

Sedbergh & District

LOOKAROUND

August 2025

Donation £1.50

Issue 445

Thank you to our Settlebeck work experience student, Jan. I hope he enjoyed his time with us. I certainly do, I'm always feel quite honoured when we're asked to do it, And to be

honest compiling is usually a solitary activity, it's great to be able to show someone how it works.

You can read about Settlebeck Work Experience on page 27. *Ed.*



Sedbergh Sheepfest Needs Ewe!

**Bank Holiday
Saturday
23 Aug 2025**

Build a 'Celebrity' sheep and join the flock...

Drop off at St Andrew's after 5pm on Fri 22 Aug

**Sheep trail, activities for children, livestock display,
British wool fair, exhibitions, demos & more...**

Free parking on Lupton Field, free shuttle bus to Farfield Mill, free admission

See August Lookaround article or website for details

www.sheepfest.co.uk

Supported by Sedbergh & District Community Trust Fund, The Parish Council,
Farfield Mill and Sedbergh Coffee Mornings.
Logo by Freepik.com

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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Sheepfest

Supplied by Ali Sharman

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LOOKAROUND DIARY

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

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

Wed 6th August - Royal British Legion
Wed 13th August - St Andrew's
Wed 20th August - St Andrew's
Wed 27th August - Missions

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

Advertising Rates

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

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

**SHEEPFEST NEEDS EWE
Make A Celebrity Sheep And
Join The Flock**

Ali Sharman

**Sheepfest – Saturday 23 August
2025**

If you live or work in and around Sedbergh we hope you'll join in the fun and build a sheep. This year's theme is '**celebrity**' so plenty of scope for you to have a bit of fun. Find your sheep from 2023 and give it a new look, or start from scratch. There's plenty of time – what could possibly go wrong?!

Everyone is welcome to join in – groups or individuals. If you're new to the community, check

www.sheepfest.co.uk to find out more, or see details in the **June**

Lookaround, p12. You'll find plenty of photos on **Facebook/ SedberghSheepfest** to give you some ideas.

To enter the competition you'll need to join the flock at St Andrew's after 5pm on Friday or early on Saturday. Businesses can display sheep in their windows on Main St or Finkle St. No need to tell us – just turn up.

Baa-rilant activities for all the family – Here's what's going on where:

St Andrew's and Main St

Wander along Sedbergh's streets to look for 'sheep' hidden in nooks and crannies. The main 'flock' will be on the grass at St Andrew's church. The 'sheep' are at the heart of Sheepfest so we hope a large flock



**DENT
GALA**

**BANK HOLIDAY
MONDAY
25TH AUGUST**

**MEMORIAL HALL &
SCHOOL FIELD**

STARTS 11AM

Children's entertainer

Live music

Races

Indoor Games

Table Top Sale

Refreshments all day

Burgers and WI Teas

Educational Grants 2025/26

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2025-2026. 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, field courses and placements essential to the course of study. Examples from last year include: professional grade equipment/tools, sports coach training trip, uniform for placements

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 2025.

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 2025**

Applications arriving after this deadline will not be considered.

will gather in all the ewes-ual places. Children can hunt for 'sheep' hidden in the artisan market and collect their entry forms (and prizes) from the Information Centre where you'll also find Sedbergh's favourite 'sheep-side' photo board.

Come and listen to the **Town Band** play outside the Information Centre between 11.00-12 and **Common Ground** will be filling the spot from 1.30-2.30pm. **Folli Contorti** will be in St Andrew's around midday.

Badge-making for children and **History of Wool** exhibition from Sedbergh's History Society will be at St Andrew's – use the south porch around the side in the morning.

Refreshments will be available.

'Best in Show' to be announced at 3pm on the grass.

People's Hall

If you love wool and woolly products you won't want to miss our **British Wool Fair 10-4pm** where you'll find farmers from the region who produce **beautiful knitting yarns** from their own sheep. Our stall holders are passionate about their products and are looking forward to telling you about how they're produced and where the wool has come from. Local makers include weavers Ali Sharman and Laura's Loom, Woolcraft, Wools of Cumbria Carpets and Why Not Alpacas. See website for other vendors.

You'll find more **activities for**

children with Janet and Bluebell and Common Ground will be performing between 11-12pm.

Refreshments provided by the Young Farmers.

Lupton Field – meet real animals

We're delighted to welcome back the farmers from Rural Links who will bring their '**Field to Fork Roadshow**,' along with the **Farmer Network** who will bring different sheep breeds and demonstrate the stratified nature of the fells.

Farfield Mill

Catch the free shuttle bus out to Farfield Mill for more **activities for children**. Meet the **resident artists** and makers in their studios and find **weaving and spinning demos** on Level 4. Learn about different types of fleece and the types of yarn that can be produced from them. Plus textile exhibitions and delicious food in the cafe.

The Artisan Market

will be at its usual location on Main St from 9.30am and the **Art Festival** will be in Sedbergh School library.

Logistics

Free admission to all Sheepfest venues and activities.

AFTERNOON TEA!

At Garsdale Village Hall
Saturday 23rd August
2-30pm—5pm @£8.50

(Takeaway available @ £7.00

Please call 07957 63540

for take-away pre-booking)

Refreshments at the People's Hall and St Andrew's, Main Street, Artisan Market and Farfield Mill

Free parking on Lupton Field.

Disabled parking in town car parks (with badge). Parking charges apply in town car parks for everyone else. There will be very limited space at the People's Hall – we'd like to reserve it for disabled people visiting the wool fair.

Free shuttle bus between all sites – stopping at Joss Lane, People's Hall, St Andrew's and Farfield Mill.

To get involved

email info@sheepfest.co.uk More information www.sheepfest.co.uk

Sheepfest is supported by Sedbergh Community Trust, Parish Council, Farfield Mill and Sedbergh Coffee Mornings. Logo Design by Freepik.com

BOOK TOWN BOOK QUIZ

Gerry Cotter

A monthly quiz to test your knowledge of the world of books.

If you enjoy buying books a programme of fairs run by North West Book Fairs is available from the Howgills Bookshop at 72 Main Street.

1. Who created Richard Sharpe, a soldier of the Napoleonic wars and hero of over twenty novels beginning with Sharpe's Eagle in 1981?

2. What is the title of the children's book by Julia Donaldson, published in 1999, that has sold over 13 million copies worldwide? It is written in rhyming couplets and is only about 700 words long.

3. Name either of Barack Obama's first two books, published in 1995 and 2006.

4. Whose Sketchbooks included two for the Dales, two for Furness, and one for each of the Lune, Ribble, Eden and Wyre?

5. Mr Septimus Harding is the title character of which short novel by Anthony Trollope, the first of his Chronicles of Barsetshire?

6. Name the Czech-born British playwright whose works include Rosencrantz and Guildenstern are Dead, Jumpers, Travesties, Night and Day and Arcadia. He also co-wrote the screenplay for Shakespeare In Love and other films.

7. 'By the shore of Gitchie Gumee, / By the shining Big-Sea-Water, / At the doorway of his wigwam, / In the pleasant Summer morning, / ---- stood and waited.' Who stood and waited, and who wrote the poem?

8. What is the title of the famous book by Izaak Walton published in 1653?

9. '---- is icumen in / Lhude sing cuccu!' Which word is missing from this 13th century verse?

10. The magistrate who founded the Bow Street Runners was also a well-known novelist and dramatist who lived from 1709 to 1754. The hero of his best-known novel, published in 1749 and filmed in 1963, is described on the title page as 'a Foundling'. Who was the author and what is the novel?

11. The Rum Tum Tugger, Old Deuteronomy, Gus and Bustopher Jones appear in which book? And who wrote it?

12. 'Is this a knife which I see before me?' Which Shakespearean character says this?

WESTWOOD BOOKS

August Update

Heather & Paul

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

First, a reminder that we now stock a wider range of greetings cards plus stationery and gift items. Please do pop in for a browse. We're still getting a feel for what people need us to keep in stock so please do ask if there's something that you can't see – we have a few things put away as there isn't quite enough room for it all on the shop floor.

Story Time – First Sunday of the month, 10:30am at the bookshop.

Attendance at our storytime



**Sedbergh
Curtain Workshop**

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heading styles
&
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*Diploma in Curtain Making and Soft
Furnishing*

sessions has been low for the last month or two so please don't be shy, bring along your little ones for a short session to simply enjoy listening to some stories.

Whilst it is mostly aimed at younger children, all primary school aged children are welcome. The session is completely free to attend, and we do ask that parents/guardians stay with us for the duration of the event. Our next session is Sunday 3rd August and then Sunday 7th September.

Book Club – Second Wednesday of the month, 7pm at the bookshop. Our discussion this month was about *By the Sea* by Abdulrazak Gurnah. We had a really interesting discussion about this one and the group scored the book 6/10. Our next book will be a non fiction read this time, *Fake Heroes* by Otto English. We'd love to see new members if you're keen to join. Just get in touch and we can add you to the list. You don't have to come every month. If we're reading a book that you like the sound of, please do just drop in for that month. Our book club is free to attend and there's a free hot drink when you arrive. Book club members also get 10% discount off that month's book if you buy it from us.

Ordering Books. If we don't have a particular book in stock, we can happily order them in for you. Most books arrive with us within a few days. We can also post books out if required.

National Book Tokens. We sell and redeem National Book Tokens and also have our own Westwood Books Gift Vouchers available for purchase.

We hope to see some of you in the bookshop soon.

SINGING SLOVENIA

David Burbidge

Many thanks to everyone who came to our singing workshops in my garden here at Farfield Mill and to those who joined our concert at Brigflatts on June 25th where we celebrated Slovenia Statehood Day with the singing of several Slovenian songs, and other songs in English which had a similar theme.

Zdravljica is the Slovenian national anthem and many people in Sedbergh already sing it. As the only overtly pacifist anthem in the world we felt it was appropriate to sing it at Brigflatts, where the Quakers have long been champions of peace. Lipa is a song of hope. It describes the life cycle of the Linden tree, the message



SHEEP SHOW AND SHEEP DOG TRIALS

SATURDAY 23rd AUGUST 2025

at

BARBON MANOR PARK

Dog trials from 8am

Sheep show 9.45am

Stick Show 10.30am (enter on the day)

Marquee Lunch 1pm (tickets available from Secretary)

Children's Sports 2.30pm

EVERYONE WELCOME!

Secretary: Clare Thompson:
07590115844 / clare-93@hotmail.co.uk

being that while in winter the tree can seem dead, in the spring everything is reborn. This folk song was sung in World War Two when Ljubljana was occupied by the fascists and turned into a city prison camp. Planinska sings of the joys of walking in the mountains, "where we can be with our brothers and sisters without worries and where we can find inspiration to make our dreams come true." Majolka is a drinking song, a love song to the wine jug, and Kol'ko kaplic tol'kolet says "may you have have as many years in your life as there are drops in your glass." Cebelar sings in praise of the old beekeeper and his friends the bees, which we sang by the Slovenian beehive at Brigflatts which was donated to Sedbergh by the Slovenian embassy.

Our songs in English included Finlandia, Lloyd Stone's song of Peace, written in the 1930's when rising nationalism around the world looked likely to lead to war. The song

sings the praise of our homeland, but also notes that other people love their homelands, and love the same blue skies and clover and pine that we love at home. Wild Mountain Thyme is popular in Slovenia, where it is common practice to collect herbs from the mountains to make tea - the wild mountain thyme, called Matarina Dusica, has many health benefits when drunk as a tea.

The day after our celebration of Slovenia in Brigflatts, I was invited to the Slovenian Embassy celebration in London, inside the Royal Society building near Trafalgar Square. The Slovenian geologist Johann Valvasor was invited to join the English Royal Society in the mid 17th century - the first non-British member. His study of the underground caverns associated with the "Vanishing lake" at Cerknica and the surrounding limestone countryside had earned him a place among his fellow scientists in this prestigious society, so it was a fitting venue to celebrate this special day in the calendar of this unique country. As well as the pleasure in meeting the new Slovenian Ambassador, HE Stanja Stiglic and hearing her fine speech in praise of the many qualities of Slovenia, it was a great pleasure to hear the British Slovene Choir led by Kaja Plecnik singing for the assembled guests, a very disciplined and polished performance which included Zdravljica and Lipa.

If you are in Slovenia in the summer do please join me at the Plavajoci Grad Anarchist music festival over the weekend of August 7 -11th where I will be presenting songs from Scotland and Slovenia for you to learn and join in.

HARRISON 52

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W: www.harrison52interiors.co.uk

We are now turning our attention towards preparations for the big celebrations here in Sedbergh next year when we will celebrate 21 years of town twinning between Sedbergh and Zrece. And I will of course be leading another group of singers to Slovenia in the second half of May 2026, combining it with another singing Interrail trip across Continental Europe to this fabulous republic - a small country with a big heart. You are all welcome to join us on our tour or just come to the workshops here on the banks of the river Clough at Farfield where I will be teaching the songs.

Until then, Nazdravje! Cheers!
David Burbidge, Sedbergh 21166

FUN AT 5

Sarah Woof

Fun at 5pm is a new initiative in Dent during the summer holidays. Held at the Methodist Church on a Sunday evening, it is for all who want to come. Perhaps of best benefit to families staying in tents and needing a bit more space, a dry space perhaps, somewhere to play games, sit and have a chat, charge a phone, do a jigsaw, or just relax. Or folk in holiday cottages with children desperate to "play", there will be toys galore. Or someone on their own wanting a bit of company. We aim to be there for at least 2-3 hours each week but may well be there longer so don't be put off by that. Simple snacks and hot and cold drinks will be available. For further information please contact Sarah on 015396 25212.

SEDBERGH COMMUNITY TRUST NEWS

Tony Reed Screen, Chairman

During the Financial Year 2024-25 the Grants Committee made awards totalling £20,713 to sixteen different organisations. It was a challenging year when donations were not as plentiful as in previous years and keeping the shops open with a shortage of volunteers was a constant juggling act. We hope during 2025-26 to give away at least £25,000 but we will only achieve this if we can keep the shops open 6 days a week and increase the flow of quality donations.

