedbergh National School (currently the BT telephone exchange on Station Road), which was established in 1842 and later redesigned as the Church of England school.

The retirement of the headmaster, Mr Richard Metcalfe, who has taught in Sedbergh schools for more than 35 years, coincides with the departure of several other members of staff, and will bring to an end a

year in which a total of seven staff with many years of service have left. It was at the National School that Mr Metcalfe attended school as a boy, and returned in 1935 to become an assistant teacher. He was appointed to the headship in 1949. In 1963 there was added to this the headship of the town's primary school (up Joss Lane) when the two schools were amalgamated. They were both replaced by the present primary school (on Maryfell) in 1966, still with Mr Metcalfe as head".

"The complexities of changing staff at the present school were explained by Mr Metcalfe on Wednesday. His deputy head, Mr J. Harling, left only recently to take up a headship at Askham. Two long-

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serving local teachers, Miss Campbell and Mrs Dent, retired during the past year, and two more, Miss Hall and Miss Batty, are to finish at the same time as Mr Metcalfe. Mr Metcalfe's sister, Mrs S. Greenwood, retired from teaching recently after many years' service at the school, and is at present part-time clerical assistant at the school, but she too is to retire at the same time as Mr Metcalfe".

"Candidates for replacement staff are to be interviewed soon by the West Riding Education Committee and a new headmaster has already been appointed. He is Mr Eric S. Marney, at present headmaster of Midgely School near Halifax. Helping the children to get acquainted with

their new teachers though will be three of the present staff who are not retiring - Mrs M. Kirk, Mrs J. Armstrong and Mrs S. Thornber, together with a previous part-time teacher who is now to go on to full-time, Mrs Craven. Mr Metcalfe said this week he would be sad to leave, but at least he looked forward to retirement in his native Sedbergh, where he has taught two or three generations of local people".

A Gazette report dated July 1971 reports: "A small group of members of the education sub-committee under the chairmanship of Mr J.T. Clough, organised a presentation ceremony held in the school hall. Among the many guests present were county officials, the governing

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body of Sedbergh Secondary School, the entire staff and a number of former staff, and 250 children. The chairman introduced Mrs J.D. Young, who paid tribute to Mr Metcalfe's many years of loyal service and presented him with a cheque. Knowing Mr Metcalfe's fondness for fishing as a pastime, the pupils bought him two books on angling, one of which was signed by every pupil in the school. Kevin Lancaster presented him with them on behalf of his fellow pupils. Two girl pupils, Alison Cannon and Jacqueline Douglass, presented bouquets to Mrs Young and to Mrs Margery Greenwood, Mr Metcalfe's sister".

"One of the long-serving teachers,

Miss Eden Hall, retired, while Miss J. Batty, who has been on the staff for one year, left to get married and take up residence in Ripon. Miss Hall received an electric wall clock, Miss Batty a blanket and a watercolour by a local artist, and Mrs Greenwood a satin steel teapot.

Children organised and presented a concert to mark the end of term, and as a farewell to a number of pupils who will be going to other schools after the holidays. Miss Hall, Mrs Greenwood and Mr Metcalfe will continue to live in Sedbergh in retirement".

September's Gazette reported that: "With a spate of retirements and transfers at the end of last term, Sedbergh's County Secondary and

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Primary schools found themselves somewhat denuded of staff. The Secondary School opened the new term with three additions to the staff. Mr Peter Roberts, the headmaster, welcomed Miss Kathleen McRae, of Kendal, who will be taking up her first teaching appointment. Educated at Kendal and trained at the Ilkley College of Education, she will be responsible for teaching housecraft. Physical education for the girls will be taught by another recent arrival in the area. Mrs Christine Williams, a native of Huddersfield, who received her training at the City of Leeds College of Education, comes to Sedbergh from a teaching post at Failsworth, Manchester. An ace swimmer and coach, she has represented Yorkshire and also the North Eastern Counties in swimming internationals with Scotland, and has also represented Yorkshire on the tennis courts. Mrs J. Raw, of

Sedbergh, is the third new member of staff. She takes up her post as non-teaching assistant".

"The Primary School has seen even more changes. New headmaster is Mr E.S. Marney of Hebden Bridge. The new deputy headmaster is Mr C. Holt of Bolton, who comes to Sedbergh from Steeton Primary School, near Keighley. Two local girls also join the staff as teachers: Miss Dilys Evans, who formerly taught at Keighley, and also in Kenya with the VSO organisation; and Miss Judith Tebay, who received her training at the Sunderland College of Education and, like Miss McRae, is taking up her first teaching appointment".

WILLIAM WAVELL WAKEFIELD

Karen Bruce Lockhart

William Wavell Wakefield, 1st Baron Wakefield of Kendal (10 March 1898 – 12 August 1983), was an English rugby union player for Harlequins, Leicester Tigers and England, President of the Rugby Football Union and a Conservative politician.

He had two brother, Edward, and Robert who was an accomplished rugby player for Cambridge University, Harlequins and toured with the 1927 British Lions to Argentina.

