

Sedbergh & District **LOOKAROUND**

March 2021

Issue 396

Donation £1

Our diary is beginning to fill with events. Admittedly most are online, but it's a good sign of hope for the future. We now have events going in to June next year. Please, if you know of anything going, let us know so we can include it.

There are new adverts this month from Oglethorpe Sturton and Gillibrand and the Community Cupboard.

Plus the usual marvellous and eclectic range of articles. Enjoy!

Ed

Sedbergh and District Lookaround

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CLOSING DATE: 15th of every month for everything

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Andrew Allan

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**Weekly Coffee Morning St Andrews Church
Every Wednesday 9:30am to 12 Noon**

**CANCELLED UNTIL FURTHER NOTICE
BUT IT WILL BE BACK!**

Groups who would like to run a Coffee Morning
please call Marilyn Leckie on 015396 20829



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For advertisers key points to note are as follows :-

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- ◊ We do not print whole page adverts but will print half page adverts opposite each other.
- ◊ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◊ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◊ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

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Email:

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Phone:

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Address:

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

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

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23388557

Sort Code:

20-55-41

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Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

HARDSHIP FUND

For many of us these are difficult times, particularly for those who have lost their jobs or who have been furloughed.

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.

To apply for help or if you would like to know more about the Sedbergh United Charities Hardship Fund then please contact:

Tony Reed Screen
(a865@btinternet.com or 015396 21081)

or

John Sykes
(jmsykes100@gmail.com or 07786 384917)

All applications will be treated in confidence.

Sedbergh United Charities are very grateful to Sedbergh School and the Community Trust who are both helping us with this fund.

Sedbergh United Charities and Widow's Hospital - Registered Charity No. 231058



07498
870267

Tuesday drop in coffee mornings are currently suspended.

In the meantime we will be offering a telephone service; please call the Grief Share number above if we can help

COVID CRISIS INFORMATION.

In the current crisis some useful numbers to note are:-

Sedbergh & District Covid Support - 07872 017730

Cumbria Council Covid Support - 0800 783 1966

Citizens Advice - 01539 446464

If you are having financial difficulties and live in the Sedbergh Area you may be eligible for help from the Hardship Fund – see above.

And for anybody struggling to stock their kitchen cupboards at the moment, the Sedbergh Community Cupboard will be able to help. See details on the next page or :-

<https://zerowastesebergh.com/sedbergh-community-cupboard>.

THANKYOU!!!
TO THE SEDBERGH CAKE
Fairy

COVID INFORMATION - COUNCILLOR CORNER

Suzie Pye

As the Covid 19 vaccine is gradually rolled out through our community there is a definite shift in outlook. The light at the end of the year-long tunnel is in sight, and it offers the promise of hugs with loved ones, a pint down the local, and taking the kids to the soft play - something I never thought I would actually miss! But although there is a lot to feel optimistic about, I am fully aware that for many it might seem a long way back to normality. Many families and individuals are struggling to keep their heads above water. And with furlough set to end in April and no plans (at the time of writing) to extend the uplift on Universal Credit, I am keen to encourage anyone who needs to, to make use of the following contacts and information:

Covid 19 helpline: 0800 783 1966

This support line is run by Cumbria County Council, and is for anyone struggling to access food, prescriptions, or other essentials. It may be especially useful for anyone shielding or self-isolating.

Citizens Advice South Lakes 03444 111444 / 01539 446464

For anyone worried about money, Citizens Advice offers free advice around debt, benefits, employment and housing.

Winter Warmth Fund 01539 728118

If you are aged 60 or over and struggling with the cost of heating your home, you may be eligible for a grant to help. Age UK South Lakeland can help with applications as well as

a wide range of help and advice for older people.

Credit Union (Affinity) 01900 65723 / 01946 817508

Credit Unions help people to save money and can also provide loans at low interest rates. They are an alternative to payday lenders and loansharks.

Council Tax relief 01539 733333

This year's Council Tax bill will be arriving soon. If you are struggling to pay, please do get in touch with the Customer Services team at SLDC as you may be eligible for a grant towards the cost.

Housing 01539 733333

If you are at risk of eviction or homelessness, please contact the Customer Services team at SLDC who will be able to help and advise.

NHS Mental Health Crisis line 0800 953 0110

Available 24 hours a day, 7 days a week. For anyone who feels they are struggling to cope and is worried about their mental health, or that of a loved one. Alternatively, Samaritans 116 123 for urgent help around mental health and wellbeing.

Sedbergh Community Cupboard 0783 353 4710

For anyone in Sedbergh and the surrounding area who is struggling to put food on the table, the Community Cupboard acts like a Food Bank and is able to provide food and toiletries. (See the advert on page 9).

For anything else, covid-related or otherwise, please do get in touch.

Stay safe,

Cllr Suzie Pye

07833534710

suzie.pye@southlakeland.gov.uk

COVID-19 VACCINE SCAM

Neighbourhood Watch

Don't be caught out by a Covid-19 vaccine scam

Remember to remain vigilant as criminals begin to take advantage of the roll out of the Covid-19 vaccine to commit fraud. The vaccine is free - you will NOT be asked to pay. The NHS will never:

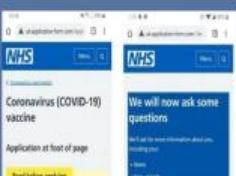
- ask you for your bank account or card details
- ask you for your PIN or banking password
- arrive unannounced at your home to administer the vaccine
- ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to report@phishing.gov.uk. Suspicious text messages should be forwarded to the number 7726 which is free of charge. If you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by calling 0300 123 2040 or visiting www.actionfraud.police.uk.

an extremely convincing fake
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With the recent approval of multiple vaccines in the UK, these types of scam attempts are likely to take advantage of fraudsters look to take advantage of this rollout in many ways.



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SEDBERGH AND DISTRICT COMMUNITY TRUST GRANTS

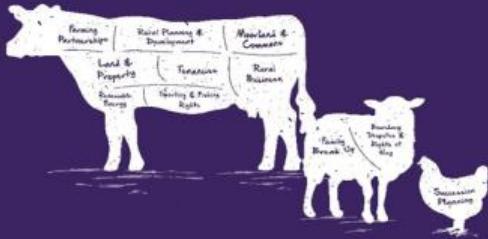
Tony Reed Screen

Sadly it was not possible to make any grants in February. At present our priority is to conserve funds until the Charity Shops can create some income. It is hoped that when the current Lockdown is lifted the Shops will spring into action and in May we will have restored the profitability of the Shops and be in a position to consider grant applications. Potential beneficiaries are reminded that applications are required by Friday 7 May.

DENTDALE COMMUNITY BOX

A Dent Resident

Behind the Memorial Hall outside the Sedgwick Room door is the site of the Community Cupboard /Box which is for everyone and anyone. Tins and packets of food and a bag of toiletries. It started in January and will continue thru lockdown and is being accessed and used which is great. Someone keeps 'an eye' and make sure it is kept stocked. A note was left one day saying thanks to whoever provided the home baking it had been appreciated. No criteria or level of need. For everyone. We all need 'a bit of help or a treat'!



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GARSDALE PARISH COUNCIL Not The Handsforth Parish Council.

Philip Johns, Clerk

Those who saw the shenanigans on television that occurred at the Zoom parish council meeting at Handforth recently, may be tempted to join the next meeting of Garsdale Parish Council in the hope of similar entertainment. However, I have to report that you may be disappointed. Due to the present 'lockdown conditions', Garsdale PC's activities have been rather muted. The November meeting was cancelled but did manage to organise its first virtual meeting in January. Proceedings were calm and organised. No swearing, no toilet flushing and no

shouting. Nobody was excluded from the meeting.

Among the usual topics of discussion was the state of the A684. Without any consultation, a myriad of 'road improvements' have been carried out stretching from Sedbergh to the county boundary at Garsdale Head. Along with new signage, including one indicating the way to the M6, fully 20 miles away, lines of new reflectors have sprouted up on virtually every corner and along the river from Slack Cottage to the village hall. Presumably, these were to prevent vehicles inadvertently driving into the river, a few bits of plastic? Some lines have more than 40 reflectors. Unfortunately, all these new additions have resulted in



If you or anyone you know is struggling to put food on the table due to financial hardship please do get in touch. The service is discreet and confidential, and it is not means tested. All information given will be treated in confidence. To register for a food pack please go to www.ZeroWasteSedbergh.com and fill in the Community Cupboard registration form, or call 07833534710

reducing the width of the road, making it more difficult for larger vehicles to pass each other. The parish council have been calling for an effective safety barrier along that stretch of river as there have been accidents there in the past. Also, the council would have preferred to have the drains and gullies cleared to reduce the amount of standing water on the road. During the recent sub-zero temperatures, this has caused patches of treacherous ice to form, although, luckily, there have not been any serious accidents.

The cold weather had also caused problems with the steep track leading up to the Carlisle platform at Garsdale Station. The council had been waiting for a report from

Network Rail and will renew efforts to find a solution.

The other major issue was that of the noise and speed of some motor bikers, especially during the summer. The council has initiated a course of action. Representatives from local parish councils, the county and district councils, and Yorkshire Dales National Park have formed a committee, known as CANS (Councils against Noise and Speed) to find a strategy that will alleviate some of the problems. So far, three virtual meetings have taken place, and, CANS have decided that they need a two-pronged approach, one for the short term for when this lockdown finishes and one for the long term. This has resulted in correspondence being sent to local



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MPs, the Police Commissioner, local police forces, the Department of Transport and even Rishi Sunak. So far, the response has been very encouraging and supportive.

The next parish council meeting is scheduled for March 18th but this may change. Details will be on the website.

Philip Johns, Clerk to Garsdale PC
www.garsdaleparishcouncil.com
garsdaleparishcouncil@outlook.com

SEDBERGH PARISH COUNCIL

Janey Hassam

The Council held their online conference meeting on 11th February 2021 at 7.30pm. Their next scheduled meeting is Thursday 11th March 2021 at 7.30pm. Any member of the Public that would like to attend, can be sent an invite to this video meeting. Please contact the Clerk for the joining instructions.