Our volunteers are a wonderful mix of friendly dedicated people, but we need more if we are to continue to

GIFTS

LOCAL CRAFTS

Sedbergh Artisan market

Main Street, Sedbergh

FOOD & DRINK

HOME PRODUCE

24th May
28th June
26th July
23rd August
10:00am to 3.00pm



OUR RANGE OF COMPOST KEEPS GROWING!

Currently available are:- Multi-Purpose Compost with John Innes;
Peat Free Compost; Farmyard Manure; Grow Bags; Enriched Top-Soil;
Ericaceous Compost; and Rose, Tree and Shrub Compost.

NEW – Decorative Chip Bark. Available in Tote bags.

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or Special offer of two Totes for £120

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provide the support to the community which have managed to give in the past. If you have a spare morning or afternoon, please pop into the shops to find out if you could help our cause.

To those of you who do not wish or do not have the time to volunteer please have a look round your home to see if there is anything we could sell. Over the past year we have not received as many high-quality clothes as we have in the past and there has been a similar shortfall in good quality bric-a-brac. To those of you who have made donations thank you for your support without which we could not continue to function.

While not looking after the fortunes of the Charity Shops the Trustees are responsible for 72 Main Street which is home to the Information Centre, The Parish Council Office, the Police Post and the History Society. We are pleased to announce that Michelle Hartley has taken over as Secretary in place of Ann Parratt who has stood down. A warm welcome to Michelle and our thanks to Ann for her contribution over the past years. In common with our volunteers, we are short of Trustees and would welcome some new blood if you feel inclined to join us.

Lastly, a reminder that the closing date for the next round of Grant Applications is Friday 8 August.

POLICE REPORT

Mandy Coleman PCSO 5244
South Rural

We only report on logs of note, that the public would benefit to know, we do not report anything that would identify any person/location. We do not report any Domestic/Sexual/Juvenile details.

2 people have been arrested on consecutive days for drink driving in the Sedbergh area.

What happens if you're found drinking and driving?

If you're stopped by the police and they suspect you may have been drinking, they may request that you take a breathalyser test. Refusing to comply with the test can lead to arrest, while failing the test will mean

having to take another test at a police station. If you're still found to have too much alcohol in your system, you'll face charges.

These charges can vary, but you may receive an unlimited fine or face imprisonment depending on whether you committed any driving offences while under the influence of alcohol. You could also face a driving ban for a varying amount of time.

When people ask how many units you can drink the night before driving, again it is a personal, variable limit. It's a myth that a cup of coffee, a cold shower, or even sleep can reduce the amount of alcohol in your body, because alcohol is metabolized over time. Having 10 single shots would take 10 hours to process but

Accommodation for Contractors...



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0800 8 32 16 32

remember alcohol levels in your blood can continue to rise for several hours afterwards. And if you've been out until 2am after a stressful week at work, having only eaten a light dinner, it'll stay in your body even longer.

This is what you need to assess when determining your driving limit. If you're in any doubt, one option could be to purchase a breathalyser to confirm whether you are safe to drive the next day.

We are always knocking around in the rural areas, whether you see us or not, we do have unmarked vehicles that we routinely use. We also respond proactively to reports that are anonymously given to us.

We recovered our first stolen bike yesterday from our FREE bike marking events! This is the first in Cumbria! We have only been doing this for a very short period of time too.

If you would like your bike marking FREE of charge, then email me on the below. This is 2 small stickers (stickers that are made of a metal-like substance) these are placed covertly/ overtly on your cycle, we then register it for you and you receive an email which you can then follow up with photos of your pride and joy. If your bike is stolen, all officers have the Bike register on their phones and can scan and return your bike to you should we find it. Thank you

Mandy Coleman

T: 101 option 2 ext 45244

E:

Amanda.coleman@cumbria.police.uk
Kendal Police Station
Bushier Walk Kendal



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

2025

Weds 17th September

Thurs 16th October

Weds 12th November



HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

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

Exhibition Fund:

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

Tony Reed Screen

(a865@btinternet.com or 015396 21081)

or

John Sykes

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

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



The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

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Availability calendar and forms at
sedberghpeopleshall.org

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SEDBERGH PUBLIC TRANSPORT USER GROUP

Ed Welti – Chair

Every month seems to be a busy month in Bus World. Our dedicated volunteers have been monitoring bus usage. As I'm sure you know passengers are still be turned away, on average once a week. On other occasions the bus is running full. This is often a distressing situation for those turned away, locals with important appointments and visitors who expected to be able to travel further afield.

The busiest days are Wednesdays and Saturdays. Obviously if you need to travel on those days then you must, but if you have the opportunity to go on other days then do. Western Dales Bus are going to run a reserve bus on Wednesday mornings to take those left behind when it is necessary. We hope that this will alleviate the Wednesday problem in the short term.

Please, if you do have a situation with the S1 or S5 buses, either good or bad, do let us know. Come into the information Centre or email us on sd.transportusers@gmail.com.

Knowledge is power, so they say. The more information we can collect the better our case will be when we have to present it. We check the first run Monday to Friday, but not the others, there is only so many times we can walk down to the bus stops. Information on other times would be very helpful.

And if you run a business in Sedbergh which is in any way impacted by the lack of a comprehensive bus service please do let us know. The more evidence we have of the economic effects the better.

We would still like you to fill in the bus use survey. Some of our volunteers may question you with it at the bus stop. Please do help us, the answers are entered without any personal details so your anonymity is assured. And if you are QR code literate simply use the code below.

And as always, if you want to have better bus services in our area please do carry on using the bus. If you can travel on the days that aren't so busy. Vote for better buses, vote by using the bus.



NOTES FROM DENT STATION

John Carey

We have just seen the anticipated display of wild flowers at the station, always a fine sight in June and July. We also have a few planters which are looked after by our volunteers, but otherwise the grounds are left to 'wild' as I explained to the Cumbria in Bloom judges when they visited the adjacent platform. No doubt they were impressed! Incidentally, we supply our guests with an identification chart.

We have to be reasonably self-sufficient at the station, as with many other similarly isolated properties, but we do depend on power and phone. The phone line can be best described as barely adequate, presumably being at the end of the 10 mile copper cable from Sedbergh. However, when that failed we had a problem. The engineers, when they came out, were excellent, but a month of frustration of dealing with inflexible BT customer advisors left me exasperated. I know that there will be those jumping up and down saying that we should be on B4RN. Well, we probably will in time, once we have sorted out a few logistical challenges.

The major problem continues to be the little matter of the Dent Head landslide. At long last there is a glimmer of hope that the council may be carrying out geotechnical investigations. I'm not sure why this would have taken so long. Perhaps Cowgill is not at the top of their priorities. However, to add to the potential woes, we recently heard of the intended closure of the road over

Widdale to Hawes, cutting off another potential route from the Settle direction. A couple of culverts are in a state of collapse, and the word is that that closure may well be delayed until the Autumn. It is excellent news that our local MP, Lizzi Collinge is now involved.

Meanwhile, on our railway (our primary reason for being), a recent highlight has been the long awaited commissioning of the Horton Quarry connection. The reason for the rather expensive footbridge becomes more apparent as the operation to reverse the train into the quarry takes quite a few minutes obstructing the platform whilst it does so. The trains then have to travel north before reversing at Blea Moor. With up to three trains expected a day, this can only be a



good thing as, according to Network Rail, each fully laden freight train can replace up to 76 lorries.

However, the increased freight train movements at Blea Moor have shown up yet another weakness in the creaking infrastructure which is prone to malfunction, and we have seen a couple of instances recently where there were long delays and indeed cancellation caused by points failures and faulty axle counters. The line relies on largely mechanical signal boxes and, at present, there are no plans to replace these. Arguably, it is better to have a real person on site anyway! A word of explanation here as 'axle counters' literally count the passing wheels and compare with the next section of

track. A different count will result in the assumption that a train is still in section i.e. a carriage has been left behind – not something to contemplate!

As most will have heard the West Coast Main line is undergoing a 10 year programme of upgrade with the prospect of closure for 10% of the time. A critical part of this work involves the replacement of the M6 bridge at Clifton near Penrith. This means that we are likely to see a shuttle service of up to 8 additional trains a day running from Wigan or Preston to Carlisle via the Settle Carlisle. Excellent news for those of a train spotting persuasion but, given the aforementioned freight train movements, the prospect of a points

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failure at Blea Moor would be unthinkable. But it does emphasise the importance of retaining the Settle Carlisle as part of the strategic rail network. It could so easily have been lost!

On our passenger services the carriage shortage issue lingers on with little prospect of an interim solution. Having said that, the railway has responded to our requests to ring-fence busy services. Well, for most of the time. It does seem that the replacement stock will not arrive until after 2035. Whilst some popular trains are, without doubt, subject to crowding, there is still quite a lot of fresh air being carried about particularly at the start and end of the

day. So, we ask, why not try to fill the empty space?

As I have bemoaned on several occasions the railway has lost its commuter market due to poor performance, timetable and the ill-considered decision to impose the pre 0815 restriction on the Dales Railcard. The latter was a battle we were never destined to win despite our best endeavours. But it would make far more sense to encourage these passengers back, perhaps with low fares. It perhaps demonstrates the inflexibility of the railway in that they are not prepared to vary national policies to suit local needs. Of course, passengers can obtain advance purchase tickets up to 15 minutes before a journey, but these

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are not available on all trains and from all stations. Incidentally, national railcards can be used for these tickets but, unfortunately, not the Dales Railcard.

On our local bus services there would seem to be little further news, although the recently formed public transport user group has been accelerating its efforts, and a steep learning exercise into local authority processes. Efforts should of course be concentrated on the trunk route from Sedbergh to Kendal and northwards to Kirkby Stephen. This should entail a service with a full sized vehicle covering work and education journeys as well as services during the day. Other routes will follow.

From the perspective of a rail-user group, we are also anxious that the link from Dent Station to Sedbergh and Kendal should be maintained and developed. The service was at risk of withdrawal in 2010 but for the valiant efforts of a group of local residents who established the Western Dales Community Bus and the S1 service. But going back to the Ribblesdale days, services operated on two days a week (other than the schools service). These continued as the Woofs 564B on a Wednesday, and the council funded 564A service

on a Saturday but only as far as Lea Yeat where they turned. However, the Saturday service was extended up to the station in the mid 1990's following representation by the Yorkshire Dales National Park and the reprieve of the railway line.

These days, we are thankful that the Saturday S1 Western Dales Bus continues to provide a vital link from Dent Station (the highest bus-rail interchange in the country) to Dent village, Sedbergh and Kendal, the first bus meeting the 1047 northbound train to Carlisle in the morning and returning for the 1732 southbound train in the late afternoon. This gives a fantastic opportunity for a day out in Carlisle, departing at 0958 from Sedbergh Post Office to Dent Station and then hop on the train to Carlisle. This would involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back to Sedbergh. The down side is that the lack of a slightly later return service restricts the potential for Sedbergh and Dent residents to travel to Leeds and back in a day. It is very much hoped that this facility can be reinstated. Please check www.westerndalesbus.co.uk for bus running and times.

Dent Station is also the natural railhead for visitors arriving in the area from the Leeds direction, and, of



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course, there is the attraction of Dentdale itself. Unfortunately, the number of passengers travelling to Sedbergh these days has dropped off with the uncertainty as to capacity on the one return journey to the station, 10 miles distant, and without the surety of a taxi alternative. This service is also favoured by walkers returning to the Dent campsites. These problems demonstrate the juggling act the Saturday S1 service has to perform. Whilst demand might be an enviable problem for some bus operators, in this case there are the limitations of the 16 seat vehicle capacity and the limited volunteer resource.

Whilst my bias is perhaps understandably towards Dent, it was

interesting to note from the recent bus meetings that Sedbergh residents regard Garsdale as their railhead. This may be due to the fact that, whilst a similar distance, it is a far easier drive. I must admit that I had not really considered this before.

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. 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.

MIGRATION

Martin Dodds

Migration has been part of the human story since pre-historic times. It is still part of the natural cycle of life for many species. So why do we now talk about a 'migration crisis'? I believe the current migration situation is part of a more extensive world-wide crisis of values.

Types of migration

Migration can be seasonal, as is familiar in the natural world, but also for example, in seasonal work movements. Migration can also be more permanent. If homo sapiens had not migrated out of Africa, there would be no UK today. Migration can take place within national boundaries or be international. It can be driven by a variety of causes.

Drivers of emigration

Migration may be triggered by political, religious or social persecution. Victims of these kinds of abuse may become asylum seekers, forced to flee without adequate documentation, in the hope of finding a safe haven for their future lives.

It may be triggered by international war, by armed civil war, by a breakdown in law and order. Any of these situations produces refugees.

It can be environmental, sometimes culminating in a sudden disaster, but behind which there usually lies a failure of responsible environmental management. Progressive deforestation, desertification, famine, disease, overpopulation and unsustainable use of both finite and potentially renewable resources also produces refugees.

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Not all migrations are forced by such dire conditions. Many people will move within their own country in search of better prospects. Some move because they cannot afford local housing costs. These reasons for moving seem to be socially acceptable within most developed countries, but when similar reasons prompt cross border movements those same countries seem to want to pull up the draw bridge. This does begin to smell a little of selfishness, and even of racism. Sometimes the lack of prospects in countries of origin is a consequence of the competitive advantages applied by more powerful economies themselves, though there may also be injustice and corruption in the countries of origin.

Families may become divided when a member goes abroad to find work in the hope of being able to raise the whole family out of poverty.

The migrant is effectively exiled from his/her home. Human family values are disrupted, and there is a natural wish for the family to be re-united. The real answer to this dilemma seems to be to create international conditions where it is not necessary for a family member to go overseas to find an adequate income.