Wakefield was born on 10th March 1898 in Beckenham, Kent and attended Sedbergh School but left in 1916 to join the Royal Naval Air Service, having been fascinated by his uncle Edward's hydro-aero

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plane Waterbird which was the first to successfully take off from Lake Windermere. He transferred to the Royal Air Force when it was established in 1918. He was the first and only pilot to land on, and several days later take off from, HMS Vindictive, flying in a Sopwith Pup. He retired as a Flight Lieutenant in 1923 and transferred to the Reserve. He won the first air race for RAF Reserve Officers in 1924.

In February 1919 Wakefield was ordered by the Air Ministry to report to London to join the RAF rugby side being formed for the Inter-Services League. He was made secretary, selector and captain at the same time. In 1920, Wakefield made his England debut against Wales,

appearing 31 times, 13 as captain. He led England to back-to-back Grand Slams. His final appearance for England was against France in April 1927.

He was involved in three England grand slam winning sides, captaining two back to back in 1923 and 1924. He captained the RAF to an Inter-Service championship in 1923, Cambridge University to a Varsity win in 1922 and Middlesex to the County Championship in 1929. He also won three Middlesex Sevens tournaments.

He helped revolutionise the role of the back row forward. Prior to Wakefield their role was mainly static -- pushing in the set scrum and

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winning the ball in loose scrums (or rucks, as they would later become). Wakefield's athleticism enabled him to play a more dynamic role: pressuring the opposition half backs in defence and supporting the attacks of the three quarters, that remain the prime responsibilities of the modern openside flank forward.

In 1935, Wakefield moved into politics, becoming Conservative Member of Parliament (MP) for Swindon. At the 1945 general election, he moved to St Marylebone. His brother, Edward Wakefield, also became an MP.

In WWII he was Parliamentary Private Secretary to the Parliamentary Under-Secretary of State for Air between 1940 and '42, the first director of the Air Training Corps from 1941. sponsored to take a degree in mechanical sciences at Pembroke College, Cambridge by the Air Ministry, graduating in 1923.

Wavell was knighted in 1944 and

in 1963, upon retiring from Parliament, became the first Baron Wakefield of Kendal. For many years he was an active member of the Conservative Monday Club. He was still involved in Rugby and was the RFU president in 1950. From 1950 to 1980 he was president of Harlequins. An excellent all-round sportsman, Wakefield also became the president of the Ski Club of Great Britain, the British Sub Aqua Club and the British Water Ski Federation. In 1999 Wakefield was inducted as the first English member of the International Rugby Hall of Fame.

He had three daughters, but no sons and the barony died with him although some time later it was recreated for his brother Edward.

The pavilion on Buskholme is the Wavell Wakefield Pavilion, and a memorial match is played by the School 1st XV each year in his memory.

SEDBERGH W.I.

Moirra Folks

As I write this on Wimbledon Finals Day during our July heatwave, we look back with Anne Pitt to less clement weather in June when, she writes, 'On an overcast day with strong hints of considerable rain later in the day, our walking group decided to head out on a walk led by Rosemary Blanchfield. We met up at Leck Church and followed along lanes and paths through rolling countryside on an approximately 6.5-mile circular walk via Cowan Bridge, Overtown and Tunstall Church. After a lunch break at the church and a cultural exploration inside, the return route followed paths to Laithbutts and Hipping Hall before arriving back at Leck Church. The clouds gathered along the latter section and there was a short light shower but on approaching the church car park the skies darkened considerably and on reaching the cars the heavens opened and there was a torrential downpour. Happily, the group had managed to get into the cars just as it started, so we headed home dry though the roads were awash!' Many thanks to Anne for her report.

Denise Clarke, formerly a secondary school librarian who started writing books for teenagers after her move to Cumbria in the late 1970s, was the speaker at our WI meeting on 8th July. She described her concern as a school librarian that certain groups of young people just couldn't be persuaded to read

for pleasure because the usual school library books were of no interest to them. 'Well, what kind of books would you like to read?' she asked them. 'Books about tractors and farming,' was the reply. Sure enough, that was not a category that the school library contained despite there being a fair number of farming families represented in the school. When Denise retired from her school job she decided to try and fill this gap for the 11-14 age group. After taking a BA in English and an MA in Ruskin Studies at Lancaster University, she wrote 'TOP THORN FARM' for the 11-14 age group and then 'RETURN TO TOP THORN FARM' for the 15 -18 age band about the same group of young people now 3 years older. Her third novel, for young adults, 'THE LUCKY ONE', was based partly on her own father's experiences in the RAF during WW2 but it is not a biographical novel. The Cumbrian setting for the farming novels enabled her to use the Lakeland fells that she knew well as a background for the series, but she now had to take note of Lakeland dialect too: much more difficult! Denise brought some copies of her three books with her so they could be bought if desired. She explained that it's very difficult for an unknown writer to sell books directly to publishers who are not keen to take on new writers so she had decided to complete her first book without agreeing publication dates so she could write at her own speed and then self-

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publish through Amazon, which will print books individually when orders come in. In this case, of course, she has to pay for the printing herself initially and only receives about 20% of a book's purchase price from Amazon, which is certainly not a goldmine, though seeing your own book in print is very gratifying.