YDNP Local Plan Consultation

Members discussed the current Consultation, including the question of support for more focused growth in Sedbergh. Members agreed that Sedbergh welcomed continued growth to enable the Parish to flourish. Promoting businesses, attracting young people and families to live and work, and to allow for sustainable tourism now and in the future. The proposed new housing development, off Station Road, was recognised as a significant first step.

Electric Vehicle Charging

The project for accessible electric vehicle charging in Sedbergh has been progressed and EV points are planned at Joss Lane car park in the first instance. Working in partnership with Charge My Street, a community benefit company, it is hoped to install EV charging at the corner of Joss Lane car park. This will see the current Disabled Only bays move east, allowing the EV bays access to a power supply.

Sedbergh Parish Council Grants

Members would like to remind groups that Grants are available, to local organisations that benefit the Parish and/or its residents. It is the Council's preference if the grant is awarded for a specific project or

capital expenditure, such as the purchase of equipment. Please contact the Clerk for further information and a copy of the eligibility criteria/guidance on applications.

Other Matters

Various other matters were discussed, including the Finance and Amenities Committee meetings. Correspondence was also discussed, including Highways matters – Millthrop Bridge, winter maintenance (including Blackhorse), Dowbiggin Lane and Howgill Lane (Crosedale Beck), Marketing for Sedbergh and Planning (including Lilymere Estate).

Members also wished to congratulate and thank Sedbergh Medical Practice (and Partners) in their ongoing vaccination program for their communities.

If you have any queries, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

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

TIM'S COLUMN

Tim Farron MP

We all know that the fact that our economy, here in South Cumbria, relies so much on tourism and hospitality has meant that it has been particularly badly hit by this pandemic. At a time when the whole country's economy has been badly affected we appear to have suffered worse than anywhere. The Treasury recently released some figures showing that in our part of South Cumbria just under a quarter of employees are on furlough. That is higher than any other part of the country. Often it is good to be at the top of league tables but not in this case.

What makes this really scary is that the furlough scheme comes to an end at the end of April. Even worse the VAT reduction that the Government brought in for hospitality businesses finishes at the end of this month. Given that the country is still in lockdown but even if the Government starts to relax the controls it has put on our lives, there is no way that the local businesses who have just about been able to survive because of this support will be able to suddenly pick up and start again in a month's time. I

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have written to the Chancellor demanding he extends all of his support schemes in his budget on March 3rd. It would be tragic if many of our local businesses managed to limp through the past 12 months only to be forced to close at the start of the 2021 holiday season because of a lack of Government support.

I also joined with 60 other MPs from all political parties in another letter to the Chancellor demanding he puts in place some support for the nearly 3 million people who have received nothing or very little from the Government during the past 12 months. What is becoming increasingly clear is that he simply does not understand the issues at stake here. He keeps refusing to recognise figures presented to him by some much more eminent experts than I or any of my colleagues. We will keep fighting on this one.

Finally, thank you everyone who sponsored me in my commitment to

run every day in January. You will be pleased to hear that I managed it. Technology being what it is these days I can report that over the month I covered more than 200 miles and given that much of my running was done around our area you won't be too surprised to learn that I also achieved over 20,000 ft of ascent. But the most impressive figure is that thanks to your generosity I raised over £10,000 for Well Minds, a local mental health charity. I know it is a few weeks ago now but if you would still like to donate, Well Minds are still more than happy to take your money. Either get in touch with me using the details below or go to the Charities Aid Foundation website and search on Well Minds.

As ever, if I can help you with anything, or if you want to make a donation, please drop me an email at tim@timfarron.co.uk or give us a call on 01539 723 403.

Thanks so much for your support.

NEWS FROM THE PEWS

Susan Sharrocks

Tony Reed Screen

From the comfort of our homes the congregations from the local churches and chapels have joined together as the Western Dales Mission Community to take part, courtesy of Zoom, for a regular service on Sunday mornings at 10.30am.

Whilst this is not the perfect way to meet for services, it does enable those who are shielding to join in with a service and helps to keep everyone as safe as possible. It is also a chance to enjoy a chat with people in the "Breakout Rooms" following the service.

Behind the scenes groups from the Mission Community have been preparing activities for the lead up to Easter providing we can move about more freely by then.

The theme for the activities is "Hope".

It is planned to have a Tree of Hope inside St Andrew's Church in Holy Week. Anyone and everyone are invited to write a hope or a prayer on a coloured cardboard "egg" and hang

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Email: jeanettehanna64@yahoo.co.uk



it on the tree. The "eggs" will be found near the tree.

Please bring your own pen to write with. The church is open daily.

On Easter Saturday, 3rd April an arch of rainbow-coloured balloons is planned to be made outside of the Parish Church. For this you are invited to come and help blow up the balloons...using balloon pumps and wearing latex gloves which will be provided. If you do have your own balloon pump do please bring that along for your own use.



This is planned to take place between 10.30am and 12.30pm in the churchyard.

Also watch out for the children's Easter Trail around Sedbergh during Holy Week.

More details will be available nearer the time on the Western Dales Mission Community FaceBook page.

We do need to be aware of all the safety precautions necessary to keep each other safe from infection and it maybe that we cannot put our plans into action. We hope we can and that hope is what is in the forefront of our minds as we move towards Easter.

Hope is the thing with feathers that perches in the soul – and sings the tunes without the words – and never stops at all. (Emily Dickinson).

Keep safe.



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THE JUBILEE WOOD PROJECT

Susan Garnett

As part of an Earthwatch Millennium Award I was given funds towards a local conservation project, one which would benefit the community. Our local Sedbergh Support group of the Cumbria Wildlife Trust had been planning a Jubilee Wood as part of the 2002 celebrations and this was just the incentive we needed to get on with it!

For some time we had been concerned about the diminishing amounts of wooded gills in our neighbourhood. Grazing animals have trampled and eaten ground flora and woodland, once coppiced and managed, has formed a dense canopy in places shutting out the sun. Fortunately the landowner of Settlebeck Gill was sympathetic to the cause and a section of gill was stock-proofed and the ground cover opened up to light by trimming and pruning.

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The Gill itself is special in many ways. It has a particularly rich variety of woodland including oak, ash, sycamore, rowan, hawthorn and there are also areas of low prickly scrub which provide shelter from the elements and from predators for small birds. Bird life abounds from buzzard to blue tit. There is evidence of coppicing, the cutting of wood a few feet up the trunk to provide new growth of narrow branches suitable for tool handles, fence posts and charcoal. Woodland was farmed and managed much more before the days of plastic and mass production. Not only does the gill provide winter shelter for stock but also a haven for winter visitors such as redwings and fieldfares. Red squirrels are in residence again. Many other

mammals find refuge in heaps of dead wood and under low bushes. Rabbits, stoats, badgers and foxes interact when the light fades and the walkers go home. The whole woodland is an interdependent system. From the smallest insect to the largest predator, all have their place in the ordered society of a wooded gill. Surveys carried out in June and July 2005 noted 46 distinct species of wildflower along the hedge and hedge bank, 8 grass species and 33 others in the open grassland and 7 major varieties of trees and shrubs. In the wet flushes and along the beck edge 34 separate species were recorded. Any volunteer surveyors willing to carry out similar exercises now would be very welcome!

Geologically too the gill is special. Below the fell wall a series of waterfalls tumble over dark red rocks into deep clear pools. It is difficult to imagine, but desert conditions prevailed here about 345 million years ago. Fine red sands blew into deep valleys in the lower Silurian rocks. Flash floods brought stones and pebbles which, buried under the pressure of subsequent layers, cemented into a conglomerate. After the Ice Age the overburden of ice

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melted and the land rose. Rivers cut down to a new base level exposing these ancient Lower Carboniferous rocks. These strata are buried at least a kilometre below the surface to the east of the Dent fault and the Upper Carboniferous layers, which would have covered the Howgill area in former times, were eroded away. Glacial action has also played a part in shaping the gill with great thicknesses of grey boulder clay still collapsing and slumping into the upper stretches. Periods of heavy rain and flood in recent years have altered the stream bed and its banks.

Funding for fencing, signs and an interpretative board was obtained from several sources, Cumbrian



2004. The official opening of Jubilee Wood

Woodlands, United Utilities, The Four Winds Trust, Yorkshire Dales Millennium Trust Environment Agency and more recently from the Sedbergh Community fund. Over the years help with maintenance has been gratefully received from Sedbergh School, Yorkshire Dales Park volunteers and

Settlebeck School. Recently our local National Park Ranger Paul Wilkinson assisted by Abbi Woof have given invaluable help in many ways, eg restoring broken signs and keeping the main footpath (a right of way) clear from entanglement from brambles etc. allowing the annual bluebell display to flourish. There are very few protected wooded gills in the Howgills. Its conservation ensures the survival of many species. It's worth a visit! . Information leaflets are available from the Information Centre (currently closed sadly).

The local Sedbergh CWT support group are very grateful indeed for all the help we have received in making this ongoing project possible.

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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

It is only 2 months to go now until our swifts return at the beginning of May! Those of us for whom swifts are a passion, do all we can to improve their lot by ensuring that they have a home when they complete their long flight back from Africa to breed.

Swift conservation is a two-fold approach, most importantly preserving existing nest sites as well as putting up boxes and internal nest bricks. For many endangered species, such as snow leopards or blue whales, all we can do to help is send money to the support organisations involved. But swifts share our homes, the buildings we

live and work in, so we can all make a difference ourselves. Now is a good time to put up boxes or bricks. It can take time for swifts to occupy boxes, and it is unpredictable, which is why it's important to put up as many as possible, in a variety of locations. The box we recommend most is the Stimpson Model 30, as it is robust and inexpensive (£18). Order from j.stimpson1@btopenworld.com. Or contact us as we usually have some in stock.

However, we as individuals can only do so much. What would really make a difference is if the policy makers were also on board. Think if all the new properties, and there are hundreds of thousands needed, could have built-in nest bricks installed at

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the time of construction at negligible cost. Gaining momentum is the concept of Biodiversity Net Gain, intended to result in any development leaving the environment better off than before it took place. Net gain means that builders should put in place biodiversity measures for wildlife habitat, and generally this involves landscaping with trees and ponds, plenty of bushes and spaces in fences to allow hedgehogs to wander.