In most cases of migration, it is quite possible that several 'drivers' are at work.

Factors encouraging immigration

As well as the drivers mentioned, perhaps one of the most powerful encouragers of migration is one that we may prefer not to recognise. It is the blatant disparity in wealth and welfare between countries of origin and countries of desired destination, and the understandable, resulting frustrations and sense of injustice.

Problem migration and unreasonable motives

Within the total number of migrants, there may be those whose motives are potentially harmful to the host country. These may include political, social and cultural subversion [including terrorism]. Migrants may also include criminals.

It is worth considering whether extreme attitudes are also the result of years of failure of the current world order to address the underlying reasons for emigration. By definition, in most cases people with such motives are not going to tell the border force what they are. There needs to be a sensitive and discerning method of identifying these motives, which is no easy task. However, terrorists and criminals

have other ways of entering host countries, and it is not reasonable to assume all migrants fall into these categories as a base line for policy.

At the other extreme, there is also the problem of outward migration [seasonal or otherwise] for tax purposes. This to some extent reduces the national capacity to deal humanely with immigration as well as everything else.

Effective Responses short-term

There are no really effective short-term solutions. Nevertheless, short-term action is needed to ameliorate current problems and equally important, to plan effective long-term responses.

Could rich countries including UK, do more in countries of origin, to challenge misinformation and unrealistic expectations about conditions in desired destination countries? Perhaps there should be routine provision of a well-resourced immigration desk in every UK embassy to deal with enquiries and assist genuine applicants.

Is there need for better information and understanding by both politicians and 'front-line' staff, of the root causes of migration, and of the reasons why some migrants are genuinely unable to obtain and show acceptable documents? More resources are apparently being committed to faster processing of immigrants, but is it getting enough priority? Prohibition of unprocessed migrants to seek work seems to be counterproductive. If it were clearly understood that employment could only be conditional and temporary, this would not only restore some

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dignity to the migrants but could also relieve pressure on the costs of providing accommodation.

Where a migrant has been legally married to and living with a UK spouse for a given number of years, right of residence should be automatic both for the migrant spouse and any dependent children. Any doubts should be followed up after entry, not assumed automatically from the outset.

Multi-lateral [international] action to stamp-out criminal exploitation of would-be migrants is already getting attention, but again, is it receiving enough priority? It is past time to begin national and international, public, political and economic education and understanding of the reasons which create the drivers of migration. Equally it is high time to develop long-term policies to address these issues including establishing the means of effective international implementation.

Effective Responses longer-term

The task is not to plan policies and actions which can fit within the conventional world view and current social and political priorities and

opinions but rather to challenge the conventional view itself.

Change is needed, away from self-centred 'national interest' oriented values, and towards mutual responsibilities for all communities in all parts of the world. Cutting aid budgets is a false economy if the result is greater migration pressure from disadvantaged countries.

The aim should be for responsible limits to demand on all global resources and fair and equitable distribution of global wealth among all people. This will almost certainly also mean responsible global population control. The end-result and goal should be a fairer world, living within its means, enjoying a better, healthier balance between all significant human values.

Of course, these actions and changes will not come free. They may even feel uncomfortable for richer countries who equate happiness with having more and more 'stuff'.

But aren't we all getting rather tired of a world society and its constituent national societies and their politicians, who seem to expect to have utopia on the cheap for our little corner, at the expense of anyone else but us? Tired of a world in which short- and long-term misery is taken for granted, especially by those not directly affected yet?

These are the kinds of attitude which lead to the global injustices which lie behind the migrations of despair we are now seeing. Let's rethink!



LIZZI'S COLUMN

Lizzi Collinge MP

July marked one year since the country went to the polls, voted for change and I was elected as the MP Morecambe and Lunesdale – the most beautiful constituency in the country.

This year has flown by and as I think back on my time so far as your MP, I feel an immense sense of pride at being trusted with this job. I'll never forget the first few days in Westminster, travelling down to London and getting lost in the busy corridors, or being startled by seeing well-known political faces! It was a whirlwind, meeting new colleagues and making new friends. Over the past year, I have taken your voice to Westminster, speaking over 90 times

in the House, from speeches to questioning Ministers and bill committee sessions, and in December I had my first question to the Prime Minister, following the devastating fire in Kirkby Lonsdale.

But for me the best part of my role remains up here, in Morecambe and Lunesdale. Every Friday and Saturday I travel across the constituency, meeting people and organisations. I've held community events, surgeries, coffee mornings and drop-ins as well as visiting hundreds of groups and businesses. I have had the privilege to spend plenty of time in Sedbergh and its surrounding villages. I have visited both Sedbergh School and Settlebeck School and met with Sedbergh Economic Partnership on

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numerous occasions. I enjoy dropping into the St Andrew's Wednesday coffee mornings, when my diary allows, as this provides me with an opportunity to catch up with you. I also held a joint surgery with Cumbria PFCC Dave Allen.

The issue which has dominated the area over the last year was the cancellation of the Stagecoach bus service. I have worked closely on this with residents and the council and was pleased to see a Bus Users Group set up in the town in response to this change. I have held a meeting at Garsdale station to look at accessibility to the platforms and continue to work on issues in Dent including the high proportion of short-term lets and holiday homes, impacting the availability of housing for local people. I continue to support the Cowgill Escape Committee in their fight to restore road access to Dentdale from Hawes and Ingleton. The road has been shut since last November and although exploratory 'geo-sampling' has started, the work is not scheduled to be completed until next year!

Every week I get the chance to help people from across the constituency, with over 900 individual constituents directly helped by my team and me over the past year. I've also responded to over 5,300 emails and letters on policy questions.

I'm proud to be your Labour MP because over the past year the Labour Government has passed fantastic legislation that will really improve people's lives, like the Employment Rights Bill, the biggest improvement in worker's rights for a

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generation, investing in clean energy, renationalising the railways, bringing in the Water (Special Measures) Act to clean up our water and holding big water bosses to account. Down in Morecambe, the football club is in crisis so I have been working closely on the Football Governance Bill, which will safeguard our national game. This is just a tiny sample of the important legislation that has been passed in just one year. This Labour Government has also expanded free school meals, brought in breakfast clubs, given billions for affordable housing, raised the minimum wage and expanded the Warm Homes Scheme.

It really has been an amazing year and I couldn't do it without your continued support. As always, if you need my assistance, you can contact my office via email on lizzi.collinge.mp@parliament.uk or leave a message on 01524 566015.

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SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

This short report covers the Council's normal monthly meeting. Held at 7.30pm on Thursday 10 July 2025, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next scheduled meeting is 7.30pm on Thursday 14 August 2025 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Parking Strategy

Members welcomed residents from Bainbridge Road – they had attended to receive an update on the ongoing parking strategy and recent Westmorland and Furness Council parking report. Particularly, about the potential redevelopment at Kings Yard which will displace many vehicles. Members were able to give an overview of their wider hopes and future potential projects to improve parking, including relocating coaches

from the town centre and provision of increased parking at the People's Hall.

Other matters

Various other matters were discussed, including ongoing discussions around concerns previously raised for J37 (M6), planning, finance, and an update

from the Queen's Garden Committee. Please also see separate advert for the current vacancy on the Parish Council – thank you. If you have any queries, or wish to

contact Sedbergh Parish Council, please email at clerk@sedberghparishcouncil.org.uk. As always, members of the public are welcome to attend meetings of the Parish Council.

Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office, with agendas and minutes available online at www.sedberghparishcouncil.org.uk.



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SETTLEBECK WORK EXPERIENCE

Sally Ingham

In the second week of July, our year 10 students went out on work experience. It proved a positive experience for them. A significant number of employers commented on how employable the students were. We are very proud of how they conducted themselves, and also want to thank the employers who gave them this valuable opportunity. Local employers included the Bath House, Cobble Country, Dent and Sedbergh primary schools, the George Inn, (Dent) John Bannister (physiotherapy), JMP Food Services, Lookaround, Michael Mudd (welding and fabrication), Sedbergh Golf Club, Sedbergh Charity shop, Sedbergh Health Centre, Sedbergh School, Speckled Hen and Dinky Dales nurseries, Westwood Books and the YDNP. Further afield students worked with animal rescue, at a stables, with a sports coach, electricians, at a design and publisher's, with agricultural and forestry engineers and agricultural services, on a nature reserve, and with groundsmen on

estates in the Lakes and Yorkshire. Three of our students are even out on a community project in Cambodia organised by our head of PE, Connie Hodgson!

Year 10s careers programme, continued this week; they had 2 sessions. On Monday they focused on follow up to their work experience, exploring post -16 options and local market information and the careers opportunities nationally and locally. On Wednesday they had an interactive session on apprenticeships with an ex-professional footballer, business man and deliverer of careers education in schools through ASK (Apprenticeship Support and Knowledge). This included looking at the pros and cons of doing an apprenticeship, where to find vacancies on the internet, developing their CVs and preparing for interviews.

On Monday year 9s visited UCLAN, Preston's university, finding out about the opportunities in higher education.

These are just some of the many careers opportunities at Settlebeck to help our young people prepare for further and higher education and the world of work.



SEDBERGH PRIMARY SCHOOL 2024 – 25

Joyce Scarr

Sedbergh Primary School Thanks the Community as They Celebrate Two Fantastic Fundraisers

Sponsored Walk Success:

Pupils and staff from Sedbergh Primary School took on the rolling Howgill Fells recently, completing a sponsored walk as part of their exciting 'Pupil Passport' initiative.

In a wonderful show of community spirit, children from across the school – along with teachers, parents, governors and other supporters – tackled a challenging five-mile route from the school, up and over Crook and Winder. The event was designed not only to raise funds but also to

give pupils a memorable outdoor experience, in keeping with the school's commitment to broadening learning beyond the classroom.

The 'Pupil Passport' is a unique programme developed by the school to map out wider life experiences for children during their time at Sedbergh Primary. This walk was one such adventure, offering a chance to explore the natural beauty on the school's doorstep.

Younger pupils in Nursery and Reception classes took part too, enjoying a shorter walk along the fell wall, supported by staff and family members.

The event was a resounding success, with warm summer weather, high spirits, and a strong sense of

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togetherness. The school community is raising money from this event, which will go towards enhancing educational opportunities for pupils. The school would like to extend a heartfelt thank you to all who donated, walked, and supported the event.

Quacking Good Fun:

The sound of laughter and the sight of colourful rubber ducks bobbing down the river marked a joyful afternoon recently, as Sedbergh Primary School's Parent, Teacher and Friends Association (PTFA) held their much-anticipated Duck Race fundraiser. With over 500 ducks taking to the water, the event proved to be both a community highlight and a resounding success.

A huge thank you goes to the dedicated PTFA for their brilliant organisation in putting together such a fun and engaging event. Special thanks must also go to Sandra, who enthusiastically sold ducks on the high street in the lead-up to the race. The School are also incredibly grateful to Ann Hoggarth and her family for their kind permission to use the river and surrounding banking for the race.

Finally, warm thanks go to the entire local community who gave so generously. Your support and donations have made a real difference and will help fund new resources and experiences for the children.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School was inspected by the Independent Schools Inspectorate in May and the School is delighted to say that they met all the standards but are particularly pleased to be recognised as having a significant strength in the boarding provision. The Headmaster comments that such accolades are not easily awarded, and is particularly proud that the inspectors recognised how fully the School lives the values of Humility, Ambition, Resilience and Kindness

Next term will be Mr Richard Gledhill's last term of his position as Chairman of the Governors. Mr IW Durrans will take his place at the beginning of next calendar year. He is an Old Sedberghian and former senior partner of Price Waterhouse Cooper, the second largest professional services network in the world.

Between 19th and 21st June the Headmaster and four other members of staff ran the 90 miles from York Minster via Bedlam and Buckden to Buskholme in searing heat to raise money for the Lupton Scholarships carry a message from the King congratulating the School on 500 years of history. This was followed by a dinner held in a marquee on Buskholme at which the message from the King was read. This should have been followed by the School climbing Winder and forming a torchlight procession as had been done in 1925. However, unfortunately the weather forecast foretold lightening over Sedbergh and in the circumstances the decision was

taken not to go ahead with the climb. The singing of O Valiant Hearts which was to come after the climb at the Cloisters did take place. Of course, there was no lightening! It is hope that this ceremony will take at some point in the autumn instead.

At the same time as the above dinner was taking place on Buskholme, the young leavers from the Prep School due to start in the upper School in the autumn were holding a black tie dinner with their parents in Powell Hall.

The Prep School held their Sports Day on 21st June and cricket, hardball and rounders against Parents on 22nd June with a barbecue squeezing it in before the rain

At the Prep School Year 8 performed 2 performances of the Wizard of Oz.

Six OSs from Evans House ran an Iron Man to raise money in memory of their Housemate Charlie. Several pupils did a four hour Hyrox workout in aid of Save the Children

On 15th June the Prep School held a wild chapel in the Fielding above the school.

The last week of the school year is Challenge Week for the pupils. This involved numerous activities – individual, charity, local assistance, physical challenges. Some examples follow: Some built bird boxes and squirrel feeders. Year 9 had an adventure week on Anglesey which included raft building, surfing and even jumping off a bridge. Year 10 took on the Three Peaks – over 50,000 steps and 9 hours of walking, while Year 12 took on the National

Three Peak, Snowden, Scarfell Pike and Ben Nevis. A group helped clean and do jobs at Kendal Parish Church. Others did tidying jobs round the town. Others built a playhouse for the Primary School, and others cleaned the Pepperpot

The school year ended on Saturday 28th June with Speech Day ceremonies for both Schools in the Hirst Centre. Although called "Speech Day" there were no invited Speakers, and instead a film was shown with various people commenting on the School. The Chairman gave out the Senior School prizes and the Headmast the Prep School ones. Thereafter the pupils left for the School holidays, apart from Yr 13 who attended the Leavers' Ball in the evening, followed by Fireworks into a misty sky.