The book club met at Valerie's home the following day to discuss 'Walking Home' by Poet Laureate Simon Armitage, who had set himself the challenge of walking the 256 miles of the Pennine Way from Kirk Yetholm in the Scottish Borders in the north to Edale in the Peak District in the south, his home being at Marsden southwest of Huddersfield, the reverse direction to

the normal procedure. His challenge was to make the journey as self-sufficient as possible, by holding poetry readings at his overnight stopping places, passing round a sock after each performance for his audience to contribute to his expenses, just as the medieval troubadours had attached themselves to travellers, expecting food in exchange for entertainment. He had set up a network of helpers to assist him transport his heavy luggage (including poetry books!) and invited others to accompany – and guide him! – along his way. Mostly he stayed in B&B accommodation but there were also less comfortable stopping places. It was an enjoyable book, extremely well written and often very witty, describing his experiences, good and sometimes miserable when he got lost in the mist and rain. His pen-portraits of the people he met along the route were entertaining and his descriptions of the landscape were beautiful. Average score was 7/10.

Our next meeting in the People's Hall committee room will be held on Wednesday 12th August at 7.30pm. Malcolm Johnson is making a welcome return visit to remind us of the joys of our youth: 'Preserving your memories – charting the 1960s!' is his theme. It will be fun! Visitors and new members are always welcome. For further information, please contact Ellen Morrison on 07702 919745 or Valerie Welti on 07969 376649.

**KILLINGTON W.I.
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Wendy Fraser-Urquhart

Another lovely day for another lovely meeting! The title of our speaker Rob David's presentation was "The Secrets of Muncaster Castle". As someone who has never visited this castle I knew that I was about to learn more than just its secrets. So it proved, from the very first slide of the imposing edifice. Rob started by telling us about the history and ownership of the castle. In the late nineteen thirties it had been inherited by Sir Frecheville Ramsden, a rich aristocrat resident in the Manchester area. When war threatened in 1939, owners of

national treasures in London were anxious to remove them to places in Britain less likely to be bombed. Sir Frecheville was approached by the Tate Gallery and asked if they could remove their collection of paintings to the relative safety of his castle in remote Cumberland. He thought that this would be preferable to having his castle invaded by ill-disciplined evacuees! So, 800 precious paintings were put into three special rear carriages of ordinary scheduled railway trains. Then-a-days the normal northwest bound train from London was a direct service, so the carriages with the pictures were off-loaded at Ravenglass station. From there the valuables were loaded onto the "Muncaster Wagon",

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whence they travelled the remaining mile, slowly and bumpily, to their wartime hiding place. For security reasons, the entire process was totally secret. In April and May 1941, the "Barrow Blitz" was sufficiently distant to do no damage to the collection. It was an impressive story, very well told. Dilys expressed our warmest thanks to Rob. Now I am really determined that I will visit Muncaster Castle in the near future. Sadly, the pictures by Constable, Turner, Joshua Reynolds, Gainsborough, George Romney, Rossetti, and many other talented artists will no longer be there. They could have left one or two, as a thank you!!

Next, we were happy to enjoy our teatime and chat time. Susan Sharrocks was our raffle winner. A shell brought back by Jenny Maconchy from Paphos won the competition.

We talked about how much we had enjoyed our Annual Tea Party last week at Sally's house; a whole afternoon with no speaker, no business, and lots of lovely food enjoyed in wonderful surroundings. It was particularly good to see Elizabeth, who is not often able to be at our meetings lately. Susan expressed our formal thanks to Sally at the start of the business part of the meeting, Birthday girls this month are Joy, Diane, and Barbara Leigh. Time flies when you're having fun. We made plans for future activities - our summer outing will be on the 30th July. Another fun day ahead! Our next meeting in the committee room of the People's Hall, will be at 2.00pm on Tuesday 11th August. Terry Bond will be telling us all about The Pendle Witches. So, dig out your ducking stools and come and join us!

DENTDALE W.I.

Thelma Belfield

It's July, we are in the middle of yet another heatwave and appropriate to the time of year when many of us are about to set off on holiday travelling far and wide, our guest speaker this month is Jan Nicholson, who is a Tour Guide and Tour Manager.

As is usual, Pam our president opened the meeting with a warm welcome to all and following the usual singing Jerusalem and announcing the health and safety information, she entertained us with a short poem entitled The Car Trip. It

describes a mother setting out on a long and challenging car journey with her two children and the usual moans and groans of boredom and discomfort they displayed along the way. I know many of you can identify with it.

There were a number of issues to be dealt with prior to hearing Jan's talk, beginning with our fund raising Mini Market being held on Saturday 25th July. This is to raise funds for Springfield Domestic Abuse Support in Kendal. It is being held in Dent Memorial Hall with stalls selling home baked produce, plants, handmade craft items, and a nearly new stall. Biscuits, tea and coffee will be available and we hope to make a good profit to donate to this

local and very worthy cause.