This all very well, but how does this help swifts? The simple answer is that it doesn't. This is because buildings are not included as habitat. Yet, as we know, virtually 100% of swifts nest in buildings. Unless the opportunity is seized to create more

nest habitat we are in danger of losing swifts forever. Individual properties can also benefit from Biodiversity Net Gain policies, whether it's conversions of barns, extensions or renovations. Incorporating swift bricks for wildlife biodiversity can help towards gaining planning permission.

 This year we have been actively involved with the national swift group in producing plans for Biodiversity Net Gain for building-reliant birds such as swifts and house martins. We are urging developers to use, and planning officers to specify, integral swift nest bricks as a universal and versatile option for cavity nesting birds. For example, given a choice, sparrows

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very much prefer them to sparrow terraces - sparrows can use swift bricks/boxes, but swifts can't use sparrow boxes – so a swift brick such as the new S-brick covers both species. Our report explaining this can be found on the Action for Swifts (AfS) website - search for universal nest brick, or email us for a link. (While we wish to help all wildlife, it's worth remembering too that sparrows number in excess of 5 million whereas swifts are only in the order of 80,000 pairs).

The S-brick is inexpensive, aesthetically pleasing, lasts the lifetime of a building, can be made in any finish and is compatible with all building regulations. They can also fit within external stone cladding, as shown in the picture. Can be obtained from AfS.

In the meantime, all of us who love swifts should continue with our efforts to look after our local patch. If we are to give swifts a future, let us all do all we can to help them. Put up boxes. Install nest bricks. Encourage everyone you know. Please contact us for any help or advice. To Contact Sedbergh Community Swifts: email ta.hoare@btinternet.com or ring 01539 824043



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We would very much like to thank the following local tradesmen and suppliers who have provided excellent service and assisted with our work following our recent acquisition of Dent Station:

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SEDBERGH RED SQUIRREL GROUP

Karen and Steve Hopps

Northern red squirrel groups have received a letter from HRH Prince Charles in his role as Patron of the Red Squirrel Survival Trust.

A small section of the letter is below

"I am so very grateful to all of you, as volunteers, for the crucial role you play in this ongoing battle to protect and restore a precious part of our natural heritage. This brings you all my warmest good wishes, together with every possible encouragement for the task ahead."

We are delighted that all of the hard work our local volunteers put in and the dedication of our members is being recognised. Thank you.

When do red squirrels have babies?

If you've been very lucky this early spring, you may have seen courtship

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displays of these charismatic characters in the trees during mating season. This often starts on warm days in January, the squirrels chasing each other through the branches. Quite a sight to see I can tell you and beneficial for mental wellbeing to have contact with nature during a difficult twelve months.

Did you know? Double-joined ankles allow red squirrels to travel head first down trees.

Red squirrels live in a nest known as a 'drey', comprising of a dense ball of interwoven twigs (roughly the size of a football), lined inside with soft materials including moss, leaves, grass and fur. Dreys are usually located in the fork of a branch tight against the tree trunk, around two-thirds of the way up the tree.

Red squirrels usually produce 2-3 young, called kittens, in March to April and they will produce, if food is plentiful, a second litter in July/

August. You can help by having a feeder in your garden.

Babies are born 45-48 days after mating and are looked after by their mothers. Kittens are weaned at around 10 weeks when they develop a complete set of teeth. Some stay with their mothers over winter. Only 20- 50% of red squirrel kittens survive to adulthood. Causes of death include starvation, road accidents, predation and disease from greys.

Red squirrels will usually have more than one drey and have often been observed moving their kits from one to another.

Red squirrels do not normally live in high densities (less than two per hectare) with the juveniles dispersing in May and October, sometimes travelling 10 km or more.





Although sightings of reds have been numerous, their population remains fragile and we must keep up our vigilance of non-native greys and their habitat degradation.

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All monies go towards our local red squirrels, feeders/food etc see our website for more details.

It is also critical that we know where reds and greys have been spotted so we can understand more about their range and target our efforts accordingly.

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FAMILY MUSINGS

Sarah E Woof

My heart goes out to those who cannot be with people they love at the end of their lives, because of the lockdown and the rules we must not break. Having been with people I love, as they pass from this life, I really ache for those who cannot.

I am sad to hear of those who are kept apart from grandchildren for these little human beings bring such joy and vitality into us older lives.

Every day I have certain things I tell myself, 'this will end' and 'it's not for ever', and 'you may be the same'. The problem is that 'ever', whether something wanted or not, is a long time. One of our grandchildren asked me 'How long is ever? is it longer than next week?' How long is a piece of string is what my Grandma used to say to me, she talked to herself a lot, maybe that's where I get it from. Yet as a child interaction in talking is encouraged, recently I listened to our granddaughter chitter away with the dolls with which she was playing and I did the same when I was little, though I played with teddies more than dolls.

As a writer I read my own work to myself, as it helps to get the flow going, especially in the conversations. When I need to describe something, in a story or article, I talk it through aloud to see what makes sense or otherwise!

Last month, hubby and I went to collect a few pieces of furniture from 'auntie's' house and I now have a bureau as my writing place, I can look out across the garden to the fields and trees beyond, yet lovely and

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warm near the fire. The view has changed this week, piles of paving slabs where steps were, ruts on the lawn, all the furniture from the patio grouped on the grass, and a digger in all its glory resting after its work. The grandchildren who come to play while parents are at work find it all very exciting, and I have a new saying each day, 'don't think about the mess'!

That's what we all must do, as far as we can, don't think about the mess in our lives, or what we have to do without, but put our energies into looking forward to all the wonderful happy times we will have, one day. However long 'ever' is it will end. Be kind.

JANUARY 2021 WEATHER

Brian Wright

A fairly typical January, weather-wise, with a little bit of everything. A wet month with 185mm (7.283 inches) of precipitation which came as rain, sleet and snow. The latter wasn't much with us and didn't lie around too long though it persisted on the tops for longer. 46.3mm (1.82inches) of rain fell in one day. The maximum wind speed was 56.7 mph (91.3kph). January is often the coldest month of the year and this year we had a maximum of 46.6F (8C) and a minimum of 20.6F (-6.3C).

Although the jasmine fell we had signs the year had turned as snowdrops put in an appearance late in the month. The sparrows seem to

be back in some numbers as I'm having to fill the corn up more often. The regulars, including both cock and hen pheasants, are visiting the feeding station regularly. The long tailed tits put in a rare, but welcome, visit on the odd occasion. The biggest surprise was a fleeting glimpse of a merlin. It is a long time since I had seen one and had to resort to the books for confirmation. The sheep are still up to their knees in mud. It is becoming risky when I take my garden tractor across with water as to whether I shall get stuck. I have replaced the battery on my Ferguson 1010 so I have a bit more power if needed.

CHARLES A FRYATT 1872-1916

Karen Bruce Lockhart

Edith Cavell is well known and well celebrated. Most people know her famous saying the night before she was executed "Patriotism is not enough. I must have no hatred or bitterness towards anyone." She had voluntarily worked as a Red Cross nurse in Belgium during the 1914-18 war, treating wounded soldiers of both sides impartially, but she had also helped some 200 Allied wounded soldiers to escape out of Belgium, and for that she was shot by the Germans for treason. After the war her remains were brought back to England and buried with honour.

A VIEW FROM THE FELLS



OH FOR GOODNESS SAKE. JUST SIGN UP FOR B4RN.

But few people know she was not the only civilian to be so celebrated. Charles Fryatt was born in Southampton but moved to Harwich as a boy. On leaving school he joined the Merchant Marine and served on SS County Antrim, SS Ellenbank, SS Marmion and SS Harrogate. Aged about 20, he joined the SS Ipswich as a seaman. Thereafter, he rose through the ranks and commanded his first ship SS Colchester. By 1915 he was in command of SS Wrexham, a Great Western Railway ship. On 2nd March 1915 the ship was chased for 74 kilometers by a u-boat and he drove the ship at such a pace that it arrived safely at Rotterdam with burnt funnels. Later that month he was again attacked by a u-boat when in charge of the SS Colchester, and again escaped.

It was a busy month, as on 28th March U-33, which had surfaced in order to launch torpedoes, ordered his ship, the SS Brussels, to stop. Far from stopping he ordered full steam ahead and tried to ram the u-boat, which was forced to crash dive. British merchant ships had been ordered by Churchill, as First Lord of the Admiralty, not to surrender –

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indeed they would be prosecuted if they did so. For the first action he had received a gold watch from his employers, and for this action he received one from the Admiralty.

On 23rd June 1916 SS Brussels left Hook of Holland bound to Harwich. She was surrounded by 5 German destroyers. She had probably been betrayed by collaborators and a passenger on deck signaling. There was no choice but to surrender. Passengers were told to be ready to take to the lifeboats and all official papers were destroyed. She was escorted to Rotterdam and then to Bruges. The Captain and crew were sent to a civilian detention camp near Berlin. It was reported that he had been charged with sinking a u-boat, although the Germans knew the u-boat had not sunk.

He was tried and convicted by Court Martial on 27th July 1916 and



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the Kaiser confirmed the sentence of death. He was shot at 7 pm that evening. He was buried in a cemetery outside Bruges, reserved by the Germans for Belgian "traitors".

A post war German Commission reconfirmed the sentence (although not unanimously) as not being contrary to International Law. This was still a time when "total war" was yet to come, and deliberately involving civilians was frowned upon. The Commission did, however, apologise for the speed with which the sentence was carried out. The Prime Minister reporting to the Commons used the word "murder". The International Press agreed. Words such as "brutal murder", "arbitrary and unjust", "atrocious" were used. The Swiss Journal de Genève summed it up: "It is monstrous to maintain that armed forces have a right to murder civilians but that civilians are guilty of a crime in defending themselves". This was still a time when "total war" and civilian bombing was yet to come, and deliberately involving civilians was frowned upon. This incident probably played its part with the sinking of the

Lusitania in bringing the United States into the war.