Twenty two delegates from Shanghai High School visited Sedbergh and were given a guided tour

The School has been shortlisted for Regional Independent School of the Year: North

Cricket

The 1st IX match on Saturday 14th June was cancelled due to rain. The game against the Yorkshire Gentlemen on 16th June was won by 8 wickets.

The U13A went on tour and played Witham Hall

After the end of term both the Girls' and Boys' team went to the Bows Cricket Festival in Sussex. Aryan scored a 100 in one game and 168 not out against Wellington. The tournament was won by Brighton College

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Athletics

The Prep School hosted a Primary Schools Athletics Competition

Three girls took part in the 10k Hawkshead road race to gain 1st place as the fastest female team

Hockey

The school hosted a GB Hockey roadshow

After the end of term a group went on tour in the United States

Future Events

Lancashire v Northamptonshire One Day Cup 11am 5th August

Scarborough College 26th & 27th June

Pre-Season Rugby Festival 26th August

Year 9 Pupils arrive 30th August

Term starts 31st August 6 pm

Choir Battlefields Trip 5th September

Year 11 Battlefields Trip 5th September

Great North Run 7th September

1st XV v Denstone College 2.30 pm

Scholar's Recital 28th September 5.30 pm

Half Term 17th October – 2nd November.

GEORGINA'S BIRTHDAY

Georgina Devine

I had a nice birthday meal at the
Green Dragon
In Hardraw near Hawes. It has a
waterfall at the back!
It's in the middle of the countryside.
It's a very old pub with things hanging
up on the wall.

There was a stuffed animal on the
wall

And a long garden tool with things
pointing out.

The meal was nice. Pauline had
scampi,

And her husband Mike had gammon.

I had mashed potatoes, garden peas
and cheese and onion pie.

Pauline didn't have a pudding

But me and Mike had apple crumble.

I had cream and Mike had custard.

The staff were nice.

New people have taken the pub on.

The little white bus that picks you up

After it's dropped the children off at
Settlebeck school,

At the back of my house.

Picked me up from my front door, and
took me to Hawes.

It picked me up at the end of the day
at twenty past two.

The driver was the same both times,
called Chris.

He and his wife gave me a birthday
card yesterday!

I call the community office in Hawes
to arrange a lift

And they let the driver know to pick
me up.



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. It
has been a marvellous year and
many people have told us how much
they have enjoyed watching such a
lot of swifts zooming around - the
screaming parties always remind us
of motor bikers, and we call them the
'bovver boys' !. We suspect that
these parties may be a 'socialising'
activity, since swifts cannot perch or
roost together like other birds.

Our first chicks fledged on July
10th, yet another earliest-ever date at
Lowgill by far, soon followed in the
next few days by those from other
nests. Strangely they often fledge
late in the evening, even when it's
almost dark. Maybe this is because
they can join the groups that fly
around in evenings, or maybe it is
safer then. 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. Usually, the newly fledged swift
often have only 10 days or so looking
after themselves in the air before
they migrate. But this year, because
of the early breeding, we yet don't

know whether they, and the adults, will set off earlier or spend longer here before they go at the usual time in late July/ early August.

There is quite an overlap between different nests though, as one of our pairs bred very late, after one of the swifts didn't manage to draw in a new mate until mid-June. Their eggs didn't hatch until the beginning of July, so the chicks won't be fledging until mid-August. It is because of such late breeding pairs that there could still be some swifts around throughout August - and even in some places occasionally into October.

We had a serious issue at Lowgill in July when 5 of our breeding swifts disappeared within the space of 8 days. This indicated that a predator had taken them, rather than having been lost due to accidents. This attack would most likely be by a sparrow hawk. They cannot catch a swift in flight but are very clever at watching nest sites while perching nearby and calculating how to swoop as the swifts either enter or leave the entrance holes. It is all over in a flash. We suspect that the sparrow hawks are attracted to large colonies by the large number of bangers and screaming swifts flying around – a bit like a child in a sweet shop.

In all the nest sites that were attacked, the swifts had either 2 or 3 chicks and the single remaining parent swift cannot adequately feed those chicks alone. Fortunately, we were able to foster most of the chicks, by putting one into another nest that had only 2 chicks of a similar age. Birds can't count, and the parents readily carry on feeding the

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increased brood with no problems! We leave the single parent with one chick which it can manage to feed. This is a very successful technique that we pioneered several years ago, and we also use it to foster chicks that sometimes fall out of the nests and are found on the ground. This tends to happen in hot weather when the chicks are clamouring to cool off near the hole and get pushed out. This has happened a lot this year and I get phone calls from people asking me for help.

A part of Sedbergh that you may not have expected to see swift activity is Winfield Road, off Joss Lane, as the houses are modern and relatively new. Yet large parties are often seen hurtling above the road between the houses. And in two houses there that have put up boxes, swifts have occupied them and have chicks. This proves how successful it can be and how important it is to put some up.

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

CONNECTING WITH WILDLIFE IN AUGUST

Susie White, CPRE

August is a time of plenty, with nectar for insects from numerous flowers which in turn means food for birds. Young swallows fly low above the long grass of pastures and parks, scooping up flies, preparing for their autumn migration.

Blackberries are beginning to ripen in hedgerows along with wild raspberries and rose hips and there are bright red berries on the rowan. Plump green hazelnuts on the trees near my house are already being eaten by squirrels who feast on them though they're unripe. And we are harvesting veg in our garden and storing onions and garlic for winter.

Five ways to connect with nature this August

1. Look out for harebells

Amongst the 70 species of wildflowers that I grow in my garden, are harebells, their violet-blue flowers nodding on wiry stems. They have seeded themselves in gaps between paving slabs or rise delicately out of a carpet of the late flowering Thymus 'Redstart'.

'They provide nectar for bumblebees and honey bees and Victorians believed that fairies slept in their bells.'

Harebells grow in the short springy sheep-cropped turf of nearby fields, their bell-shaped flowers looking fragile but actually standing up well to the wind. Also called the bluebell in

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Scotland (not to be confused with the spring flowering woodland bulb) this is one of the plants of the machair of the Hebrides. They provide nectar for bumblebees and honey bees and Victorians believed that fairies slept in their bells.

2. Get ready to rock pool

A day at the coast is a chance to go rock pooling. Peering into the unruffled water reveals a different world. Though it was traditional to use a net, a bucket is far better, less likely to harm any creatures and giving a clearer view.

There are crabs of all sizes, including common hermit crabs *Pagurus bernhardus*, that need the shelter of shells because of their soft bodies. Each time they grow they take over a new larger home and children delight in watching a shell moving slowly through a rock pool

steered by its resident crab. Lift a rock and you might find a common prawn, *Palaemon serratus*, a scavenger that keeps the rock pool clean of decaying material. There may be anemones, limpets or even starfish in this submerged landscape.

3. Let jays amaze

The jays have discovered the wild raspberries that grow just outside my garden. They balance on a fence rail so that they can lean forward and snatch the red pulpy fruit with their black beaks. Seen close to, these are beautiful birds, their feathers pinky-brown with dramatic black wings, tail and moustachial stripe. It's the patch of electric blue barred feathers that really catch my eye and I treasure one that I found on a walk.

Noisy and squabblesome, their scientific name is a suitable *Garrulus glandarius*. The raspberry seeds that





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pass through them will spread this wild food far and wide but it is their hoarding of acorns that plants trees in new areas. Like squirrels, they cache acorns in holes in the ground or in leaf litter and, although they have an incredible memory, not all will be retrieved. You can see – or more easily hear – jays in city parks as well as in the countryside.

4. Help your hedgehogs

This year it's the 10th birthday of Hedgehog Street, a nationwide campaign launched by wildlife charities People's Trust for Endangered Species (PTES) and the British Hedgehog Preservation Society (BHPS). My garden has been a release site for rescued hedgehogs over a number of years and they have hopefully expanded out into the wider landscape.

I've had some wonderful encounters with them. When I went out at night, one walked up to my

shoes and sniffed them before going off unconcerned. Another spent the winter under the cover of the *Stipa gigantea*, the grass making the perfect thatched roof. There's a list of ways you can help these much-loved mammals on the website hedgehogstreet.org. Especially important is linking your garden with neighbouring ones by leaving a 13cm square gap in fencing; they can roam an average distance of 2km on a single night.

5. Tempt a toad

On either side of my front door I have clusters of pots that are filled with flowers – nicotiana, cosmos, violas, lavenders and dahlias, plants that attract bees by day and moths by night. So I'm delighted when I find a large toad on the doorstep that will be on patrol for slugs during the night.

'Two large toads were hunkered down and feasting ... their sticky tongues repeatedly flicking out to scoop up ants with a loud snapping sound'

Toads have a varied diet of worms, spiders, aphids and ants. One of my most memorable sightings was when sitting in a friend's garden at the precise moment when there was an explosion of flying ants. Two large toads were hunkered down and feasting in the middle of this insect mass, their sticky tongues repeatedly flicking out to scoop up ants with a loud snapping sound as their mouths clamped shut.



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LOCAL BLACK HISTORY

Tabby McNicholas

A talk held at the Dales Countryside Museum has revealed fresh evidence of local involvement in all aspects of the 18th and 19th century trade in enslaved people, and uncovered stories of resistance and belonging.

In "Still Hidden? Black and Asian History in the Yorkshire Dales", researcher Audrey Dewjee set out what she and colleagues have discovered since landmark exhibitions were held at the museum in 2007 ("Hidden History") and 2009 ("The Dales and the Wider World").

Her talk included stories such as what happened to an enslaved man who ran away from the Sill family of Dentdale, and how the fictional Mrs Pumphrey from *All Creatures Great and Small* was based on a real-life descendant of a plantation owner.

She recounted a visit to Thorns Hall in Sedburgh to see the "slave pens" in the basement. She also showed photographs – for example of Mally Gibson (see picture, and caption info below) – that have been added to the Hidden History collection.

"One of the exciting things that has come to light [since the 2007 exhibition] is the fate of Thomas Anson, the runaway from High Rigg End farm near Dent. With historian John Ellis, we found that Thomas joined the army two years later, serving eight years as a trumpeter, retiring with a pension. Trumpeters were vital as a means of battlefield communication," she said.



"There's black history everywhere. I've found that once you start talking about it with people, the more that history starts coming out. I encourage people to contact the museum if they know or uncover anything which can help us learn more about this hidden history."

By way of example, she remembered the early years of her research in the lead up to the 2007 exhibition, looking at a plaque in St Oswald's Church in Askrigg dedicated to a Thomas Pratt.

She said: "It said he was Captain of the *Hibernian*. When I noticed he was buried in Liverpool, I thought mm-mmm. Sure enough, the *Hibernian* was a slave ship, one of the last to

trade legally before the abolition [in 1807].

“Thankfully we also discovered Dales people who strongly disapproved of enslavement and assisted the abolition movement. For example, in 1798 a Leeds newspaper reported a collection given by farmers in upper Wensleydale to support the campaign for the ending of the slave trade.”

In attendance for the talk was Jenny Thornton, who was able to discover secrets of her family's past in Jamaica, and whose story was featured on the BBC. She has now traced her family back to West Africa (via DNA testing) after a discovery that her great-great-great-grandfather, “John Yorke the African,”

worked as a servant at Marske Hall near Richmond.

One of the more chilling aspects of the talk was Audrey Dewjee's account of a visit in 2019 to Thorns Hall in Sedbergh, now a hotel but once the home of a people trafficker. She said that in 2014 a retired civil engineer had sent her his diary, following a talk she had given in Harrogate. The man had stayed at Thorns Hall in December 1990 and had recorded being given a tour of the cellars by the then manageress, who had referred to them as “slave pens”. He wrote in his diary that he had seen iron rings in the walls, which he assumed were for shackling people rather than animals, as the only access to the cellar was a spiral



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staircase. On her visit, Audrey Dewjee said she observed two enclosures “about a yard square” but the rings had gone.

She concluded her talk: “Are people now aware of the black and Asian histories of the Dales? Or are they still hidden? Perhaps you can answer that. Is there more to find? I suspect there’s a lot more to find.”

Neil Heseltine, who is Member Champion for Promoting Understanding at the Yorkshire Dales National Park Authority, which runs the Dales Countryside Museum, said: “Research by Audrey Dewjee and her colleagues, including museum staff, has shone a light on the extent of the links in the Yorkshire Dales to the trade in enslaved people. They have shown how a great deal of wealth poured into the Dales from the West Indies and pre-partition India, and how many of the grandest houses in the area were built with plantation and East India company profits. They have done a service to us all by reframing the Dales’ largely ‘white’ historical narrative to one that acknowledges the influences of migration and empire.

“The Hidden History collection has – as Audrey’s talk illustrated – expanded since the original 2007 exhibition, with fresh stories and photographs being added in recent years. Spend a bit of time in the museum research room and you may be surprised at the depth of the legacy of black and Asian people in the Yorkshire Dales.”

The talk, Still Hidden? Black History of the Yorkshire Dales, took place on 20 May 2025.

FIFTY YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from August 1975.

Pupils bid Farewell to Dent Headmaster

At the end of term, staff and children of Dent C of E School said farewell to the headmaster, Mr W.R. Nicholson, , on his appointment at Pennington, near Ulverston. The vicar, Rev. A.J.W. Barker, spoke to the parents, school managers and church council of his wish that the occasion might never have happened, so happy had the past seven years been. But however important the past, the future was much more important, and they

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wished Mr Nicholson and his wife and children well in their new life in the Furness area. Mrs E. Harper, who will act as headmistress until a new appointment is made, then presented Mr and Mrs Nicholson with two paintings in watercolours of their home at East Clint and of Dent. These had been commissioned from Mr H.W. Bracken. Miss Fiona and Master Duncan Nicholson then presented their parents with a bouquet and gift on behalf of the children of the school. Mr R.V. Bush, the music master, led some lively singing by the children and the afternoon ended with tea for the parents, served by the school canteen staff. Afterwards, 36-year-old Mr Nicholson told the Gazette: "Some of the happiest years of my life have been spent at Dent. They will have a place in my heart wherever I go".