Pam went on to share with us her experiences on an extremely busy day back in June. She and Alice had attended the National Federation of WI's AGM. This conference was streamed live throughout the UK to local Federation offices. It included presentations from three inspirational women, Anne Boden, founder of Starling Bank, Professor Michele Docherty, Space Scientist, and Mary Lewis, representative of the Jane Goodall Foundation. In addition, discussion and voting of this year's Resolutions took place. The two Resolutions, Access to Public Toilets and Support for Homeless Women were both successfully supported and will go

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forward to become campaigning issues. On the evening of the same day, Pam also attended our local Lunesdale Group meeting, where she enjoyed a stimulating talk given by Veronica Bird, a former prison governor, followed by a delicious buffet supper. Overall a very busy but interesting and enjoyable day.

Social activities during June included a visit to Levens Hall and Gardens. The hall remains a family home, but the public areas are extremely interesting with some unique features, and the topiary in the gardens is legendary.

Then it was over to Jan Nicholson who began by telling us that as a teenager her ambition was to be a vet, and at university she studied Animal Physiology and Nutrition. However, this all changed in her early twenties when she became hooked on travelling. She completed the lengthy training course, successfully achieving the Cumbrian Blue Badge Guide, and following this, she completed the Westminster City guide. Since then she has worked for various travel companies and has travelled all over the world and the UK, leading groups of tourists.

She told us that to be a successful tour guide you need to have lots of patience, a broad sense of humour, be flexible, and have the ability NOT to panic and a First Aid kit. Knowing where the toilets are and the best places to eat are vital pieces of knowledge to a tour guide. It is a very demanding job, with little

off duty time whilst on a tour. There is a lot of behind the scenes work, ensuring the tour itinerary is kept strictly to the letter, and it definitely helps if there is an experienced coach driver. Traffic flow hold-ups are a nightmare, as this can affect missed ferry crossings and late arrival at hotels. Passports get lost, pickpockets are rife in some countries, accidents happen - all part and parcel of the life of the tour guide.

The upside of course, is experiencing the food, the lifestyle and culture and meeting the people of so many different countries throughout the world. Jan really loved working in London guiding city tours, but her heart still lies in Cumbria and the north of England. Her favourite group of tourists are the Americans, whom she says are always cheerful and positive, and they all love England. Since she first

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began her career as a tour guide, people's expectations have become greater; experiences are in high demand, all increasing the pressure on the tour guide.

We were all ready for a cup of tea and Marjorie's home made biscuits, after our guided tour of the world with Jan. She very kindly judged our competition. This month it was for an interesting item beginning with C. Chris T won with her charm bracelet, I took second place with my miniature ceramic Dutch clogs and Alice was 3rd with her collection of copper coins. Chris T and I were lucky raffle prize winners. As always it was a relaxed, friendly and sociable evening and visitors are always welcome.

DENTDALE, HEAD TO FOOT Strawberries & Cream with Scones!

Andrew Povey

The Memorial Hall in Dent was a very good place to be to get out of the wind and rain on Saturday afternoon of the 4th July. Dentdale Head to Foot put on a delicious tea of homemade scones, jam and cream, and strawberries and cream, with a strawberry Eton Mess as an alternative! Nobody could resist!

Over 40 people came to support the event, and generous gifts of prizes meant the raffle was a great success with plenty of prizes ranging from bottles of wine to chocolates, biscuits and cosmetics. Everyone enjoyed the afternoon and funds

were raised for the over 60's Xmas dinner.

Our next event on 4th September is a talk by Susan Cox, entitled 'Far La Routo' and in October, our speaker is Marie Appleton who will be speaking about 'Cosy Homes'.

Look for us on Facebook 'Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page. Please 'like' our page. For further information please call Andrew Povey on behalf of DDHF: 07881655166
poveya@btinternet.com

FAMILY MUSINGS

Sarah Woof

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

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

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

The scent from the ramps/ wild garlic in the garden certainly twitches our noses and helps clear

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

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

Sedbergh and District Lookaround

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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

We always feel a little sad in August as we have to say goodbye to most of our swifts as they set off on their long migration back to Africa. No sooner had I written last month about a cold summer until mid-June than the weather changed and we experienced heat waves! And so, we then enjoyed seeing plenty of swifts whirling around screaming. People often say that there are no longer any swifts but they were there all the time, just less visible.

We suspect that the screaming parties may be a 'socialising' activity, since swifts cannot perch or roost together like other birds. You may also have seen lots of prospectors (the immature swifts) 'banging' – ie flying up to hole and clinging on for a few seconds, practicing their technique for future years. They are called bangers because you can sometime hear the noise as they hit woodwork such as fascias.

Our first Lowgill swift fledged on 13th July to join the adults in the sky, never returning to the nest. Usually, the newly fledged swifts have only 10 days or so looking after themselves in the air before they migrate. However, this year there is a big overlap in timing between pairs because not all arrived early and many chicks will not fledge until late July and even August. Parent swifts carry on coming back to the empty nest at night but how long they do this varies widely. We've

observed them departing next day but also some have stayed on for as long as 15 days.