His widow, left with 8 children, received several pensions, and a letter from the King in which he said: "The action of Captain Fryatt in defending his ship against the attack of an enemy submarine was a noble instance of the resource and self-reliance so characteristic of his profession." She received his posthumous award of Order of Leopold and the Belgium Maritime War Cross

In 1919 he was exhumed and brought back to Britain. His body was brought to his funeral in St Paul's Cathedral on a gun carriage, almost a "Ceremonial" funeral such as Margaret Thatcher's. Hundreds of merchant seaman and widows attended, as did the Great and the Good of the Admiralty, the Government, the Cabinet and the Board of Trade.

I said "almost a Ceremonial funeral" as in the list of such funerals on the Internet, Edith Cavell's is so listed but Fryatt's is not. An example, perhaps, of the extent to which he has been forgotten?

50 YEARS AGO

Colin Cowperthwaite

A selection of news items from local newspapers which appeared during March 1971.

Gala Day Group

What is believed to have been the first cabaret and dance to be held in Sedbergh took place at the People's Hall on Friday. It was organised by Mr S. Haygarth and a sub-committee of the Gala Day group. The event was an outstanding success. The cabaret featured two singers, a comedian, and an organist with drummer. A four piece dance band catered for the dancers. Mr Haygarth was MC. A competition was won by Mrs Kirby of Kirkby Stephen. The profit, amounting

to almost 30 pounds, was for Gala Day funds.

Sedbergh loses one of its best-known Veterans

One of the best-known residents of Sedbergh, Mrs Betsy Dawson of 58 Bainbridge Road, died last week aged 75. Mrs Dawson's son Jack is chairman of Sedbergh Rural Council and her husband, who also survives her with one daughter, is a former chairman of Sedbergh Parish Council, and for many years was a coal and agricultural merchant. Like her family, she had been actively associated with Sedbergh Methodist Church. Last year, she and her husband celebrated their Golden Wedding. Mrs Dawson was born at Greenholme, Killington, formerly Miss Bessy Waller. Interment at Sedbergh cemetery last Thursday was preceded by a service in the Methodist Church, at which the Rev H.S. Hills officiated and Mr V. Brook was organist. There was a capacity congregation. The bearers were Messrs J. Waller, J. Procter, A. Woof (nephews) and J. Pratt (family friend).

Young Wives

At the meeting last Wednesday in the schoolroom, members of the Young Wives Fellowship each brought along a record, and a musical programme was enjoyed. The chairman was Mrs H.S. Hills and the epilogue was given by Mrs Pauline Bateman. Mrs Ann Metcalfe was the pianist.

Concern shown over Dentdale car trials

At a meeting of Dent Parish Council last week, the chairman, Mr G. C. Ellison raised the question of

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the Green Lanes which are increasingly being used by motor clubs for Land Rover trials. It was essential to find out whose was the ultimate responsibility for these public carriageways - the landowners, the RDC or the Planning Board. The members were agreed that the Area Planning Officer should be invited to meet the council to give clear advice on these matters.

Airlift for Trees

A helicopter was used to carry 150,000 young Sitka spruce trees to a remote forestry area at Wry Gill, Garsdale, West Riding yesterday.

Dent brothers in first six in Sedbergh's Wilson Run

Two brothers from Dent finished in the first six runners in Sedbergh School's annual 10-mile Wilson Run which took place in difficult conditions on Tuesday. Low mist and heavy going underfoot ruled out any possibility of a record, but the winner, Scott Alton (Sedgwick House) won in the remarkably fast time of 1 hour 18 minutes 10.6 seconds. A.G. Clark (Hart) was second, 35 seconds behind, with 17-year-old R.M.J. Wedgwood (School) third, N. Hall (Sedgwick) fourth and the other Wedgwood (J. R.) finishing fifth ahead of A.S.S. Scott (Sedgwick).

Garsdale Mothers Union

Garsdale Mothers' Union held a money-raising effort in the Primary School on Tuesday evening last week. About 50 members and friends, including guests from Sedbergh, attended. The chairman, Canon D.A. Rogers, introduced Mr H.W. Bracken, a well-known local artist, who showed slides of Scottish and local scenes.

Donated gifts were auctioned by Mr Bracken and about 20 pounds was raised, to be divided between Mothers' Union funds and charities.

Methodists

The Guild Anniversary was held at the weekend, when the guest preacher was the Rev K. Mackenzie, Appleby circuit superintendent minister. At morning service on Sunday, Mrs W. Waller, Mrs Joyce Capstick, Mr G. Flint and Mr G. Spencer sang a quartet. During evening service, duets were sung by Mark and Robert Lawson of Westhouse. The organist was Miss Shelagh Hunter. At the Guild rally on Monday, Mr J. German of Barbon presided and introduced the Rev W.R. Ward of Settle, who gave an address. William Allen and Billy Thwaite from Garsdale sang duets with guitar accompaniment. The roll call was taken by Miss Rosemary Harper. The rally raised more than 39 pounds.

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THE MOLES AND THE VILLAGE HALL

Colin Cowperthwaite

This article is taken from The Dalesman magazine dated January 1958.

There is one thing to remember when you talk about building a village hall - it will take time, a long time. Whether you build it yourselves or if you employ a firm of contractors to build it, there are delays. Some of these are real and understandable, but many of them are beyond the ken of a mere village hall committee member. Officialdom seems to be the obstacle to a quick building. When you have spent years raising money, until you're weary of whist drives and sick of sales-of-work, another couple of years' delay in building really "blows off your top". For, all the time, prices are rising.

"Never, in the whole field of human endeavour, have so many been hindered and harassed for so long by so few".

Take Sedbergh for instance. This grey stone little town in Yorkshire's rugged fell country applied for a grant from the Ministry of Education in December 1954. It was the first application from the North of England. It was not until February 1956, when the local MP was pressed to help, that a grant of 2,000 pounds was made, subject to certain conditions. In the three years that elapsed from starting the scheme to starting the building, the costs had risen from 3,000 to 8,000 pounds. One person who spent much time and energy in getting this hall built likened the various officials that he was concerned with to moles. "Imagine a

mole tunnel", he writes, "with long passages leading into chamber after chamber. In each chamber lives a small colony of moles, through which you must pass to reach the inner chamber where the master mole plans and plots". He complains that letters were not even acknowledged for three months.

One of the delaying features was wood! Sedbergh decided they would have their hall built for them by specialists, and they chose Kingston Architectural Craftsmen of Hull to do it. Now Kingston specialises in wood buildings. Their laminated wood arches, which give the hall such dignity, were a new idea, and suspect. The Fire Officer for the county insisted on all kinds of modifications, and threatened to withhold the licence for stage performances unless they were incorporated. It is rather strange to learn that laminated wooden arches are more fireproof than steel girders. They char only for a small depth and remain in position, still carrying the load. Steel buckles very quickly with intense heat. The laminated arches used at Sedbergh were 36ft. span, and the size of the building is 98ft.x37ft., the main hall being 60ft.x30ft. There are cloakrooms and



Sedbergh People's Hall — Exterior.

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toilets, a store room, kitchen and two dressing rooms.

The exterior walls are of moulded red meranti weatherboard, with plaster board inside. The roof is of cedar shingle. After the weary years of waiting, Kingston built the hall in twelve weeks.

Mr W. Downhill, who was Chairman of the People's Hall Committee, has written a long account of the difficulties and frustrations that they encountered and overcame. It ought to be printed and framed in the hall somewhere so that future generations may not take the excellent facilities too much for granted. The Sedbergh People's Hall is now in being, and should be a real centre of community life.

AT GALE GARTH FARM

Colin Cowperthwaite

The following article appeared in The Dalesman magazine in October 1953. It was written by the late Freda Trott (then Freda Kay). The studded oaken door of Gale Garth Farm was opened to me, and as spring sunshine lit "t'livin' end", glinting on dates and initials on the black oak panelled partition. Mr Jack Baines talked. "Aye, Ah was born i' Dentdale - at Allen Haw near Dent Station. After leaving school at twelve, Ah hired oot as a "hafé year lad" at fower p'und for t'hafé year. Mi father was a joiner, so Ah learned enough o' t'trade to come in useful makkin' sleds an' gates when Ah'd saved enough money i' farm service to buy some

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stock an' start farmin' on mi own - here, where Ah've bin for fifty three years".

He glanced through the small window, deep set in the thickness of the wall to where, at the foot of green slopes, the River Dee twisted through the dale. "Ah've fifty acres o' flood land there, down bi' t'river, both meadow and pasture, good rich land". Rich ? Yes ! I thought of summer air laden with scent from the creamy sea of meadow sweet; of gay patches of outsize ragged robin shielding from casual eye the sombre marsh cinquefoil and other rarer treasures; of hedges almost weighed down by the profusion of honeysuckle and purple woody nightshade, speared by giant crimson foxglove spikes. But Mr Baines was drawing a colourful picture of another sort - of the folk, remembered by their "by-names", who were old when he was young. "Clinker" Bainbridge, a builder; "Breeks", a jobbing waller who in winter step-danced on his mortar board to get warm - evidently not a dry stone waller. Ant'ny o' Spicegill, and Old Dordie. Jim o'Kits, well known for his ready answer who, when his boss asked him why he was

so late to work, jauntily replied "Ah couldn't git up; t'wife was liggin' o' mi shirt".

Mr Baines remembers the children who, sixty years ago, visited their neighbours on "Collop Monday", singing for "a collop o' fat bacon, for fat to fry mi pancakes in" on Pancake Tuesday. He remembers Easter as being the liveliest time of year; the 'pace eggers', usually boys apprenticed to a trade and so having no pocket money, coming round singing and acting the age-old characters. A household would have been offended if not called upon, and any eggs in the house vanished apparently un-noticed into the 'pace eggers' baskets. As he recited their verses, I saw that to Mr Baines, as to many other Dentdale folk, the black face of 'Old Toss Pot', the gay ribbons and shining silver star of 'Lord Nelson', and the merriment of 'Jack Tar' linger in memory, symbolic of one of the best-loved traditional festivities of the simple-living dalesfolk.