Two Hurt in Sedbergh Crash

Two men were taken to Royal Lancaster Infirmary on Friday night after the van in which they were travelling collided with and demolished 15 yards of roadside wall on the A684 near Sedbergh. The driver, Mr Edwin Jackson of North Terrace, Tebay, received head and chest injuries and lacerations to the head. His passenger, Mr Ronnie Shepherd of Bleaswood Drive, Oxenholme, received head and shoulder injuries. Mr Shepherd was discharged from hospital on Sunday, and Mr Jackson on Wednesday.

Sedbergh is facing 'Dormitory Town' threat, say Tenants

Sedbergh is fast becoming a dormitory of Kendal, it was claimed at a tenants' protest meeting in the town

on Monday. Called to draw attention to a belief that Sedbergh has been left out in the cold since local government reorganisation, the meeting was attended by several South Lakeland Council officials, including Chief Executive Mr N.C. Bizley. The officials answered questions on a variety of topics in addition to specific complaints about the poor condition of council houses. One topic – raised by the Sedbergh Tenants' Association Secretary Mr J. Ashburner – was that of light industrial development being encouraged in the town. The same theme was adopted by Coun. J. Dawson. He said that he did not like to think of people spending 10 to 11 hours on an 8-hour working day in Kendal, but it was happening and Sedbergh's community spirit was suffering for it. "People here go into Kendal to work, come home, sleep, and then return to Kendal again", he explained. Mr Bizley commented that dormitory workers might be attracted back to Sedbergh if somebody took a chance and established a factory in the town. With regard to housing, Chief Housing Officer Mr L. Pye explained that problems could not be righted overnight. Various schemes had suffered from cutbacks resulting from the national financial crisis. If Sedbergh's cinema had to close down, Mr Ashburner said he would like to see it converted into swimming baths. But Coun. Dawson asked what would people do for entertainment if it was?

Matron weds at Sedbergh

A full-length gown of pale blue and a white organza hat with daisy

trimmings was worn by Miss Margaret Winn when she married Mr Norman Wilkinson at Sedbergh Methodist Church. They were married by the Rev. W.J. Jones. The groom, a nurseryman, is the son of the late Mr and Mrs M. Wilkinson of Aigburth, Liverpool. He is a keen tennis player for Wirral. His bride, deputy matron of Holly House Residential Nursery, Aughton, is the only daughter of Mr and Mrs A.W. Winn of New Street, Sedbergh. Given away by her father, the bride carried a bouquet of pink rosebuds and carnations. A reception was held at the People's Hall, Sedbergh, and the couple will live at Storrsdale Road, Allerton, Liverpool.

Dutchman drops in – to have his Car Repaired

The managing director of a Sedbergh garage could not believe his ears when a man walked into his office and casually announced "I've come from Rotterdam to have my car repaired". But it was no exaggeration – and this week the Sedbergh Motor Company began repairing one badly damaged German-built Ford Granada. The chain of events which led to the Common Market taking on a new meaning for the company began on June 18 at the nearby Black Horse Hill on the A684. The garage was called to a crash at the accident blackspot involving the Granada and a new Morris 18/22 series 1800. The owner of the Granada, a Mr Verhoeve, was holidaying in England and the garage was able to carry out temporary repairs to get the car back on the road again. Before leaving the

garage to continue his holiday, Mr Verhoeve said he liked the look of the place and asked for an estimate for a full repair job to be sent on to his home in Rotterdam. The estimate was duly sent to him, but the garage never expected anything to come of it. "I was amazed when Mr Verhoeve walked into my office eight days later" said Mr John Douglass, the motor company's managing director. "He had come by ferry to Hull and then driven from Hull to Sedbergh. And after telling me he had accepted our estimate, he asked if we could get him on a flight home. A few telephone calls later he was taken to Oxenholme to catch a train to Manchester, where he got a flight to London and then on to Amsterdam". The Sedbergh garage's estimate for replacing virtually the whole of the car's offside was 300 pounds. In Holland it would have cost Mr Verhoeve between 700 and 800 pounds.

The late Mr E. Mason

The funeral was held last Saturday, at Sedbergh United Reformed Church, of Mr Edgar Mason of 1, Fairholme. Mr Mason, who was 68, died at his home after a short illness. Born at Farfield Row, Sedbergh, he was one of a family of nine of the late Mr and Mrs Edwards Mason, and had lived here all his life. As a child he attended the British School, and when only about eight years of age was instrumental in saving a young girl from drowning in flood water at Taidler, where the Clough and the Rawthey meet. After finishing school, he was employed at Dover's Farfield Mill and remained at the mill when it

was taken over by Armstrong Siddeley for munitions manufacture during the Second World War. After the war, he went to Bradley's Mill at Millthorpe, and then became a gardener at Sedbergh School houses, including 13 years at Lupton House, also as part-time gardener at Commander Young's residence at Birks until he retired. He married the former Miss Bertha Tugman of Winsters, and after their marriage they lived at Hallbank for 17 years, coming to Fairholme about 28 years ago. Mrs Mason died in 1966. Mr Mason bred Brown Leghorns and Rhode Island Reds as a hobby, and also Flemish Giant rabbits. He was also interested in music and, although never formally trained, he played the organ, accordion and melodeon. Mr Mason is survived by a son and two daughters, and four grandchildren. The service was conducted by the Rev. Stanley Barrett of Windermere, and interment was at Sedbergh Cemetery.

Two Records smashed at Grasmere Sports

Last Thursday was the day when dreams came true for two record-breaking fell runners. The crowd of over 10,000 gave their adulation first to 16-year-old Graham Moffat from Sedbergh, after he smashed the long-standing junior fell race record. Graham, an apprentice builder, competing in the event for the last time before graduating to the ranks of the seniors, powered his way into the stadium in 9 min. 3.6 secs, decimating the existing record of 9 min. 17 secs. set up way back in 1966 by S. Edmondson. At the 209-



The outstanding athlete of the day, 16-year-old Graham Moffat, Sedbergh, who broke the junior guides race record.

metre-high turning point on the fell, Graham was trailing to David Coates of Hawes, but on the downward

scramble he spurted into the lead. Graham last won the race two years ago and he was second last year. Although he thought he might be near the record, he hardly expected to break it by such a margin. Later it was announced that Graham had been awarded the silver cup for the outstanding athlete of the meeting.

(Post script: Graham, better known locally as Harry, still does some fell running, and his long-standing record achieved at Grasmere in 1975 has never been broken).

HOUSE OF CORRECTION, KENDAL

Karen Bruce Lockhart

The road leading out of Kendal to Windermere is now known as rather boringly as the Windermere Road, but its much more interesting old name is House of Correction Hill. An old sketch shows a grim mill like building of about four storeys with two huge chimneys towering above the pretty row of Georgian properties halfway up the hill. The prison was built on a triangular site at the corner of what is now the Windermere Road and Queen's Road, and had separate areas for male and female prisoners. Also squeezed onto the site was a separate building containing the Governor's quarters and such rooms as laundry, kitchen, offices and a debtors' prison. It had a capacity for 10 women and 33 men. Many of the inmates were debtors or "lunatics"

It had existed long before 1776 as a bridewell (prison or workhouse) when it seems to have consisted of one unventilated and cramped room about 12 by 18 feet and contained three prisoners. It was a dungeon under the Moot Hall by the market place. When John Howard, the prison reformer, visited in 1776 he saw there was no sanitation, no water, no heating and the prisoners had no access to outside air or occupation. Men, women, debtors, petty criminals and serious offenders were all kept there together. He saw Kendal as an example of systemic neglect and moral failure. His description contrasted greatly with his approving report on the Town's Workhouse.



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As a result of Howard's report a new prison was built in 1796 on the site half way up House of Correction Hill. It was described in 1806 as spacious and clean with rooms in which the inmates could weave or spin. The Moot Hall was burnt down in 1869 and no trace of the Bridewell remains. The prison was closed in 1894. It was used as a military prison during the Boer War. It was sold off to a builder in 1907 – who used it for his daughter's wedding reception! It remained derelict for many years, much of the stonework being used for local houses. It partly collapsed in 1943 and was finally demolished.



SEDBERGH'S BUS SERVICE IN THE PAST !

Colin Cowperthwaite

As the subject of our local bus service is currently very much in the news, I decided to look up some old newspaper reports on that subject from more than 50 years ago. Not exactly the same issues as in 2025, but interesting to read that things do not change very much over the decades!

My earliest Westmorland Gazette cutting is from January 1969, entitled 'Buses to be withdrawn from Sedbergh to K. Stephen ?' A proposal by Ribble Motor Services to surrender their public service vehicle licence in respect of the Sedbergh to

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Kirkby Stephen bus is causing concern to Sedbergh Rural Council. The company say they regret the necessity for this action, but it is brought about because of lack of support. In December, they say only 107 single fare passengers were carried. This produced a revenue of just over eight pounds for 363.8 miles. Members were told by the Clerk (Mr A.G. Wilkinson) that the service operated three times a week, on Monday, Wednesday and Saturday. "The withdrawal of this service will present certain difficulties in Cautley", he said, "as there are still people in this day and age without cars. If the bus service is withdrawn, these people have no method of

getting down to civilisation". A suggestion that 30 to 40-seater buses should be replaced by mini-buses was made by Coun. J.T. Clough, but other members pointed out that this did not necessarily mean a saving for the company. Coun. J. Dawson said the Cautley bus provided a real "Dales service", and they should press for its retention.

'Future of bus services causes concern at Sedbergh' was the headline almost two years later, in December 1970. At the conclusion of a discussion on bus services at a meeting of Sedbergh Rural Council last week, councillors agreed unanimously that their clerk be given delegated powers to take any action

he might think necessary in the event of withdrawal of services involving the Sedbergh area. The clerk told the council that services would not continue to run after the last Saturday in March 1971 unless subsidies were forthcoming. He had written to the West Riding County Council, stating that Ribble Motor Services operated all the bus services in the Sedbergh area, and that 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. He also stated that it was necessary that Sedbergh RDC be informed and

consulted where there was any probability of the withdrawal or curtailment of services, and that Westmorland County Council should not make any decision which would prejudice the residents of the Sedbergh area.

At the beginning of 1971, the Gazette reported: 'Sedbergh to fight bus fare increase'. Sedbergh Rural Council is to make a formal objection to a proposal by Ribble Motor Services to increase bus fares which for Sedbergh people would put an additional 1p on the fare to Kendal. Coun. J. Henderson said that he believed, with others, that the company was deliberately pricing itself out. "No matter what we do, and no matter how hard we feel about it,




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we can only say we regret it and make our protest". The long-term outlook for services to Sedbergh was gloomy, according to Coun. J.T. Clough. "I forecast that in about five years from now, Ribble will not be running a service here".

News of another proposed rise in bus fares by Ribble Motor Services has produced a reaction of shocked anger this week, and two local authorities in Lakeland and the West Riding have announced their intention to oppose the projected increase. Sedbergh Rural Council decided on Wednesday to object to the application by Ribble in the "strongest possible terms", and was told by the clerk "It means in effect that any working man commuting to

Kendal will lose two pounds a week out of his wage packet simply getting to his job". Giving details of some increases in journeys in the Sedbergh area, Mr Wilkinson said the trip from Kendal to the head of Dentdale would go up from 5s. 10d. to 7s. single (35p today !); Sedbergh to Kirkby Lonsdale from 3s. 2d. to 4s.; Sedbergh to Cautley from 2s. 3d. to 2s. 10d; Sedbergh to Garsdale from 2s. 5d. to 3s. 2d., and to Garsdale Head from 3s. to 4s. "People will just stop travelling", Coun. J.T. Clough commented, "and this is precisely what Ribble want so that they can cut the services altogether on the grounds that they do not pay. I think this is deliberate policy".



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VISIT TO LANCASTER CASTLE Sedbergh History Society

Karen Bruce Lockhart

On 25th June the Society visited Lancaster Castle – a very different castle from the usual run of the mill castles elsewhere in Britain. Although originally built by the Normans as the defensive keep against the invading Scots (as it was then on the border) and to keep the local inhabitants under control, it never served in that capacity but has always been the centre of justice for the Lancashire area. It still functions as both a civil and a criminal court, and until only fourteen years ago was a serving prison.

It is dominated by the huge Norman keep, surrounded by later mainly Victorian and Georgian buildings, as well as the medieval John o' Gaunt's gatehouse and Well (or Witches' Tower).

The tour started in A Wing which was the main Victorian prison block – much like any Victorian prison hall with three tiers of cells with open metal stairs cases and platforms that appear in TV programmes. It then moved on to the Georgian women's prison which is a panopticon ("see

all") where one warder could stand and see into all the cells which were in a semi-circle. It was hardly used as a women's prison in fact and the open cells were eventually closed in. Next came the small courtyard where hangings were carried out (six) after hanging in public ceased. The tour moved on to the ancient holding cells where the group declined being locked in! The next room was a small museum in the circular "Hadrian's" tower (actually built in the 12th century although the castle is on the site of a Roman fort). This included children's handcuffs and the chains worn by the convicts walking to London and Southampton to the prison hulks, but the Cat o' Nine Tails and the Birch had been removed for preservation against damp.

The tour then moved through the ancient wall about 8 feet thick to the Georgian part of the castle, and the court area (no photographs). The tour went first to a round room with what looked like a stone vaulted ceiling which was actually painted, and contains a large table and 24 priceless chairs made by Gillows, which was where the Grand Jury used to sit. From there the tour went to the civil court where all the furnishings were again Gillows and it is known as the Shire Hall. It is circular round the actual court forming a gallery for the public, and the walls are decorated by the shields of all the Sheriffs of the County since the days of the Plantagenet kings. On then to the criminal court which is the second oldest serving criminal court (York is a few months older!) in the country. It has a branding iron still in the dock,

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and a cubbyhole where a piss pot could be passed to the jury when in need. It also has a ladies' s gallery opposite and high above the jury – where better class ladies could observe the proceeding until the 1960s when the short skirts were thought to distract the jury! Both courts are still in active use. The civil court was used for the trial of the Birmingham Six with a special plywood dock built to hold them.