It's extremely upsetting to report that at Lowgill our colony has again been attacked by a sparrowhawk which has taken at least 9 breeding swifts, all with chicks. They cannot catch a swift in normal flight but are very clever at watching nest sites while perching nearby and calculating how to swoop as the swifts are either entering or leaving the entrance holes. It is all over in a flash. Swifts are not an easy prey and we fear that this sparrowhawk has learned the technique for catching them. We saw it on the ground 'mantling' over a swift that it had killed. As I rushed out, it flew off with it and on the ground I found a bolus of insects that the swift must have been taking to feed its young. That shows that it must have caught the swift as it was approaching the nest. We suspect that the sparrowhawks are attracted to large colonies by the large number of bangers and screaming swifts flying around.

One swift that had lost its partner

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in this way managed to attract a new mate, probably a 3 or 4 year old that was just ready to breed. They laid eggs and were still incubating them while the first chicks fledged from other nests, an example of one of the reasons for the big overlap between nests this year. These chicks won't fledge until mid-August, when all the other swifts have departed. So you may see a few swifts flying around throughout August.

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

Tanya & Edmund Hoare

SEDBERGH WILDLIFE

Hadden Turner (Over the Field Nature Walks)

August is the time for getting ready for change. The leaves turn dark green, as if sunburnt, and are ready to set the landscape ablaze with brown, red, and yellow hues. Sedbergh's famous Swifts have already begun their journey to Africa and a whole host of other birds, Willow Warbler, Blackcap, Spotted Flycatcher among them, are ready to follow in pursuit, whilst Curlew start to migrate to our coastal regions. Other birds are getting ready to arrive; Redwing and Fieldfare are two winter thrushes who arrive to feast on the plenitude of berries (Hawthorn, Sloe, and Holly) that



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festoon the trees and hedges of the Dales. One other noticeable change in August is the countryside becomes a lot quieter. As the birds turn their attention away from breeding, and towards fattening up for winter, most cease their singing. Apart from the Robin, which is one of the few birds to sing all year round.

Recent sightings in July

· I have seen a good number of Siskins along the River Rawthey and also one in Jubilee Wood. The males of this finch have attractive yellow streaked plumage and can often be seen feeding in Alder trees.

This year has been exceptional for butterflies and moths, especially in the meadows of the local area. I have seen Gatekeeper, Ringlet, Green-veined White, Red Admiral and of course plenty of Painted Ladies and Hummingbird Hawkmoths (this year has witnessed huge numbers of these migrant species reaching the UK).

Wildlife Walks in Sedbergh and surroundings

I will be leading a number of wildlife/bird walks over the coming

months. Here are the dates and details:

- Wednesday 19th August. Bird walk along the Rawthey. 10 AM-12PM. £8 per person.
- Thursday 27th August. Bird walk along the Rawthey and Akay Woods. 3PM-5PM. £8 per person
- Friday 4th September. Jubilee Wood and Under Winder Nature Walk. 12PM-2PM £8 per person.
- Saturday 12th September. Family River Rawthey Nature Walk. 10AM-12PM £5 adult, £2 children.

To book on any of these walks or to receive more information, email Hadden at overthefield@protonmail.com

LOOK WILD – YORKSHIRE DALES IN AUGUST

Myles Ripley

As the long summer days start to shorten in the Yorkshire Dales National Park there is an autumnal feel in the air, giving the first hint of the changing season. August is a transitional month, and although many key breeding species such as curlew have already left for the wintering grounds and the flight season is over for many invertebrates, there are still a few key species of 'on the wing'.

Similarly, the flowering period for many of our important plant species is over but there are still a few 'gems' that add a splash of colour within the calcareous grasslands. For some species, the forthcoming months can be a time of plenty, as fruits, nuts and berries develop and

provide a crucial food source for some of our key migratory bird species as they prepare to head south for the winter. They are also essential for some of our mammal species, as they need to make the most of the food source to put on essential fat reserves to help them through the long winter months.

Despite being a time of change there is still plenty to see, so make the most of the long days, head out into the Yorkshire Dales National Park and see what you can see.

Devil's-bit scabious

These bluish-purple flowers are at their peak in August and may be found in marshy grasslands, meadows and pastures in the Dales. They provide late summer nectar for butterflies and bees when many of our other wildflowers have gone over for the year. Their strange name derives from the truncated appearance of the plant's roots, which legend has it were bitten off by the devil!

Field gentian

The delicate, purple, star-like flowers of the field gentian are borne on the ends of long corolla tubes and can be found blooming in our upland calcareous grasslands during late summer. These rare plants are sensitive to changes in grazing levels and the UK population has drastically declined in recent years. Because of this, they are one of our Priority Species in the Yorkshire Dales National Park. The similar and closely related autumn gentian is also just starting to emerge in similar

habitats at this time of year, and a careful eye is needed to separate the two.