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THE BOOK OF JASPER

Nick Cross

Over thirty odd years living and working in Spain and North Africa, I was extremely fortunate to meet some remarkable people who had some equally remarkable tales to tell drawn from their collective memory of the past.

It struck me then that these stories were worth collecting and so, with pen and notebook to begin with and later a small tape recorder I set off and over numerous trips into the Atlas Mountains, the Riff, and the great Desert, began compiling them. I saw it at the time as a form of oral archaeology, piecing together these tales from snippets and variations, multiple variations until what emerged looked very like a history of Moorish Spain from the first conquest in 722AD to the final overthrow of the Kingdom of Granada in 1492. As far as I am aware these stories have never before been either recorded or published, so discovering them was, for me, the equivalent of opening the tomb of Tutankhamun, it was a glimpse into a lost world still remembered with sadness and

longing by many people in the Mahgreb.

I had tucked this work away while I gave my attention to my researches into the Spanish Civil War, but then came lockdown last year at which time I decided then to dust them off and, to my surprise, they came alive again. Once more I could close my eyes and be transported to the opulent Caliphate of Cordoba and the wild sierras of Al Andalus, the magic, the learning, and the craftsmanship that can still be seen to this day for those who venture beyond the Costas.

I have arranged 14 of these stories, (which will appear weekly), into chronological order and strung them like jewelled beads on the golden thread of a widely known myth of the desert peoples. The result I now offer to the Sedbergh community to read; a little something to while away the idle hour during lockdown. Should you choose to, you will find them on my website www.ar-raasul.org I hope that you will enjoy following the rise and tragic fall of the Emirate of Al Andalus and gain some of the pleasure in reading what was a great pleasure to write.

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GARSDALE SCHOOL WATER

Mary Airey

Reading Colin Cowperthwaite's article in the February Lookaround about Garsdale School water supply brought back many memories for me. In the early 1960s my parents and I moved into the Firs (former Garsdale Vicarage) which is adjacent to the school, and I well remember the smell!

What I remember most is, on hearing of the health benefits, Mother and I drinking a glass full every day, whilst holding our noses! It was also said to be very good for the complexion though looking in the mirror, I don't think that it worked too well.

THE GREEN'S MOWER

Ed Welti

Last month's article was based on a photo of this magnificent machine. Unfortunately the photo itself got lost on its journey from the archive to Lookaround. But it's here now.

Please accept our apologies for the omission.





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HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

Joan Luffman: Joan was a highly valued and loved member of the W.I.

For 40 plus years, she worked, reliably and unobtrusively, as competition secretary and managing the card and flower fund. She was such a stalwart and supporter.

Due to the present restrictions we cannot hold our meetings, but when we do, we will share our memories. On behalf of us all we would like to offer our condolences to Ronnie, Alan, Linda, and Brenda.

Despite being unable to meet at our monthly meeting we have supported each other through emails, phone calls, and the mail.

Thanks to Sarah, who has informed us of important issues, and information from the Federation.

We look forward to meeting up in the not too distant future.

DENTDALE W.I.

Thelma Belfield

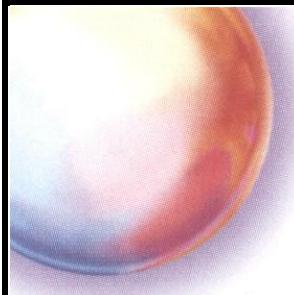
'January brings the snow, makes our feet and fingers glow' I recall singing this little ditty as a child, however here in Dentdale February has brought snow, quite an amount in some areas but there is no doubt the covering of white just adds a further dramatic dimension to the picturesque Dale. I ended last month with a comment that snowdrops herald the coming of springtime but it seems that we must still wait a while longer.

One good thing about virtual meetings, the weather does not interfere with getting to the meeting and this month seventeen members and one visitor logged in, including some first time Zoomers and all were given a very warm welcome.

Our speaker for the evening was Tony Playfoot, who lives in the Dale and no doubt some of you will know

Tony in one or other of his different guises. Tony had kindly agreed to do a virtual presentation entitled 'From muck to brass and everything in between'.

He began by playing a short melody on his bagpipes which served as a prime example of this man of many talents. His love of the pipes and his burgeoning interest in them began as a teenager whilst at Scout camp on the Isle of Skye. He heard a group of young bagpipe players who regularly played the pipes morning and evening whilst sitting around the camp fire. The memory stayed with him and it was only after his retirement from the police service that he finally learned to play himself. Tony enjoyed his police service and after several years pounding the beat he joined the Underwater Search Unit as an underwater diver. He described the type of training suit that divers are taught to use. An all encompassing diving suit weighing 175lbs, thankfully once trained the diving team used scuba equipment which is much lighter and less cumbersome. He shared with us some quite gory details of underwater searches for missing persons who had sadly taken their own lives. Often diving in dirty, polluted waters in canals, rivers and quarries to retrieve the victims. He made us chuckle when telling of the inevitable crowds of onlookers who accumulate at these macabre events. Tony finally retired from his policing duties after having once again worked back on the beat and having faced being shot at, stoned, attacked by a mob and generally abused he decided to hang up his helmet for the



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final time. It was then that he and his wife whilst on holiday in Dentdale, saw the house they now live in and decided to buy it and retire here. Being a young retiree Tony and his wife began by providing bed and breakfast accommodation for Dale's way walkers and during this time met some very pleasant and interesting people. Tony as always has an amusing anecdote to tell and shared with us the story of a couple who arrived quite late one night asking if they were anywhere near Grange over Sands where they were booked into a large well known hotel. Learning that they were about 40 miles short of their destination they booked in for the night and Tony kindly contacted the hotel to cancel their booking there.

Never one to let grass grow beneath his feet Tony, always a keen gardener found his talents in this sphere much in demand and in no time found himself tending other peoples gardens five days a week. During this phase he found himself developing some bad habits. Refreshments of cups of tea, cakes and glasses of whisky were pressed on him whilst gardening and his

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weight ballooned. Once again during this period he met many nice people and made lots of friends.

In addition to all this activity music came into his life. Although he could not read music he learned to play the cornet and joined Sedbergh Town Band. He was helped in his learning to read music by enlisting the help of Mrs Rita Corpe (herself a talented musician) and she taught him the rudiments of reading music. Tony will always remember his first public performance, it was on 9/11 the same day that the world was shocked by the horrific events in the USA. From joining the band his interest in all brass instruments developed. He attended a training course and subsequently set up a business repairing instruments.

He described the many different types of brass instruments from the smallest Pocket Cornet to the largest Tuba which he also plays himself. He has met many people during his instrument repair career and has dealt with many unusual problems. He has repaired a Bugle played at the Battle of Gallipoli, its owner lives in Australia and a gold plated trumpet owned by Eddie Calvert. Some of the instruments sent to him for repair had the most odd items lodged inside them, a musical instrument cleaning brush stuck inside one and another with a three inch nail.

Tony is an extremely talented man, his energy and enthusiasm is boundless and he finds the restrictions imposed by Covid 19

irksome. He misses playing with the town band and is worried that some of the young talent developing within the band may founder. He has continued to play the pipes on very limited public occasions during lockdown when the restrictions were eased. We can only look forward to hearing him and the Sedbergh Town Band play again very soon. He ended his talk with a final tune from his beloved bagpipes.

Having been thoroughly entertained, amused and awed by Tony's colourful talk there was business to be discussed. Rita confirmed that a copy of the minutes of the last meeting had been sent out to all members to keep them in touch and she will continue to do this whilst

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we are unable to meet in the normal way. Our 'buddy system' appears to be working well in maintaining contact with others.

News from the Federation included the planned Virtual Spring Meeting to be held on the 29th March. Charles Hanson will be the guest speaker and Catherine and Chris will attend.

Several interesting Zoom talks have been arranged during the next two months with topics ranging from Land management at Haweswater, Faux Calligraphy, Gardening, Royal Babies and Land management at Lowther. Rita announced that hard copies of the WI News will be available again from March.

Last month we held our own local vote on the five Resolutions proposed for 2021 with 'Racism and Discrimination' receiving the most votes. Since then the Federation have collated results from throughout Cumberland /Westmorland and the total votes supported 'A Call to increase the awareness of the subtle signs of Ovarian cancer'. These results will be forwarded to add to the national vote. It will be interesting to see which of the five will be the final one selected to take forward to the national AGM, which has again been rescheduled and will now take place in June 2021.

Jackie gave us an update on green issues from our climate change sub-committee. The proposal for sharing excess gardening items such as plant pots, seed trays, canes and plant supports was agreed and Jackie asked members to let her know what they had to spare and she would circulate the details to all members.

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The bulk ordering of peat free compost has been explored with some success but was proving problematic logically and financially. Further information is needed regarding interest and individual amounts of compost to be ordered. There was good news on developing nature spaces. The Parish council is very supportive of our planting of wild flowers on the village car park and more information will be available in March/April.

Business completed Jackie announced the result of this months competition entitled 'Where I would like to be'. Catherine was the winner with the following entry.

'I would most like to be in the Memorial Hall with all my WI friends sharing memories and a cup of tea and one of Marjorie's biscuits'

Virtual meetings are feeling much more comfortable but they will never replace the togetherness that meeting face to face as Catherine says sharing a cup of tea, a biscuit and catching up with friends provides. We are all missing that and hoping that it won't be too long before we can do so again.

KILLINGTON W.I.

Wendy Fraser-Urquhart
Marion Wood

Today, Tuesday, February 9th, we had our second meeting of the year. It was another fun, Zoom meeting and I am becoming quite a fan. I like seeing the faces of my friends and observing what is up on their wall behind them. I understand that it is possible to have a background of choice projected instead, maybe a sun-baked desert island, or the snow-covered summit of Winder. Today, I have also learnt that one can actually change the face which appears on the screen. An American politician on the TV accidentally adopted a fluffy kitten's face and then couldn't correct it!

Sounds like something I might do.