Lastly, the tour went to the jury room, formerly known as the Drop Room. Here a modern jury would debate their decision, but in the old days it was where the condemned prisoner would be taken before the public hanging on the wall of the caste opposite the Priory Church through an opening out of the room. There they would be strangled to death as an example to the watching crowds (unlike the six privately hanged when the long drop was used to bread their necks). A notable exhibit was a chair when one poor woman had to be wheeled out on it as she could not (or would not) stand,

A final stop was at the Well Tower where the Lancashire Witches were held but unfortunately the stone staircase going down to the dungeon where they were held was under repair and it was not possible to see the place where they were kept, They had been tried in a hall behind the present criminal court which was destroyed when the Georgian buildings were added.

Altogether it was thought to be a very interesting and unusual tour, and would be well worth another visit as there was so much to see and learn.

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BROKEN

David.A. Forknall

I am broken.

The ache of death bears down on me
Pulls at my heart rips through my
head

Makes me cry out loud
My God, what have you done?
I am broken.

A scar now cleaves my soul
And eyes belie the depth of pain
With tears that never leave my cheek
Drip liquid stories there
In tiny pools
I am broken.

Disconnected down I lie
To give in, give up walk blind eyed
Find a corner where I can curl
Alone to lie
In peace to lick this wound
I am broken.

But broken never was this way before
With bits and pieces of me strewn
Upon the ground
In dissolute array I find
Myself in torment
I am broken.

Fixed now and solid
The ache of life will never leave
Just like some damaged toy it sits
As on a nursery floor in
Child-like desolation
I am broken.

Separate in lamentation
Will I roar and roar
Crying to the heavens I will scream
My God, what have you done?
I am broken

For Michael

DENTDALE, HEAD TO FOOT Strawberries & Cream with Scones!

Andrew Povey

The Memorial Hall in Dent was as very good place to be to get out of the rain on Saturday afternoon (5th). Dentdale Head to Foot put on a delicious tea of homemade scones, jam and cream and strawberries and cream. No-one could resist!

This year there was the added attraction of the chocolate fountain, with a choice of marshmallows and/or strawberries to dip into the smooth-flowing chocolate.

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

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A traditional 'How many sweets in the jar?' competition had most people guessing too high!

Everyone enjoyed the afternoon and funds were raised for the over 60's Xmas dinner.

Our next event on 5th September is an Afternoon Tea and quiz. On 3rd October Myles Ripley will be speaking about his Antarctic Trip. Look out for more details on the posters and our Facebook page.

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

KILLINGTON W.I.

Wendy Fraser-Urquhart

Wow! Where is the year going? It is hard to believe that we are back to the part of the year where the days are getting shorter. Nevertheless, the sun shone for our July meeting from morn till night. The name of our speaker and title of his talk had us wondering what on earth we were going to hear! "IN THE GUTTER, told by A. WORKMAN". Perhaps next month we shall have "Dirty Clothes by A Washerwoman". It turned out that his surname really is "Workman" and his job is a length man, a man who clears the roadsides and gutters. In past times every parish had its own length man who patrolled the roads and lanes with his dustbin on wheels and brush and shovel. We

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Why Get involved?

Serving as a Parish Councillor is a rewarding opportunity to contribute to the local community. This is an opportunity to make a real difference to the well-being of the community.

Who is eligible?

To be considered for the role of Parish Councillor you must be aged 18 years of age or over, and, additionally you must be able to meet one of the following qualifications.

- You must be a registered voter in the parish of Sedbergh;
- Or during the whole of the twelve months preceding the date of any co-option, have occupied as owner or tenant, land or other premises in the parish;
- or your principal or only place of work during those months has been within the parish;
- or you have during the whole of the twelve months, resided in the parish, or within 3 miles

Should you be interested in serving as a Councillor you should contact the Clerk to the Council who will provide the application form (including full eligibility criteria), explain the nature of the role, the time commitment likely to be required and the training which is available for new Councillors. Written application forms (available from the Clerk) need to be submitted to the Council 72a Main Street, Sedbergh LA10 5AD (or emailed) **to be received by Friday 1st August 2025.** Thank you.

Janey Hassam, Clerk to the Council (07966 134554)
Email: clerk@sedberghparishcouncil.org.uk

learnt that Archie had enjoyed a very varied working life having started at 15 years old as a marine engineer in Sunderland. His progress had been rapid and various, and in semi-retirement he had taken a job redeveloping the Ulverston business centre. As a sideline, he had also become a length man in several Cumbrian areas. After the WI Calendar Girls had achieved such a great success with their calendar, it occurred to him as a joke to make a calendar of the different sorts of grids he saw on his lengths. This led to his being awarded the title "The Dullest Man in Britain"! Media attention followed and it was all great fun!!

After a break for tea and cakes, our business meeting followed. In the

absence of our President Susan on a well-deserved jaunt to London with her family, Margaret Denton kept us in order and various items were discussed. Plans were made for our Summer Tea party at Sally's home on July 15th. This month's birthday wishes went to Joy Cox and Diane Turner. The raffle winner was Susan Raw and the competition for an interesting stone was won by Margaret Denton. Our next meeting will be on Tuesday 12th August at 2-00pm in the committee room of the People's Hall. Philip Burley will enlighten us on "The History of Puzzles". The competition will be for "Something connected to a game you can play at home". So, get searching and come along and join us.

SEDBERGH W.I.

Moirra Folks

After cancelling their proposed walk in May because of bad weather, six members of our walking group enjoyed the same planned walk starting from Chapel-le-Dale on June 19th. Sandra Kemp reports: 'We covered about 6.5 miles of open scenery within the valley below Whernside, with lovely views of Ribbleshead Viaduct and the Three Peaks of Yorkshire: Whernside, Ingleborough and Pen-y-Ghent. It was a beautiful sunny day for a change, and even rather too hot towards the end of the walk. We had plenty of scenic stops for rehydration and ended back at Chapel-le-Dale to visit the delightful little church there, set amongst shady trees, before setting off for home via the usual tea-and-cake venue, this time in Ingleton.' Thank you, Sandra, for telling us about it. I'm sure many of us will be able to visualise the area

you walked through by the mention of those three familiar iconic peaks even if we haven't climbed them all!

Preparations are now well in hand for our WI entry in the August Sedbergh Sheepfest for 'Celebrity' Sheep. The identity of our sheep is a closely guarded secret: all will be revealed on Saturday 23rd August somewhere in central Sedbergh!

'Researching and Writing a Historical Novel' was our speaker Sue Millard's subject at our monthly meeting on July 9th. We were somewhat surprised, therefore, when the first thing she put up on the screen was headed 'Thirteen Reasons NOT to write a Historical Novel'! This was a way to warn would-be novelists of the dangers and difficulties of the genre. Sue told us that it was back in 1994 that she first had the idea of writing a historical novel based on her great interest in the native ponies of Britain and the history of carriage-driving, as well as



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how the development of the railways in the 19th century affected the horse-drawn stagecoach-driving business. In the 1990s, before the information-explosion brought in by the internet, her only recourse was to buy relevant books – which she couldn't afford – or use libraries, not easy when you are a rural housewife. Research became easier with the advent of the internet, but she also had the amazing good fortune to be contacted by a local descendant of one of the 19th century's great hauliers, 'the Eddie Stobart of his day', who had original documents regarding his ancestor's business in Victorian times. With real-life information about the running of a relevant business at her fingertips,

Sue was able to create appropriate characters and storylines. She has written several novels, among them 'Coachman' which uses this back story as a basis, intertwined with fictional characters who could well have been similar to those who were actually employed in 19th century England. For further information about Sue Millard's books, you could google her company, JACKDAW E BOOKS (named after her home in Cumbria).

The following day, July 10th, six book club members met at Christine's home to discuss 'Slip of a Fish' by Amy Arnold. This was the most unpopular book we've ever read in book club, scoring an average of 3.5/10 from 8 reviews. The scores varied between 0 and 8/10: 0 from one member who was so badly affected by the staccato writing style and unfinished sentences of the main character who was mentally ill, that she felt ill herself and couldn't bear to continue. Several members disliked it so much that they didn't persist with it. By contrast, the person who gave it 8 found herself totally involved in it. One who gave it 6 felt that the author succeeded in her aim of following the confused and tragic inner life of the main character, but the book was so depressing she didn't enjoy it. Ironically, the book won the inaugural Northern Book Prize in 2018 – part of the Northern Writers Awards. Book Prize Judge Annie Leszkiewicz described the book as 'Dazzling and disorientating in equal measure, this is a daring, uncomfortable work that is impossible to fully leave behind.' We could agree with some of that –

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apart perhaps from the 'dazzling'! The author's choice of subject was most likely made because of her studies in Neuropsychology at Birmingham University so we can assume that she writes from experience.

Our next meeting in the People's Hall committee room will be on Wednesday 13th August at 7.30pm. Malcolm Johnson will be telling us about 'Charting the 1970s' so we can expect to hear about music, people and events associated with this lively decade which most of us will remember well! We extend a warm welcome to new members and guests. For further details, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Lesley McCririe, on 07930 177423.

theWI
INSPIRING WOMEN

HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

Nine members met at Howgill Village Hall on Thursday 3 July for our members' evening.

A short business meeting was followed firstly, by Sarah telling us how she had worked as a teaching assistant at the British School in Tokyo, Tanya informing us about the history of the railway cottages at Lowgill, Vera reading a poem about a 'Farmers Wife', Liz showing us family photos and finally Pauline giving us an insight into bee keeping and producing honey.

For our outing this year we have arranged to go to Winton Park Gardens, Kirkby Stephen on Sunday 10th August.

The raffle was won by Bridget, and the competition for a cupcake was won by Sarah with Jackie second. Our usual Jacobs join concluded the evening.

Our next meeting, Lace Making is at Firbank on 7th August. All welcome.

DENTDALE W.I.

Thelma Belfield

It's been a couple of months since I last reported on our activities in Dentdale, but life has been busy with lots going on. On the last day in April our dining club group visited St John's Hospice cafe for lunch. Over past years we have raised funds for the hospice, and most recently in 2024 for the Forget Me Not children's centre. We received a very warm welcome and had a delicious lunch served by the friendly volunteer staff. Our treasurer Kate was able to have

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a guided tour of the centre and was very impressed by the wide range of facilities for the children, including private therapy sessions when necessary. They have an excellent gift shop and plant sales area, and the site is so peaceful that it is difficult to realise how close it is to the city centre.

Early in May several of us attended the Lune Valley Group meeting hosted by Casterton WI and enjoyed an interesting talk on leatherwork, followed by a delicious buffet supper.

At our May meeting and were fortunate to have Hilary Deighton visit us from the Environment Agency to tell us about 'A day in the life of an Environment Officer'. Hilary lives in

Dentdale, she has a degree in Environmental Sciences and has worked with the agency since 1997. Her work takes her all around the Lune Valley area, visiting farms and advising farmers on the rules and regulations to protect water quality and prevent pollution of our water courses. She explained how the storage and use of manures and fertilisers needed careful consideration and timing depending on weather conditions to avoid contamination of any inland freshwaters or coastal waters. The Agency does have the legal authority of enforcement and prosecution but Hilary told us that this is always a last resort and the main focus of her work

is to advise and work with farmers to help them achieve the best outcome they can whilst protecting our precious environment. Hilary admitted that it can be difficult at times, making contact with experienced farmers, but generally they are grateful for the support Hilary and her team provide and legal proceedings are quite rare. Her talk was very interesting and informative and we were all very impressed by the hard work she does.

Our May meeting also included planning for three other summer events, the first being our Mini Market on 26th July to raise funds for our chosen charities this year. They are The Arthrogryposis Group UK and The Epidermolysis Bullosa Research Association. As usual, on Bank Holiday Monday, it is the Dent Gala where our members will be providing afternoon teas and our August meeting is to be a social evening when we are inviting friends to join us for a buffet supper and a glass of wine. The final item of interest announced is that local stone carver Pip Hall is to begin work on a memorial plaque which will be installed at the foot of our Small Leafed Lime Tree planted in memory of our late Queen Elizabeth II.

Moving on into June, twelve of us, plus a dog, visited The Bowes Museum. It was a beautiful day for an outing and we were fortunate that our driver was Alice, who is not only one of our members, but also a volunteer driver for the Western Dales Bus. We took the opportunity to stop for a coffee break at Brough Castle Ice Cream Parlour & Tearoom. It was a

wise choice and several of our group enjoyed one of the many different ice creams instead of coffee. The Bowes Museum is great place to visit with so much to see and enjoy, including of course, the Silver Swan, which is activated daily at 2pm. The artwork is incredible, and despite this being my third visit, I still haven't managed to see all the exhibits. The cafe at Bowes is excellent and we enjoyed a good lunch, with some of us adding an afternoon tea and cake before we left for home. It was very good day out.

This brings us into July and holding our meeting in a very different venue. Owing to the Memorial Hall being used for another function, we chose to hold our meeting in St Andrews



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Church. It was rather ironic when we realised that our speaker for the evening was the Reverend John Morton, a retired Methodist minister. In his working life he had been based in many different areas, beginning in Barnsley, moving on to Hartlepool, Appleby, Blackpool and finally retiring to Kendal. John's talk was entitled 'The Laughter Prescription', and true to his word, he did make us laugh. It was refreshing to listen to a stand-up comedian who told jokes based on human behaviours, religion and life in general, without using gutter language. John not only told jokes and amusing anecdotes, but he also writes poetry, and he read some of his work during his presentation. He has also published a small book of his poetry, which he sells to raise funds for charity. Despite being out of our comfort zone in the memorial hall, it was an enjoyable evening and we are grateful to Reverend Christine Brown for her support. We ended our evening in the usual way, cups of tea and Marjorie's delicious homemade biscuits, served by our hostesses for the evening, Pam and Cathy. John judged our competition for an interesting item beginning with the letter U. The winner was Alice with her USB cable, runner up was Marjorie with her Ukulele, and third was Rita with an Ulster Weavers mug. Catherine and Rita were lucky raffle winners.