Bilberry

Up on the moors and heathlands of the Yorkshire Dales bilberries are now ripening. The fruits resemble blueberries and have a very high vitamin C content, and have been used medicinally throughout the ages. These tasty berries are much loved by upland birds such as black grouse and ring ouzel.

Bramble

Blackberries are also ripening on our scrublands and hedgerows, providing food for a huge range of wildlife from blackbirds to foxes. Brambles are a complex group of plants with over 400 micro-species in the UK alone! The dense cover of their prickly stems creates vital shelter and hibernation sites for hedgehogs and invertebrates into the autumn.

Scotch Argus

Smardale Gill Nature Reserve in Cumbria supports one of the only English populations of this handsome dark brown butterfly, which can be seen on the wing during August. The caterpillars feed on blue moor-grass, a specialist grass of upland calcareous grasslands, and the adults may be seen nectaring on late summer flowers such as devil's-bit scabious. Although widespread in Scotland, Scotch Argus has a very limited distribution in England and is restricted to a small number of sites in Cumbria and the Yorkshire Dales.

WILDLIFE RESCUE

Jill Franklin

Are you interested in helping injured wildlife in its hour of need? Yorkshire Dales Wildlife Rescue (YDWR) is reaching out to people in the Sedbergh area to see if anyone would like to join its team of transport volunteers. Working across more than 800 square miles of countryside, Yorkshire Dales Wildlife Rescue (YDWR) is one of the most important wildlife rescue charities in the North of England. Last year, it cared for 750 animals - most of them either endangered or at risk - with over 70% of those being returned to the wild. Life continues to be ever-challenging for the UK's wildlife and its services are in more and more demand. YDWR relies on volunteers to keep its vital work going. Its transport volunteers play a huge part in saving the lives of animals,



helping the charity get wildlife to the Rescue as quickly and efficiently as possible. The role mostly involves collecting an animal from the 'finder' and delivering it to the Rescue at Horton in Ribblesdale or another location. Volunteers sometimes get involved in capturing and securing the animal, too. Whether it's a hedgehog, a cuckoo, a hare or an owl, every animal needs to get to the Rescue quickly if there is a chance its life might be saved. If you are interested in joining the YDWR transport team please visit their website -

<https://www.yorkshiredaleswildliferescue.com>



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DEMENTIA

Myles Ripley

Summer is a lovely season with bright days and chances for outdoor recreation. However, as heat waves have become common due to climate change, there is also a higher chance of heat-related issues such as dehydration and overheating, particularly for those who have dementia.

Adapting our behaviour to temperature fluctuations requires a great deal of consideration and decision-making. For instance, we must find appropriate clothing, drink more water, and know how to keep the house cool. Some or all of these tasks may be challenging for a person with dementia. Extreme heat

can be detrimental for a person with dementia due to these and other factors.

However, family members, friends, and caregivers can assist as the temperature rises.

Why are people with dementia more at risk during the heat wave?

Dementia patients are particularly susceptible to the summer heat. According to studies, people with Alzheimer's disease or another type of dementia function are more likely to die or be hospitalized when temperatures rise.

Dementia can impair the areas of the brain responsible for regulating our body temperature. Additionally, some drugs can increase a person's sensitivity to heat. Dementia-related



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memory and cognitive issues make it difficult to remember to drink or to express when you're thirsty.

Since high temperatures cause heat exhaustion and heat stroke, which are medical emergencies, overheating is a significant concern during the summer. The hazards are higher for those with dementia because they might not be able to express or recognize when they need to cool down or drink fluids.

Dehydration is yet another grave problem that can be especially harmful for individuals with dementia. In hot weather, the body loses more water through sweating, which can lead to serious health issues if not replenished. Dehydration can exacerbate confusion and agitation in dementia patients, making it more difficult for them to know how to cool down. Furthermore, it can worsen cognitive symptoms, increase the risk of urinary tract infections, and cause dizziness or falls.

Dementia patients are also susceptible to wandering and getting lost, which can be problematic in hot weather.

Tips for Caring for Someone with Dementia in Hot Weather

Caregivers must take proactive measures to ensure the safety of individuals with dementia during hot weather since they may find it difficult to express their needs or discomfort. Knowing how to avoid hyperthermia and dehydration in dementia patients can significantly improve their health and well-being.

Here are some tips to help you care for your loved one with dementia during hot weather.

- **Help the Person Stay Hydrated**

Encourage the person with dementia to drink throughout the day to help prevent dehydration. Regularly consuming small amounts of fluids is preferable to consuming a large amount at once. Drinking small amounts of water frequently helps stay hydrated while minimizing sudden trips to the toilet.

Keeping drinks in sight can serve as a reminder to drink. Put notices throughout the house or leave notes for the person with dementia to help them remember to drink regularly. You might also set an alarm clock or a phone reminder.

Provide foods that are high in liquid content, such as fruit, salads, and yogurt. Include fluid-rich foods as a supplement to water and other beverages. Ice lollies, jelly, ice cream, soup, and fruit like melon are a few healthy choices.