Our President, Susan Sharrocks, welcomed 15 members and one guest to the meeting and recorded several apologies for absence before our speaker joined us. The rest of us were then muted and our speaker took the floor, or "filled the screen", would be more accurate. Malcolm Petyt from Killington was our today's speaker. It is always particularly delightful to have a really local guest and Malcolm lives just few doors

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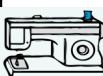
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away from where Killington Women's Institute held its first meeting back in 1942. He gave a talk about, "Dialect and Accent in Britain", a subject on which he is a true, academic professional. His career in linguistics started with an academic study which he undertook in the 1970s into the use of language in Yorkshire, his home area. This included the "dropping of the H", the spread of the glottal stop (often used in place of a distinctly sounded "T"). He analysed the use of language according to social class, gender, age, and situation. We learned that the northern pronunciation of "bath", is the original, and that the southern version was introduced around 400 years ago and only travelled north as far as Birmingham! The talk was clear, wide-ranging, and fascinating, and I really regret that I did not record it. I would certainly like to hear it again. Wendy thanked Malcolm on behalf of the members.



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After Malcolm melted away, we continued with the rest of our meeting. Avril, Susan Sharrocks, Alison, and Anne Macer, down in Hertfordshire, all have birthdays this month and received our felicitations. We were given a link for a creative art competition, so must get busy. We were informed that the Cumbria/Westmorland Federation had voted for two resolutions to be submitted to the National Federation for the National AGM. These are:

1. Increase awareness of the subtle, early signs of ovarian cancer,
2. Stop women dying prematurely from coronary heart disease. We now await the result of the national vote to see which will go forward. Entries for our competition "something beginning

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with D", were shown on screen. Everybody who showed something gained a point, but we have decided not to vote for a winner while on zoom for our meetings. However, we were all amazed and delighted when Barbara Mauder gave us a virtual tour of her immaculately furnished Dolls' House constructed in a cabinet, which is still "work in progress".

Our next meeting is planned for Tuesday 9th March at 2.00pm on zoom. Jim Bownass will entertain us with, "Forgotten Memories of Films of Cumberland & Westmorland". The competition will be, "something I enjoyed which is no longer available".

Meantime, stay safe, and keep warm, as we look forward to better times ahead.

SEDBERGH W.I.

Valerie Welti

This month's report must start with an apology to Sandra Gold-Wood for not being included in last month's report. So, congratulations to Sandra (and thanks to the generosity of participants) for raising £193 for Manna House with her Quiz sheets before Christmas. The team at Manna House, The Stephenson Centre, Ann Street, Kendal, provide a community of support to homeless and vulnerable adults. Sandra Kemp (our Treasurer) co-ordinates our monthly collections for them. She liaises with Andrea (their Chief Officer) to ensure we donate what they actually need. With the current lockdown they do not have the space to maintain social distancing inside for large groups, so they are handing out meals, soup and sandwiches to take away from their car park area. As well as the usual toiletries and household items we were able to give fillings for sandwiches and items to help with packaging. But definitely NO baked beans and pasta - apparently they have plenty in stock! Those members who wanted to contribute but are not going out

shopping themselves took up Sandra's offer to give money, allowing her to do the supermarket shop for appropriate goods and deliver them. So many thanks, on behalf of us all, to both our Sandras for their support for Manna House!

How many WI members this time last year had not heard of Zoom? Now, for many of us it is Zoom, Zoom, and Zoom again, as a way to get some intellectual and creative stimulation, to keep groups going, to see some familiar faces and have a chat; emails, telephone calls and doorstep chats keep us together too - not just for those members with less technology to hand but because we all need and like some real and less virtual contact.

Ellen (our President) has kept our rota for informal weekly Zoom groups going. Usually between 4 and 9 members ask to be included – but all groups are open to every member.

Once a fortnight anyone can join our Coffee and Chat to share news and views. As we hear of members having their cataract and knee replacement operations, I appreciate that we are fortunate to live in an area where the NHS is not

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so overloaded as in some highly-populated urban centres. But as I look around the screen and realise that I am one of very few members who has not yet had the vaccine, for once I wonder if it may not be a slight disadvantage to be one of the younger members of our WI!!

The alternate weeks members can join in for Craft and Chat and share what has been made or worked on: a knitted scarf for The Cumbria Way Homeless Scarf Challenge 2021; practical shoe mending; quilts – one sent off as a birthday present for a 9-year-old niece; and with no chance to travel to visit friends and family, a lot of card-making and posting is also going on. The group is also a good space to get ideas and helpful hints. With lots of narrow rectangular strips of card left from making cards and not wanting to waste them I was delighted by the suggestion to use them to make bookmarks. So, the flower press made by my Dad many years ago has been found, and that is birthday and maybe even Christmas gifts sorted for this year! Hopefully, when restrictions are lifted the Craft Group will be one that continues and is

added to our Book and Walking Groups.

Nine of us met again via Zoom for our monthly Book Group, and with the aid of a timer, everyone had a fair chance to share at least 2 books that they had read since the previous meeting. As usual, the list of books with a few notes was typed up and emailed round to all Book Group members after the meeting. If anyone else would like any of the past 4 months' book lists, just ask. There seemed to be quite a few detective/crime books read last month, ranging from the more light-hearted Monsieur Pamplemousse series by Michael Bond (not forgetting his dog Pommes Frites) and the Baby Ganesh Agency Inheritance Investigation Series by Vaseem Khan (is there an animal theme here?) to the more realistic depiction of the Bombay underworld in Shantaram by Gregory David Roberts. There were books that might give us an insight into how someone with autism views the world – We need to talk about Kevin by Lionel Shriver and The Rosie trilogy by Graham Simsion. 700+ pages of excellent writing was being read in the final instalment of another trilogy

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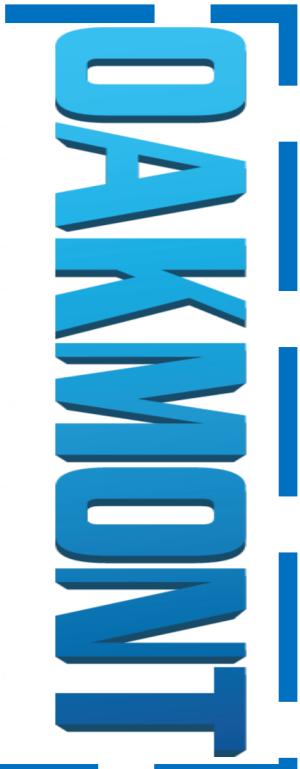
– The Mirror and the Light by Hilary Mantel. Books to just lose oneself in the characters and story – Part of the furniture by Mary Wesley and Where my heart used to beat by Sebastian Faulks. And there were books that can be dipped into – Best of A.A. Gill and Unsuitable for ladies: An Anthology of Women Travellers by Jane Robinson. What a wide diversity of books we all read, and we so enjoy finding out about different authors and books that members have expressed a wish to sometimes still have these sharing sessions even when we resume all reading the same book.

Since the first lockdown we have not been able to get our monthly set of 12 books from Carlisle library. To

be able to all read and discuss the same book next month, Moira Folks (our Book Group co-ordinator), is leading us into what will be another technological first for some of us – using the Borrowbox app to access library books. Find out how it goes in next month's report!

With current restrictions our Walking Group co-ordinator Anne Pitt still has a blank programme – so individual members are just making informal arrangements to go for a local walk in a socially distanced pair. Although, I would have thought the strength of the wind going up Winder, Arant Haw or Crook at times over the past month would provide good enough ventilation to prevent any risk of spreading coronavirus!

The advertisement features a blue-themed design with a large Oakmont logo on the right. On the left, there's a photograph of a person's hands working on pipes. The Oakmont logo is at the top, followed by the company name 'OAKMONT' in bold blue letters, with 'PLUMBING - HEATING - ELECTRICAL' below it. Three blue boxes list benefits: 'Affordable Prices', 'Family Run Business', and 'Fully Insured Services'. A circular badge on the left says 'SPECIAL OFFER £59.00'. Below the badge, the text 'Outside Taps Supplied and Fitted!' is shown. At the bottom, there's a 'GET IN TOUCH' section with the phone number 01539 302 304, an email address (info@oakmontplumbingandheating.co.uk), and the website (Oakmontplumbingandheating.co.uk). A 'safe contractor' logo is also present. The background has decorative blue vertical bars.



February began with a beautiful spring day – sunshine, snowdrops, birdsong and clear views. Uplifting and restorative, it gave Sedbergh WI officers the momentum to rally our committee to start planning and organising for this coming year. We are resuming our monthly evening meetings with speakers. Yes, they will have to be via Zoom initially, and we know that, sadly, not every member will be able to join us – but it's a start. Our first "proper" meeting of 2021 will be at 7.30 pm on Wednesday 10th March, with "Return of the Light" by David Dale and Ian Midgeley, followed by the usual WI business meeting. Further details will be sent to all members, and anyone not a member is very welcome – see contact details for Sedbergh WI in the "Groups & Organisations" page at the back of Lookaround.

SEDBERGH SCHOOL NEWS

Karen Brucelockhart

The School quickly settled down to its now familiar routine of working from home following the quick change to that regime when the Government closed all school just before the pupils returned to Sedbergh. Some pupils who are children of key workers or who have been unable to return home abroad remain in the School and will have been seen around the School premises and out in the surrounding countryside. The girls are in the Nightingale (the old medical centre) and the boys in Sedgwick House. They work as family units and follow the same teaching regime as those at home. A few who had returned early for the term for quarantine reasons were caught unable to return home and the School took the decision to look after them. No pupils stayed in the School over the Christmas holidays.

The School has kept the situation under continuous review with the hope that pupils will be able to return on 8th March. At the time of going to Press it looks hopeful that pupils will in fact be able to return then, but matters can change at short notice and the Government's announcement on 22nd March will presumably have clarified matters by the time this is published. Another possibility was that only limited year groups would be able to return before Easter. If this happens the School will continue to provide lessons with a hybrid teaching regime where some pupils are taught in school, and others continue with the online system. It is likely that even if the main body return on 8th March many overseas



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pupils will not be able to return and a hybrid system will be provided for them also. Even if the pupils return the Wilson Run will not take place, but negotiations with the farmers are in hand over the possibility of running it in the summer term without spectators on the route.