A different venue but still the same warm and friendly atmosphere that defines the WI. We welcomed four new visitors to our July meeting and we meet on the second Wednesday each month, do come and join us.

FAMILY MUSINGS

Sarah Woof

Eight years ago this month, all family and friends gathered around to help me celebrate being 60! The grandchildren loved the "Beach Party" theme with sand pits and paddling pools and a photo booth around. Everyone loved the Hot Tub, well everyone except me ... due to the ulcer on my leg I had to stay in the dry. On windy days it felt like being on a ship in full sail due to the Chapel next door being covered in plastic sheeting. The sun shone and the midges fed well. Two grandchildren were photographed eating cheese and raw carrot when their Mummy thought they just ate cake ... no, that was me!

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For more information, visit our website:

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



Many many years ago as a small child on holiday with my family in France, the service at meal times was so slow we kids got fed up waiting for pudding. No doubt 'egged' on by my elder brothers, I (apparently, as I don't remember but it has gone down in family folklore!) banged on the table with my spoon saying "I want my pudding"! Those who were there at my 50th birthday will remember that incident being mentioned in a speech with the added comment, "... and as you can see she has been enjoying puddings ever since"! You bet I have and we will be having our own Pudding Fest these summer holidays ... ice cream, jelly, choc brownie, apple pie and custard, and rice pudding to name just a few.

As I write this the rain is coming down like stair rods ... who remembers those metal rods that were fixed to your stairs to hold the carpet in place? When an elderly auntie died many years ago, my parents took up the stair carpet (thankfully) and found where she had kept her money! Have a great August and don't forget the puddings.

Thank you

NICE REJECT ALZHEIMER'S TREATMENTS

Alzheimer's Society

National Institute for Health and Care Excellence (NICE) rejected Alzheimer's treatments for publicly funded prescription. NICE says that donanemab and lecanemab, the first disease-modifying treatments for early Alzheimer's disease, should not be provided on the NHS.

On Thursday, 19 June, the National Institute for Health and Care Excellence (NICE) published final draft guidance for donanemab and lecanemab, the first disease-modifying treatments for early Alzheimer's disease, which states the medicines should not be provided on the NHS.

We're so proud that Alzheimer's Society-funded research 30 years ago led to the treatment breakthroughs we're seeing today.

What Alzheimer's think of the news Professor Fiona Carragher, Alzheimer's Society's Chief Policy and Research Officer, said:

"There is no doubt that today's decision is a setback for people with Alzheimer's disease. It is highly

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disappointing that we are in a situation where treatments that slow the progression of the condition are not available on the NHS. "The reality we're faced with is that these treatments remain out of reach of both the NHS and most eligible people with Alzheimer's disease. In other diseases like cancer, treatments have become more effective, safer and cheaper over time. It's essential we see similar progress in dementia. The fact is,

even if donanemab and lecanemab were made available on the NHS tomorrow, too many patients wouldn't be able to access them because the health system isn't ready to deliver them."

The science is flying but the system is failing.

People with dementia should no longer be overlooked

"What we need now is for the UK government to commit to the long-term investment needed to fundamentally change dementia diagnosis so that we are ready for new treatments. This relies on an early diagnosis and access to specialist diagnostic tests, yet currently a third of people with dementia don't have a diagnosis at all. The needs of people with dementia have long been overlooked and this cannot continue. We are heading towards a future where disease-slowing treatments reduce the devastating impact of dementia, and we cannot afford to delay preparing the NHS for them."

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PARCEL DELIVERY SCAMS

South Lakes Citizen's advice

I got a text asking me to click on a link to reschedule a parcel delivery I'd missed. I was waiting for a parcel at the time, so I clicked on the link and was asked to make a payment. Luckily, my daughter told me the text is a scam and to ignore it, but how can I spot the signs of a scam for myself?

Parcel delivery scams are very common. They aim to trick you into giving away your financial details, so your bank account can be accessed.

If you're waiting for a parcel, and get a message that asks you to pay to get it, it's usually a scam. Delivery companies won't ask you to pay them through a link in an email or text. Don't click any links or attachments, but you can check if a link is genuine, by hovering your mouse over the link without clicking on it or pressing and holding on the link on a mobile device. You should be able to see the

address the link goes to - check carefully to see if it's the same as the company's

official website address. Other signs of a scam include bad spelling and grammar and starting with a general greeting instead of your name. But scam messages can sometimes be sophisticated.

If there's something you're unsure about, don't feel pressured to act. You can check if something is a scam, using an online tool on the Citizens Advice website. Remember that scammers are clever and scams can happen to anyone.

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

- Call 015394 46464 (9.30am – 2pm, Monday – Friday)
- Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am –

THE THIRSTY RAMBLER



SEDBERGH

14-16
MAIN STREET

WE ARE A COSY LITTLE, DOG FRIENDLY
MICRO BAR, OPERATING A FIRST COME, FIRST
SERVE SEATING POLICY.

WE SERVE A RANGE OF BOTTLED, CANNED AND
HAND PULLED ALES AND LAGERS SOURCED FROM
LOCAL BREWERIES IN CUMBRIA AND YORKSHIRE.
WE ALSO OFFER A SELECTION OF ARTISAN AND
CLASSIC GINS, SPIRITS, CRAFT CIDER AND
HANDPICKED FINE WINES.

WE LOOK FORWARD TO WELCOMING MUDDY
BOOTS AND DIRTY PAWS!

WWW.THETHIRSTYRAMBLER.CO.UK

☎ 07874 838816

✉ DRINK@THETHIRSTYRAMBLER.CO.UK

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

1pm, Tuesday and Thursday)
 · Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday) · email advice via the submission page on our website
www.southlakescab.org.uk

BOOK TOWN QUIZ ANSWERS

1. Bernard Cornwell
2. The Gruffalo
3. Dreams From My Father – The Audacity of Hope
4. A Wainwright's
5. The Warden
6. Tom Stoppard
7. Hiawatha – H W Longfellow
8. The Compleat Angler
9. Sumer
10. Henry Fielding – Tom Jones
11. Old Possum's Book of Practical Cats – T S Eliot
12. Macbeth (Tim Brooke-Taylor in I'm Sorry I Haven't A Clue, with an entry in Macbeth's diary: 'My new glasses arrived today and they are excellent. I was right: it is a dagger.')

PERSONAL MESSAGES

FOR SALE

Round Period Table with 3 extensions. Donation to local charity.
 Table Top Electric Train Set – donation to local charity. Contact Deryck Cox 07788 155313 Frostrow Lane, Sedbergh

=====

FOR SALE

Anna Griffin Empress boxed Electric die cutting and embossing machine. Plates and full instructions. £50 Tel No. 015396 20740

USEFUL CONTACT DETAILS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday
 1400 - 1600
 01539 795000 or 0845 6060265

Police in any area

101

Report Grey Squirrels

sedberghredsquirrels100@gmail.com

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

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

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

DIARY OF EVENTS

Dates are held up to 11/03/2026
 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.

AUGUST 2025

01	Dentdale Christian Festival (Jul)	Rhumes
03	Womens Cricket Lancs V Cumbria (Jul)	SS
03	Dentdale Christian Festival (Jul)	Rhumes
05 1100	Cricket Lancs v Northants (May)	SS
05 1100	Cricket Lancs v Northants (Jun)	SS
05 1100	Cricket Lancs v Northants (Jul)	SS
09 1500	Duck race followed by BBQ	GVH
12 1400	WIK - History of Puzzles	PH
12 1930	Domino Drive	FCH
13 1930	WIS Charting the 70s	TBA
14 1930	Sedbergh Parish Council (26)	PH
16 1000	Dent Methodist Coffee Morning (May)	DMC
23	Sheepfest (5,1)	Sedbergh
23 800	Barbon Show (9)	Barbon Man
23 1000	Artisan Market (Jun)	Main St
23 1000	RBL at Artisan Market (Jul)	Main St
23 1430	Afternoon tea (7)	GVH
25 1100	Dent Gala (Jun)	DMH
27 1930	Beetle Drive	GVH

SEPTEMBER 2025

05 1400	Dentdale Head to Foot quiz	DHTF
09 1400	WIK - Lancaster Castle	PH
09 1930	Domino Drive	FCH
10 1930	WIS Great Scientific Disasters	PH
17 1300	Medical Centre closed	MC
20 1000	Dent Methodist Coffee Morning (May)	DMC
24 1100	pmrgca support group	FM

OCTOBER 2025

03 1400	Dentdale Head to Foot	DMH
08 1930	WIS Mosaics	PH
14 1400	WIK - Antarctica	PH

14 1930	Domino Drive	FCH
15 930	Christian Aid Coffee Morning (Feb)	StAS
16 1300	Medical Centre Closed	MC
18 1000	Dent Methodist Coffee Morning (May)	DMC
24 1930	Tattie Pie and Bingo	FCH

NOVEMBER 2025

05 1100	pmrgca support group	FM
07 1400	Dentdale Head to Foot	DMH
08 1930	Sedbergh WI Demystifying Dementia	PH
11 1400	WIK - AGM & Social Time	PH
11 1930	Domino Drive	FCH
12 1300	Medical Centre Closed	MC
12 1930	WIS A little bit of art	PH
15 1000	Dent Methodist Coffee Morning (May)	DMC
17 1930	Domino Drive	GVH
29 1230	Soup & Pudding lunch	FCH

DECEMBER 2025

06	Dentdale Head to Foot Lunch	DMH
09	WIK - Christmas Lunch	TBA
09 1930	Domino Drive	FCH
10	WIS Christmas dinner	TBA
20 1000	Dent Methodist Coffee Morning (May)	DMC

JANUARY 2026

13 1930	Domino Drive	FCH
14 1930	WIS Antarctica and Scotia Sea	PH

FEBRUARY 2026

10 1930	Domino Drive	FCH
11 1930	WIS St Johns Hospice	PH

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.

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

1 hour = £1.50

4 hours = £5.00

2 hours = £2.70

All day (9 hours) = £7.00

3 hours = £3.90

Payable all days 9am - 6pm

Maximum stay = 24 hours

Annual Resident Permit = £70

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

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

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

Nationally recognised and award winning restaurant. Also has 'The Meadow' outdoor bar and kitchen in the garden for sunny days and evenings.

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

HADDOCK PADDOCK

MAIN STREET

Closed due to fire damage

HALF AND HALF

Bar with sofas and a good fire, or window seats if you fancy watching the world go by.

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!

NUMBER 57

MAIN STREET

Café open Tuesday and weekends for coffee, cake, snacks and lunches. Food sourced locally.

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SEDBERGH PIZZA

MAIN STREET - 015396 28262

Takeaway with some seating serving good pizzas, burghers, 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.

THIRSTY RAMBLER

MAIN STREET - 07874 838816

Thirsty after rambling? This micro bar is the place for a relaxing drink with good company.

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.

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	Mr Colin Brunold - 07762 217385
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Phil Johns - 07807 909860
Bridge Club -----	Mr Alison - 015398 24666
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
Cornerstone Community Church -----	William Allen - 015396 20194
Crickets Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 07855 102930 / annemcclurg@btinternet.com
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill – Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	Stephen Troughton - 015396 21109
First Responders - Dent -----	See Public Information
First Responders - Sedbergh -----	See Public Information
Football Club Junior - Sedbergh -----	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
Football Club Senior - Sedbergh -----	Mr Parkin - 015396 20585
Friends of Farfield Mill -----	friends@farfieldmill.org
Friends of Settle and Carlisle Line -----	john.carey@settle-carlisle.com
Garsdale Village Hall -----	Mrs Labbate - 015396 22114/07814 378758 / rhlabbate@gmail.com
Getting Together -----	Sarah Woof - 015396 25212
Gladstone Community Group -----	Janey Hassam - 07966 134554
Golf Club -----	Mr Gardner - 015396 21551
Good Companions - Dent -----	Sarah Woof - 015396 25212
Grief Share -----	Duty Team Member - 07498 870267
History Society -----	Karen Bruce Lockhart - 015396 34603
Howgill Harriers -----	admin@howgillharriers.co.uk
Howgill Village Hall -----	Gareth Marshall - 07801 276233
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Joe Gorst - 07964 830473 / joe.gorsty24@gmail.com
Killington Parish Hall -----	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Rev'd Andy Burgess - 015396 20018

GROUPS AND ORGANISATIONS (CONT)

Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Over 50's Swimming Group -----	Rachael Mellor - 07969 663881
Parent Support Group -----	Mrs Goad - 015396 20402
Parish Council - Dent -----	Scott Thornley - 07368 455353
Parish Council - Garsdale -----	Clerk - clerk@garsdaleparishcouncil.gov.uk
Parish Council - Sedbergh -----	Janey Hassam - 07966 134554
People's Gym -----	membership@sedberghgym.club
People's Hall -----	Steve Longlands - 015369 20885
Pepperpot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Janey Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
PMR/GCA support Group -----	0300 111 5090 / kendal@pmrgca.org.uk
Poetry Club* -----	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Royal British Legion -----	Keith Birbeck - 07557 871961 / keithbirbeck@gmail.com
Schools - Dent Primary -----	015396 25259
Schools - Dent Primary - Friends of -----	015396 25259
Schools - Sedbergh Primary -----	015396 20510
Schools - Sedbergh School -----	015396 20303
Schools - Settlebeck -----	015396 20383
Scouts -----	Bill Mawdsley - 07989 201481
Scouts - Beavers -----	Bill Mawdsley - 07989 201481
Scouts - Cubs -----	Bill Mawdsley - 07989 201481
Sedbergh Book Town -----	booktown@sedbergh.org.uk
Sedbergh Community Tree Group -----	Evelyn Pardoe - plantmoretrees3@gmail.com
Sedbergh Environmental Group -----	sedberghcomarket@greencobweb.co.uk
Sedbergh Ladies Friendship Group -----	Jo Birkbeck - 07769 908663
Sedbergh Songsters -----	TBA
Sedbergh United Charities -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
Senior Golfers -----	Mr Braddon - 0330 1138850
Shooting Club - Sedbergh -----	Richard Martin - 07884 559829
Sight Advice South Lakeland -----	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale) -----	Anastasia Micklethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 07877 301088
Swimming Club -----	Sedberghswimmingclub@gmail.com
Tennis Club -----	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Transport Users Group -----	Ed Welti - sd.transportusers@gmail.com
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 / vscssedbergh@gmail.com
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Louise Atkinson - 07855 378883
Young Farmers - Sedbergh -----	Club Secretary - sedberghyfc@hotmail.com