- **Look Out for Warning Signs of Heat-related Disorders**

Dementia can reduce a person's skin sensitivity and impair their ability to sense temperature changes. Consequently, they are more susceptible to heat stroke, a critical increase in body temperature caused by exposure to extreme heat or the troubling combination of heat and humidity.

Look out for warning signs such as excessive sweating, fatigue, flushed skin, muscle cramps, headaches, nausea, increased

confusion, or sudden changes in mental state. Drinking water, removing clothing, using cold compresses, and resting in an air-conditioned space all help to cool the body. Immediately contact 911 if the person faints or exhibits severe confusion.

- Take Measures to Prevent Wandering

Wandering is one of the common behaviour issues among people with dementia. They could easily get lost and confused and be unable to call for assistance, which makes it potentially dangerous. That risk increases under severe hot weather conditions, where hyperthermia can develop quickly.

Promote the potential positive

effects of walking outdoors in a safe, indoor setting. Consider making visual cue-filled walking routes throughout the house, assigning the person easy tasks, and offering engaging and entertaining activities (such as crafts, music, and exercise).

Wandering may also be a reaction to excessive stimuli, such as the urge to avoid people and loud noises. Additionally, it may be a sign of an unfulfilled need, such as hunger, thirst, or urge to use the bathroom. Meeting basic needs can help minimize the risk of wandering.

- Keep the House Cool

Make modifications to the home to make it easier to stay cool. Certain air conditioners have complicated




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settings, so ensure that the temperature is adjusted correctly and the person with dementia understands how to operate the controls.

Another way to keep things cool throughout the day is to keep the blinds or curtains shut, especially in rooms that face the sunlight.

Thermal and blackout curtains can also be helpful. However, ensure adequate lighting to prevent falls.

- **Ensure the Person is Dressed Appropriately**

A person with dementia may dress themselves according to their regular schedule and neglect to wear clothing appropriate for the weather. Instead of wearing cool, loose-fitting clothes, they may wear jackets or coats.

Wearing loose-fitting, light-colored clothing made of natural fibers can help people stay comfortable and avoid overheating. It's also a good idea to wear a cap or hat outside.

To help them know what to wear, put out a fresh set of cool clothes every morning.

- **Find Ways to Cool Off**

If the person with dementia is overheated and agitated, assist them in taking a cool shower or bath. Additionally, you might put some chilled water and a washcloth close by so they may dab themselves if necessary.

- **Know Where to Cool Down**

Check out local "cool" buildings eg Churches

- **Be Proactive**

Ensure that the person has

access to air conditioning or other cooling systems and is drinking enough water. During heat waves, blackouts and power cuts can occur. Ensure that your phones, tablets, and other electronic devices are fully charged, and keep flashlights at hand. Keep emergency contact numbers for emergency services and local utility providers readily accessible.

Make arrangements for someone who lives nearby to see your loved one if you don't. Inform them where to find the person's vital medical information, and emergency contacts.

CLAIMING DISABILITY BENEFITS

Linda Wilkinson

Getting Started

I've recently had to give up work due to a back injury and I'm worried about how I'm going to cope with the drop in income. I'm not sure what benefits I can get - where should I start?

To get started, you can use an online benefits calculator, using the details of your current income and expenditure, which will provide a quick idea of what benefits and other financial help you might be eligible for.

The main benefit available for most people of working age over 18 is Universal Credit if you have less than £16,000 in savings. If you're finding it difficult to work because of your injury, you might get more Universal Credit or not have to look for work. Inform the Department for Work and Pensions that you have a

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You can get information on all these topics on the Citizens Advice website. And if you're still not sure, remember you don't have to face this alone – contact South Lakes Citizens Advice. Our advisers can help to check what benefits and financial support you might be entitled to, and help you find a way forward.

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3. Ornithology (and natural history generally)
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6. Mike Brearley
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8. Richard II – John of Gaunt
9. The Children of the New Forest
10. George Bernard Shaw
11. Siegfried Sassoon's
12. 1066 And All That

PERSONAL MESSAGES

=====

BRYAN HINTON

Formally of Farfield, Sedbergh died peacefully on 7th July following a long illness.

=====

ELDERLY COUPLE

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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.

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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