Plans are in hand for the summer term when it is hoped a near normal routine will be restored. Pupils from overseas may have to quarantine, may even have to quarantine in hotels, but arrangements will be made for this. They may also have difficulties with flights.

Meantime clearly the normal programme of inter-school matches has not been possible, but occasional matches in activities such as chess have been achieved. Every week there are competitions between the Houses, both physical and intellectual – and include long distance running, ball competitions, cooking, photography, quizzes, art, construction, poetry, and so on. At least two competitions or challenges are set each morning in a briefing email.

The Prep School held an on-line pet show! Both schools held activities to celebrate Burns Night.

On the evening of 4th February, the Old Club held a second Quiz Evening. The questions were interspersed with five-minute interviews with people of interest, among others: Lori Lightner, a survivor of the aeroplane crash into the Hudson River; the Ven. Nick Barker OS; Will Greenwood, MBE, OS, and James Botham, rugby players; Major General Jonathan Shaw, CBE, OS, who uniquely commanded both the SAS and the Marines' equivalent, the SEALS; and Jeff Ourvan, Attorney, Author and Writing Instructor. The overall winner was Mr Nick Davey from School House. Perhaps surprisingly very few people, despite being given a choice of four, knew the meaning of the word "Sedbergh"!

Three Rugby Webinars have been held: the first was Principles of World Class Rugby Players with Russell Earnshaw (European Cup winner) and John Fletcher which was in two parts on 25th January and 8th February; and in between on 1st February English Rugby Experience with Ali Crossdale and Josh Hodge. On 15th February, the topic was Skills with Sharks with Bevan Rodd and Tom Curtis.

Mr Bennett, Director of Studies, took part in a discussion on the Future of Education run by South China Morning Post on Why British Exams are the Gold Standard Abroad

Cameron Redpath OS who left in 2018 was chosen to play in the Scottish side in the Calcutta Cup and certainly made his mark. This brought

the School's total of International caps to 510. Carwyn Tuipulotu OS made his Pro14official debut on 30th January. Siddhant Gavankar represented the Oman U19 Cricket side while at home

Virtual Open Days were held on 30th January and 11th February when prospective parents were able to see round the schools and ask questions.

Many pupils joined in the RSPB's survey of garden birds. Both the upper School and the Prep School took Children's Mental Health Week seriously and carried out various activities connected with mental health.

The notice forbidding pupils to use March Hill was put there as it was felt

too much of a risk for pupils and public to use the kissing gate in the present circumstances.

There have been three recent deaths among former staff members: Brandon Glover (Classics) former Housemaster of Robertson House, Martin Valentine (Art), former Housemaster of Evans House, and Chris Morgan (Foreign Languages) former Housemaster of School House.

Half Term begins on Friday 11th February and ends on 20th February. The earliest pupils may return is 8th March. Term ends on 25th March. All dates are subject to what the Government may have decreed on 22nd February.

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WILD GARDEN PIKE – A YOUTH LED ENVIRONMENTAL PROJECT

Rosey Grandage

I have recently bought a very beautiful 195 acres of high pasture and allotment in Garsdale with two main aims:

- To work with young people giving them a voice and the opportunity to explore conservation and environmental issues and gain practical conservation and research experience.
- To enhance the ecosystem and biodiversity of the land and to connect with other similar projects and the wider landscape and landowners.

Like most areas of the UK the Yorkshire Dales has seen, and continues to see, habitat and species decline. There is a continuous quest for a balance between farming, industry, development, tourism and conservation and enhancement of the natural environment. There is a lot of exciting work going on and, for the past few months, I have (COVID restrictions permitting) been getting to know many of the local environment and conservation organisations,

projects and people – it's been a steep and enjoyable learning curve, and everyone is being amazingly helpful and enthusiastic about what I am hoping to achieve.

Now, with the coming of spring, things are starting to take shape: Calling 12 – 17 year-olds to join Wild Garsdale Pike Youth Leadership Group

One of the organisations I'm working with is the North West branch of Action for Conservation: they work with secondary schools to inspire and empower students to become the next generation of conservationists. <https://www.actionforconservation.org>

Together we are setting up a Youth Leadership Group of 12 – 17-year-olds who are passionate about nature, climate change and using their energy and creativity to make a difference. As part of the project, they will meet and discuss with groups of experts in conservation, farming and local history and then, drawing on this research, work with me to guide and undertake the practical work of the project. This could include everything from data collection and analysis to hands on activities like tree planting, blanket bog restoration, exploring



methods of farming and traditional skills such as stone wall restoration. If you're 12 – 17 years-old, or know some who is, and want to make a practical difference to nature in your local area; if you love nature, the outdoors and want to learn new skills; if you enjoy working as a team, making new friends and taking on a challenge – then this is the opportunity for you - I really hope you'll join us!

If you want to know more do contact me or follow these links:

- Information Pack: <http://ow.ly/scBJ50DpdAD>
- Application link: <https://forms.gle/EysUBiJnGbvQFcT9> In the future I hope that students from local universities and schools will also use the land for their research and exploration of the natural world.

Are you interested in helping to form a charity associated with the land and the project?

Forming a charity linked with my land seems the best way to create this project, while ensuring its ongoing development and longevity. To achieve this, I am building a small team, with a wide range of skills, to discuss and write the charitable purposes, aims and objectives, to work on the formation of the charity and to become its first trustees. I want this project to be embedded in the local community from the start, with conservation experts and, particularly, young people guiding and developing the project. A bit about me: I'm a Physio and Chinese medicine practitioner based in London and Brecon, I have family links to Cumbria and the Yorkshire

Dales. Among other things, I have been a university lecturer for 17 years and been chair of a wildlife trust of which I am still a trustee. For the past 14 years I have run a small community interest art gallery in my clinic, which focusses on using art to raise awareness of conservation and the environment and working with and mentoring young artists. We were the first gallery to show the Environmental Photographer of the Year Award exhibition and have worked with a range of conservation charities.

If you would like to know more about Wild Garsdale Pike I can be contacted by email: wildgarsdalepike@gmail.com www.wildgarsdalepike.org.uk

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YOUTH “GREEN INFLUENCERS”

Mike Appleton

‘Green Influencers’ fund to inspire young people in the Yorkshire Dales to follow Greta Thunberg lead

Young people across the Yorkshire Dales will be inspired to follow in Greta Thunberg’s footsteps thanks to funding from The Ernest Cook Trust national educational charity.

That is because the Yorkshire Dales Millennium Trust (YDMT) has received funding to support the employment of a ‘Green Mentor’ who will enable young people to lead the way as ‘Green Influencers’ on social action projects in their communities.

The pioneering Green Influencers Scheme is a project match-funded through the #iwill Fund which is funded by The National Lottery Community Fund and Department of Culture, Media & Sport which are each investing £25million seed funding to support young people to access high-quality social action opportunities.

Green Influencers aged from 10 to 14-years-old will spring up across the Yorkshire Dales after the trust, which is based in the North Yorkshire village of Clapham, was among 36 host



organisations awarded grants to support the employment of 40 Green Mentor posts.

Together they will turn words into action with a wide range of measures to protect and enhance the local environment and tackle climate change.

Rosie Russell-Cohen, who will take on the role of Green Mentor for YDMT, said:

“We were delighted to receive the funding from The Ernest Cook Trust which will enable us to help young people from across our region to support their communities with environmental projects. We’re honoured to be a host organisation for the Green Influencers Scheme which is being rolled out across

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England and we're excited about the future because we know this will make a real difference to our communities. What is really special about Green Influencers' Scheme is that it will give young people a chance to lead the way and offer the chance to learn through hands-on outdoor activities. We're sure that young people across the Dales will get in step forward and join the scheme so we can work together to make sure it has a really positive impact on our communities.

Over the next two years, under the Green Influencers Scheme, The Ernest Cook Trust will pay YDMT £18,000 annually to fund the Green Mentor post to kick-start the programme with further financial support to ensure they instigate lasting change right across their communities.

The young environmental activists will be at the forefront of youth social action projects that will benefit schools and communities across England after The Ernest Cook Trust awarded grants worth a total of £720,000 to host organisations.

Dr Victoria Edwards OBE, Chief Executive of The Ernest Cook Trust, said: "Inspired by teenagers like Greta Thunberg, young people across England have been leading the climate change and wildlife crisis debate. The Ernest Cook Trust's new funding programme will empower young people in the Yorkshire Dales to follow in Greta's footsteps and positively engage in environmental social action projects. The pandemic has a huge impact on the communities the Trust supports but

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by campaigning, fundraising and volunteering, the Green Influencers will create long-lasting benefits for everyone."

The scheme is being rolled out nationwide following successful pilot schemes at the Beverley-based East Riding Voluntary Action Services, Groundwork Greater Manchester, Groundwork Northamptonshire, Staffordshire Wildlife Trust and Action for Conservation in London.

The initiative also gives participants a valuable opportunity to develop leadership skills. Nine people aged 14 to 20 are members of the Scheme's Youth Advisory Board. They have steered strategic decision-making and will help select grant awards for Green Influencers projects.

Anyone interested in joining the Green Influencers Scheme in the Yorkshire Dales should contact Rosie on rosie.russellcohen@ydmtn.org. For information about the Green Influencers Scheme visit The Ernest Cook Trust website or email greeninfluencers@ernestcooktrust.org.uk.

ZERO WASTE SEDBERGH

Suzie Pye

Sedbergh Food Club Update:

Since we have been in Lockdown #3 we have not thought it wise to ask Food Club members to collect food packs from the church hall. So for the last few weeks we have been delivering to over 100 doorsteps every Thursday! I am hugely grateful to the volunteers who have helped to pack the bags and distribute them – it has been a mammoth task but greatly enjoyable and worthwhile. Every week it beggars belief the amount of perfectly good food which is destined for landfill, and which we are able to intercept and share out amongst food club members. We never know what we will be receiving until the

Fareshare van pulls up on a Thursday afternoon, but it usually includes some fresh fruit and vegetables, cakes, drinks, tinned items, and pasta or rice.