*Groups are currently being updated—TBAs will be removed in the coming editions.
If you would like to add or update your group please let us know.
New groups are marked with an asterisk *.*

PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens
Bruce Loch Nature Area, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
Community Orchard, Vicarage Lane
Cornerstone Community Church, New Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road
Friends Quaker Meeting House, Brigflatts
George Fox's Quaker Pulpit, Firbank
Golf Club, Catholes, Sedbergh *
Information Centre, 72 Main Street
History Society, Community Office
Holy Trinity Church, Howgill
Jubilee Wood Nature Area, Castlehaw Lane
Langstone Fell, A684 Garsdale Foot
Motte & Bailey Castle, Castlehaw Lane
Pepperpot Folly, Busk Lane
Picnic Site, Ghyllas, Cautley Road
Picnic Site, Settlebeck New Bridge
Play Ground, Dent Village
Play Ground, People's Hall
Play Ground, Maryfell
Queen's Gardens, Station Road
St. Andrew's Church, Dent
St. Andrew's Church, Main Street, Sedbergh
St. Gregory's Church, Vale of Lune
St. John's Church, Cowgill
St. John's Church, Firbank
St. John's Church, Garsdale
St. Mark's Church, Cautley
Sedbergh Embroidery, StAS
Tennis Courts, Guldrey Lane *
Winder Fell, above Sedbergh

* = Entry Fee Applicable

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 Calder 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 Tourist Information Centre for 50p.



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	21529
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) 1T(ES), 1D(ES) NS, CH, L e-mail: crosskeyscautley@outlook.com	20284

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

BUS SERVICES

NOTE.

Westmorland and Furness Council have renamed the bus routes which cover Sedbergh to Kendal via Oxenholme as the S1 route. However they include 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 to Kendal Morrisons and return. This service is run by Western Dales Bus as a commercial operation.

WEDNESDAY the service is from Dent Village to Kendal Morrisons and return. This service is run by Western Dales Bus as a commercial operation.

SATURDAY the service is from Dent Station to Kendal Morrisons and return. This service is run by Western Dales Bus as a commercial operation.

FRIDAY S5 Service to Kirkby Stephen and Kendal run by Western Dales Bus continues as before.

FULL TIMETABLES FOR EACH DAY FOLLOW BELOW AND ON SUBSEQUENT PAGES

S1 MONDAY

S1 FRIDAY

Kendal Blackhall Road to Sedbergh Maryfell via Oxenholme and return

From 31st March 2025

	Mon&Fri	Mon&Fri	Mon&Fri
Kendal Blackhall Road	9:40	11:11	13:26
Kendal K Village	9:45	11:16	13:31
Oxenholme Station	9:50	11:21	13:36
Killington M6 bridge	10:00	11:31	13:46
Sedbergh Spar	10:09	11:40	13:55
Sedbergh Opp. Library	10:10	11:41	13:56
Sedbergh Maryfell	10:12	11:43	13:58

Sedbergh Maryfell	10:18	11:53	14:05
Sedbergh Library	10:20	11:55	14:07
Sedbergh Opp. Morphets	10:21	11:56	14:08
Killington M6 bridge	10:30	12:05	14:17
Oxenholme Station	10:40	12:15	14:27
Kendal K Village	10:45	12:20	14:32
Kendal Bus Station	10:51	12:26	14:38

BUS SERVICES

S1 TUESDAY AND THURSDAY

Kirkby Stephen Co Op to Kendal Morrisons via Sedbergh and Oxenholme, and return
From 31st March 2025

	Tues&Thurs	Tues&Thurs	Tues&Thurs	Tues&Thurs
Kendal Morrisons	*	11:06	13:21	15:50
Kendal Blackhall Road	*	11:11	13:26	15:55
Kendal K Village	*	11:16	13:31	16:00
Oxenholme Station	*	11:21	13:36	16:05
Killington M6 bridge	*	11:31	13:46	16:15
Sedbergh Spar	9:11	11:40	13:55	16:24
Sedbergh Opp. Library	9:12	11:41	13:56	16:25
Sedbergh Maryfell	9:14	11:43	13:58	16:27
Cautley, Cross Keys	9:21	*	14:05	*
Fat Lamb	9:28	*	14:12	*
Kirkby Stephen Station Entrance	9:35	*	14:19	*
Kirkby Stephen Pennine Hotel	9:40	*	14:24	*
Kirkby Stephen Co-op	9:41	*	14:25	*

Kirkby Stephen Co-op	9:51	*	14:35	*
Kirkby Stephen Social Club	9:52	*	14:36	*
Kirkby Stephen Station Entrance	9:57	*	14:41	*
Fat Lamb	10:04	*	14:48	*
Cautley, Cross Keys	10:11	*	14:55	*
Sedbergh Maryfell	10:18	11:53	15:02	*
Sedbergh Library	10:20	11:55	15:04	*
Sedbergh Opp. Morphets	10:21	11:56	15:05	*
Killington M6 bridge	10:30	12:05	15:14	*
Oxenholme Station	10:40	12:15	15:24	*
Kendal K Village	10:45	12:20	15:29	*
Kendal Bus Station	10:51	12:26	15:35	*
Kendal Morrisons	10:56	12:31	15:40	*

BUS SERVICES

S1 WEDNESDAY

Dent Village to Kendal Morrisons via Sedbergh and Oxenholme and return

From 31st March 2025

	Weds	Weds	Weds	Weds
Kendal Morrisons	*	11:06	13:21	15:50
Kendal Blackhall Road	*	11:11	13:26	15:55
Kendal K Village	*	11:16	13:31	16:00
Oxenholme Station	*	11:21	13:36	16:05
Killington M6 bridge	*	11:31	13:46	16:15
Sedbergh Spar	9:35	11:40	13:55	16:24
Sedbergh Opp. Library	9:36	11:41	13:56	16:25
Sedbergh Maryfell	9:38	11:43	13:58	16:27
Dent Village	9:53	*	14:13	*

Dent Village	10:03	*	14:47	*
Sedbergh Maryfell	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	*

LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman	Mark Crawford	Proofreading
TBA	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
		Ellen Morrison	Advertising

Editorial Team members annotated with (T) are also Trustees.

Jackie Whicker is Life Time President but is no longer involved in compilation

BUS SERVICES

Western Dales Bus

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

From 31st March 2025

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

BUS SERVICES

S1 SATURDAY

Dent Station to Kendal Morrisons via Sedbergh and Oxenholme and return

From 31st March 2025

	Sat	Sat	Sat	Sat	Sat
Dent Station	*	10:53	*	*	17:37
Dent Village	*	11:08	*	15:05	17:52
Sedbergh Maryfell	8:35	11:23	13:15	15:20	18:07
Sedbergh Library	8:37	11:25	13:17	15:22	18:09
Sedbergh Opp. Morphets	8:38	11:26	13:18	15:23	*
Killington M6 bridge	8:47	11:35	13:27	15:32	*
Oxenholme Station	8:57	11:45	13:37	15:42	*
Kendal K Village	9:02	11:50	13:42	15:47	*
Kendal Bus Station	9:08	11:56	13:48	15:53	*
Kendal Morrisons	9:13	12:01	13:53	15:58	*

Kendal Morrisons	9:23	12:23	14:03	16:08	*
Kendal Blackhall Road	9:28	12:28	14:08	16:13	*
Kendal K Village	9:33	12:33	14:13	16:18	*
Oxenholme Station	9:38	12:38	14:18	16:23	*
Killington M6 bridge	9:43	12:43	14:23	16:28	*
Sedbergh Spar	9:57	12:57	14:37	16:42	*
Sedbergh Opp. Library	9:58	12:58	14:38	16:43	*
Sedbergh Maryfell	10:00	13:00	14:40	16:45	*
Dent Village	10:15	*	14:55	17:00	*
Dent Station	10:30	*	*	17:15	*

DENT RAILWAY STATION TIMETABLE

Valid from June 2024

(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	10.46	07.03	09.08	10.40
09.16	09.16	12.39 (S)	09.38	10.42	13.38
10.47	10.47	14.01	12.12	12.12	16.35 (N)
12.17	12.17	15.53	14.40 (G)	14.40 (G)	18.40
14.45	14.45	17.48	16.05	16.05	20.26
18.15	16.46	20.20	17.33	17.33	..
19.45	18.15	..	19.38	19.38	..
..	19.45

Religious Services in Sedbergh

CHURCH OF ENGLAND

The Benefice of the Western Dales

**Vicar: Rev'd Andy Burgess
20018**

andy.burgess@westerndales.org.uk

Licensed clergy:

**Rev'd Christine Brown 25418
Rev'd Lindsay Gray**

Churchwardens:

**St Andrew's, Sedbergh
Tony Reed Screen 21081
Susan Sharrocks 20754**

churchwardens.sedbergh@westerndales.org.uk

St Andrew's, Dent

David Wright

churchwardens.dent@westerndales.org.uk

St John the Baptist's, Garsdale

Bill Mawdsley and Rosemary Lord
churchwardens.garsdale@westerndales.org.uk

St Mark's, Cautley

Judith Bush and Maureen Hinch
churchwardens.cautley@westerndales.org.uk

St John the Evangelist's, Cowgill

Janice Moorby and Heather Fraser
churchwardens.cowgill@westerndales.org.uk

Holy Trinity, Howgill

**Pauline Marshall and Helen
Hoggarth**
churchwardens.howgill@westerndales.org.uk

St John the Evangelist's, Firbank

**Currently no churchwardens,
please contact Sedbergh
churchwardens**

All Saints', Killington

**Currently no churchwardens,
please contact Sedbergh
churchwardens**

ROMAN CATHOLIC

**St. Andrew's Parish Church
Sunday 12.00**

**Parish Priest Kendal
Tel: 015397 20063**

SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

**Janet Chetwood (Comms Clerk)
Tel: 21715**

**Sally Ingham (Business Clerk)
Tel: 07939 569559**

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Sarah Woof Tel: 25212

METHODIST CHURCH IN THE WESTERN DALES

**Cornerstone Community Church, New
Street; Dent;**

Garsdale Low Smithy; Hawes Junction

**Rev'd Andy Burgess 20018
andy.burgess@westerndales.org.uk**

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545
375721**

Anglican Service Times

ST ANDREW'S CHURCH, SEDBERGH

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

ST ANDREW'S CHURCH, DENT

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

ST MARK'S CHURCH, CAUTLEY

3rd Sunday	9.30am, Morning Prayer + HC (ext)
5th Sunday	2.30pm, Taizé Service

ST JOHN THE BAPTIST'S CHURCH, GARSDALE

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

ST JOHN THE EVANGELIST'S CHURCH, COWGILL

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

HOLY TRINITY CHURCH, HOWGILL

2nd Sunday	9.30am, Holy Communion
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ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday	2.30pm, Holy Communion
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ALL SAINTS' CHURCH, KILLINGTON

1st Sunday	2.30pm, Afternoon Service
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Methodist Service Times

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

Combined plans for Western Dales Mission Community
August 2025

	Time	3rd	10th	17th	24th	31st
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC		Choral Matins	Joint Service with HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect@ Cornerstone	Morning Service	Joint Service	HC	
St. Mark's, Cautley LA10 5LZ				9.30 am MP HCx		2.30pm Taize Service
St. John's, Garsdale LA10	10am	HC		SW		SW
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm				Afternoon Service	
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm		Songs of Praise			
All Saints, Killington LA6 2HA	2.30pm					
Holy Trinity Howgill LA10 5JD	9.30am		Morning Prayer			
St. John's Firbank LA10 5EF	2.30pm					
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC	MP HCx
St. John's, Cowgill LA10 5RJ	2.30pm	Afternoon Service		HC		
Dentdale Methodist Chapel LA10 5QJ	10.30am	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	5th				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	Wednesday	6th	13th	20th	27th	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19.30	Zoom meeting for Worship – contact below.	Zoom meeting for Worship– contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer SW- Service of the Word			BCP- Book of Common Prayer EP- Evening Prayer			
Contacts- Brigflatts Meeting House please contact Janet Chetwood 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063						

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

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

First Responders IN EMERGENCIES CONTACT THE EMERGENCY SERVICES

The numbers below are for information on
volunteering only
Sedbergh - Myles Ripley 07880 161648
Dent - Wendy Pontefract 015396 25253

POLICE

101 or 999

Email: 101@cumbria.police.uk

Crimestoppers 0800 555 111

Community Officers

Mandy Colman - 07773 181425

Amanda.coleman@cumbria.police.uk

Adam Roberts—07773 217740

adam.roberts2@cumbria.police.uk

DENTAL SURGERY

Main Street 015396 20626

Ben Houghton (principal), Miss Katie McKay,
Anna Kayani and Dawn Douglass

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street

01539 713150

[https://www.cumbria.gov.uk/libraries/locations/
sed_lib.asp](https://www.cumbria.gov.uk/libraries/locations/sed_lib.asp)

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - 015396 20406

MARKET DAY

Wednesday

Last Page Update:

April 2025