AUGUST 2026				16 1000 Tumbling Stones, Wiggly	SHC
07	Christian Fellowship	Rhumes		17 1000 Walk & Swim Firkbank &	Firkbank
07 1400	North West Ringing Course	StAS		17 1800 Red Squirrels of Sedbergh	BB
07 1530	Messy Play	Rhumes		18 1000 Traverse of the Howgills	Howgills
08	Messy Play	Rhumes		18 1100 Sedbergh Economic	SHC
08 1015	North West Ringing Course	StAS		19 1000 Pennine Journey Walk	Howgills
08 1500	Duck Race and BBQ	GVH		20	Walking and Wellbeing
09	Christian Fellowship	Rhumes		20 1400 Tea and Cake	FCH
09 1430	Songs of Praise	Hawes		OCTOBER 2026	
11 1400	Killington WI Pendle	PH		02 1400 Dent Head to Foot Cosy	DMH
11 1930	Domino Drive	FCH		04	Charity Wagon Pull (10)
12 1930	WIS Charting the 60's (44)	PH		04	English Schools Fell
19 1000	Rawthey Bird Walk (53)	Rawthey		04 830	Lorry Pull KL to Sedbergh
27 1000	Sedbergh Art Soc Annual	SSL		06 1400	Sight Advice
27 1500	Rawthey/Akay Bird Walk	Akay		07 930	Christian Aid Coffee
29	Artisan Market	StAS		11 1430	150th Ann Service (May)
29 1100	Climate Change Vigil (18)	StAS		13 1400	Killington WI Xmas craft
29 1500	Afternoon Tea	GVH		13 1930	Domino Drive
31	Sedbergh Art Soc Annual	SSL		14 1930	WIS Chair Fitsteps
31 1030	Dent Gala (17,1)	Memorial		15	Health Centre closed - staff
SEPTEMBER 2026				16	Death in the Dales Festival
01 1400	Sight Advice	PH		16 1400	Half Term Begins
02 1000	25 Years of the Wool Clip	SHC		17 1000	Pathways - Contemporary
04 1200	Jubilee Wood Bird Walk	Jubilee Wo		18	Death in the Dales Festival
04 1400	Dent Head to Foot Sue	DMH		23 1930	Tattie Pie And Bingo
05 1400	Michaelmas Term Begins	SHC		24 1200	COGS Apple Day (Dec)
06	Sedbergh School Term	TBA		26 1930	Beetle Drive
06 1000	Peoples Hall 70th	PH		30 1100	Sedbergh Economic
08 1400	Killington WI Cumbrian	PH		NOVEMBER 2026	
08 1930	Domino Drive	FCH		01	25 Years of the Wool Clip
09 1100	Pmr/Gca support group	FM		01	Pathways - Contemporary
09 1930	WIS Social Evening	PH		01 1800	Half Term Ends
10 1000	Dentdale Biker Breakfast	DMH		03 1400	Sight Advice
12 1000	Family Rawthey Nature	Rawthey		06 1400	Dent Head to Foot Health
12 1930	The Peoples' Emergency	StAS		07 1900	Bonfire & Fireworks
13 1830	East Witton Male choir	Hawes		08 1000	Remembrance Sunday
14	Walking and Wellbeing	Various		08 1430	Remembrance Service
14 1000	Frostrow Fell Walk	Sedbergh		10 1400	Killington WI Metal
14 1800	Navigation for Fell Walkers	BB		10 1930	Domino Drive
15 1000	Howgills Skyline	Howgills		11	Health Centre closed - staff
15 1800	Alfred Wainwright Talk	BB		11 1930	WIS History of Kendal
16	Health Centre closed - staff	TBA		13 1930	Domino Drive
16	Managing Emergencies in	BB		16 1930	Dominoes
16 1000	Cautley & the Calf	Cautley		21 1200	Soup and Pudding
16 1000	Pathways - Contemporary	SHC		DECEMBER 2026	
16 1000	Textile Fusion - Dianne	SHC		04	Dent Head to Foot XMAS

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	Valerie Welti - 07969 376649
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 Frostraw, 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 = £80

**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
From 31st March 2025

	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

WESTERN DALES BUS
S7 SUNDAY
Sedbergh - Kirkby Lonsdale
Until 18th October 2026

	Sun/Bank Hol		Sun/Bank Hol
Maryfell	13:13	Kirkby Lonsdale Booths	15:20
Sedbergh Library	13:15	Kirkby Lonsdale Square	15:22
Casterton Village Hall	13:30	Casterton Village Hall	15:26
Kirkby Lonsdale Square	13:40	Sedbergh opp. Library	15:45
Kirkby Lonsdale Booths	13:42	Maryfell	15:47

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	*

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

AUGUST 2026

	Time	2 nd	9 th	16 th	23 rd	30 th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC		HC	Joint Service with HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect@ Cornerstone	Morning Service	Joint Service	Morning Service	
St. Mark's, Cautley LA10 5LZ				10.30am- MP		2.30pm Taize Service
St. John's, Garsdale LA10		10am- HC		10am- Morning Service	2pm- Afternoon Service	2pm- HC
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm		Songs of Praise			
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service				
Holy Trinity Howgill LA10 5JD	9.30am		HC			
St. John's Firbank LA10 5EF	2.30pm		HC			
St. Andrew's, Dent LA10 5QL	10.30am		Fellowship of Christian Motorcyclists Service		HC	
St. John's, Cowgill LA10 5RJ	2.30pm	Afternoon Service		HC		
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		Morning Service		Morning Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Tuesday	4th	11th	18th	25th	
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP		HC-BCP		
	Wednesd ay	5th	12th	19th	26th	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening Prayer			

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

PUBLIC INFORMATION		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 9:30am to 1pm and 2pm to 5pm Friday 1pm to 5pm Saturday 9:30am to 1pm	
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	