Sedbergh Community Cupboard Update:

You may or may not be aware that alongside Sedbergh Food Club, we also run Sedbergh Community Cupboard. This acts in the same way as a Food Bank, and we are able to discretely support local families and individuals who may be struggling financially, by providing food and toiletry packs. Any money which is left over from the Sedbergh Food Club subs is used to stock the Community Cupboard, but we also rely on food and toiletry donations from the public. I am very grateful to the Spar shop staff for accommodating our donation box by the entrance. And thanks to everyone who has been donating so far – it is quite overwhelming how generous people are!

Many thanks,
Suzie Pye 07833534710



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PLASTIC FREE

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Kim Bradshaw

This may feel a daunting process once you take stock of how much plastic we actually use in our homes on a daily basis. Over the coming months I would like to guide you through some easy steps to achieving your goal. Remember - "We don't need a handful of people doing zero waste perfectly, we need millions of people doing it imperfectly". If you can go 100% plastic free then that's an amazing achievement but if, like

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me, you can only do as much as you can then that is better than nothing at all.

We'll start in the bathroom. When I looked into going plastic free it overwhelmed me - just take a moment and look at your bathroom. Study how many bottles, containers, lotions and potions all come in plastic containers. So, where do we start? By taking one step at a time and replacing each item with a plastic free alternative or refill option as it runs out. Replace your toothbrush with a bamboo one or your electric toothbrush heads with ones that are recycled and can be recycled. Swap your shampoo and conditioner for solid bars or just refill the bottles that

you already have with an environmentally friendly alternative. Change the way you wash by using solid soap or refillable body wash and ditch that scrunchie for a soap saver bag or washable cloth. By doing just one thing at a time it won't be so overwhelming. Over time you will not only see a difference with the amount of bottles in your bathroom but you will also start to notice a difference with the pennies. There are plenty of options out there to meet everyone's personal preference, so come on everyone - let's start to make a difference today.



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VENTURE ARTS

Georgina Devine

Venture Arts is an award-winning visual arts charity based in Hulme, Manchester. They support people with learning disabilities to reach their full potential through arts and culture. Their vision is a world in which people with learning disabilities are empowered, celebrated, included and valued in the arts, culture and society. Their mission is to shape a new cultural landscape where people with learning disabilities reach their potential as artists, curators, critics, audiences, participants and advocates. More information about their work can be found on their website www.venturearts.org

If it wasn't for the full on work of Amanda Sutton, the director, and all the staff throughout the pandemic lots of people with learning disabilities would have missed out. It is a friendly and welcoming place to be even in the virtual world. I would highly recommend it to anyone.



SEDBERGH MUSIC FESTIVAL

2022

Tony Reed Screen

Sadly the 2021 Music Festival has suffered the same fate as the 2020 Festival and has been cancelled. But do not despair as we have already started planning for a 2022 Festival which we are confident will go ahead with many of the same artists as we had planned for 2020 and 2021. The Cottontown Chorus have already confirmed their availability and Red Priest also look to be starters. The 2022 Festival will take place during Wednesday 15 – Sunday 26 June to avoid clashing with Jubilee celebrations earlier in the month. If social distancing rules are relaxed we will put on some individual concerts in the autumn.

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DESERT OF PANDEMIA

Walter McCandlish

I made my way to Stannerskeugh
where, humbled by its awesome
beauty,
And the power of silence,
I emptied out my minds turmoil.
Reverie drove agitation from my
heart and soul,
And glad of extrication from
unstable human life,
I was alone, lost, in space.
The cold air froze my hands and
face,
How insignificant I feel in such a
place,
As indeed I was, and we all are.
For we are all just fragments,
Minuscule, isolated, as this world is
in its universe,
But each piece important, each
piece has its worth,

Each piece needed, by each other,
All playing out their time, upon this
precious, troubled, earth.

If we should choose to look a little
further than ourselves,
And stay a measured course of
solitude and bubbles,
The seeds of hope are there to
plant again.
I will shake the hand of friends,
And kiss the cheek of life.
The sun will warm the hope of all,
We can hold each other closely
once again.
Arm by arm, and arm in arm,
The turmoil will be wrestled to
submission.
and in this desert of Pandemia,
The well of hope, is waiting to be
found.



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COBBLE COUNTRY

Beth Handley

Following a closure of the market back in April 2020, getting the industry back on track was fixated by the government's decision to scrap Stamp Duty for purchasers buying a forwarding home up to £500,000. Not only did the above have a diverse effect, there has been an increased trend in purchasers moving to the countryside from towns and inner cities, as the change in working habits, exempts individuals from need to work from the office.

The market certainly did bounce back, seeing sales figures escalate to their highest in over 10 years. The buoyancy in the market has seen houses sell within 24 Hours of going live on all property portals.

In recent news, predictions suggest chaos may yet to be caused if the stamp duty deadline is not extended beyond March 31st. In the mist of lockdown three, many Agents, Conveyancers and surveys will be working from home, in some cases on reduced hours, which in turn may cause consequence to those trying to reach the deadline! After a petition was raised, reaching over 100,000 signatures, the subject was taken to parliament on the 1st February, where no conclusion was made. However, there was talks that for those sales going through, failing to meet the deadline, there would be an allowance for those to complete, tax free, yet this proposal is still yet to be determined. Another possibility suggested a by the chancellor is a 6

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week extension from the 31st March, however the cliff edge date in May would put potential purchasers in the same position as many are now.

January 2021 saw a lull in the market, elevated by the government's decision to place the country in nationwide lockdown, subsequently, less Estate Agent activities and viewings were maintained. However, the momentum soon returned, with new instructions, viewings and other activities soon picking up, making us the busiest we have been at the beginning of a new year for over a decade.

Therefore, there has never been a better time to move.

B4RN INTO SEDBERGH

James Ratcliffe – Sedbergh Chamber of Trade and Business
Tony Reed Screen – Community Fund/United Charities/St Andrews
Scot Hodgins – International business
Andy Cobb – Sedbergh Economic Forum
Chris Wood – Sedbergh Information Centre
Robert Lindsay – Local resident
Sarah Campbell - Settlebeck School
Carole Nelson – Sleepy Elephant
Kevin Lancaster – Parish Council
Peter Marshall – Sedbergh School
Matt Western – International business
David Crouchley – Cornerstone Church
Douglas Thomson – B4RN volunteer

The digital age is upon us. Lockdown has highlighted the need for every property in GB to have a fast broadband service. Current speeds for Sedbergh are OK for some but increasing numbers of people are working from home, internet games requiring faster and faster broadband speeds and the increased amount of video streaming means current speeds will decline for all properties. Not good for our community. The economic and social future of Sedbergh much depends on it having a fast service into the internet where homes can watch what they want and businesses can trade and expand.

Sedbergh now has the opportunity to have a very fast internet provided by Broadband for the Rural North

(B4RN). However, work can only start when sufficient people have indicated their interest by mid-March this year. Without sufficient people registering their interest work cannot start and a great opportunity for Sedbergh will be lost. Please read the recently delivered leaflet to your property and register your interest at 'Get B4RN' (<https://b4rn.org.uk/postcode-checker/>).

We encourage you to express your interest for the future of our community.

Even if you registered an interest in the survey made a few years ago it's important that you should still go to the B4RN website and register now



TALKING LOOKAROUND

Ed Welti

You may not know that Talking Lookaround is an entirely separate group to the Lookaround itself. They rely on us to gather the articles but beyond that they work independently. Each month one of the first jobs in Lookaround compilation is to bring everything we have received together, along with the personal adverts and diary dates, put them into one file and forward it on to the Talking Lookaround team. There is some urgency involved in getting the files to them so they can get on with their work.

Their first job is to edit and organise the articles ready for the group of readers, which includes

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students from Settlebeck and Sedbergh School. In sunnier pre-Covid times the readers would gather in one of the meeting rooms above the Tourist Information Centre and read the articles which would be recorded using a mixing desk. One of a small group of technicians edit the recordings, smoothing over any glitches that happened during reading, and copying the final sound file onto memory sticks ready for distribution.

Covid presented a challenge, gathering a group of six or more people in a small room was no longer a viable option. But the team technicians reviewed the technology



available and came up with a method of home recording which gave the required quality, and Talking Lookaround has continued throughout the pandemic.

Veronica Whymant is one of the recipients of Talking Lookaround, and this month we received this note from her :-
I wanted to tell you how much I have enjoyed the February Lookaround. There seems to be more articles these last few months and so much to say despite supposedly nothing happening in this state of virus! There have been more articles of a historical nature, which I particularly like and always hope for and I also enjoy the descriptive nature articles



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whether that be someone's experiences of exploring the countryside or specific musings on birds and other creatures. I like to know what the different groups/committees etc are doing as it brings me closer to the area, an area which I have a soft spot for and am very much looking forward to visiting again as soon as possible this year. So many of the articles' authors have almost become my invisible friends as I listen to what they have to say each month and having been permitted to attend both the History Society talks and the Western Dales Mission Zoom services recently has made me feel even more familiar with people's names and personalities.

However, the number of recipients of Talking Lookaround is declining. Lookaround and the Community are both lucky to have such a dedicated community team, it would be very sad to lose it. So if you would like to receive the Talking Lookaround, or if you know somebody who would like it, it is FREE. All you need do is contact one of the people on the Advert on page 1 and they will organise it for you.

COMMUNITY FIRST RESPONDERS

Andy Cobb

Sedbergh and District Community First Responders Annual General Meeting, 3rd March 2021 at 6pm by ZOOM! Chairman's Report

This has been our sixth year of operation, during which we continued to attend call-outs in Sedbergh and District. We are very proud of our work for our community.

Our activities in 2020/21 have been affected by covid-19. Last year we had 61 call-outs, averaging just over one each week; we attended 25 and were stood down on 31 occasions. The high number of stand-downs was due to the covid status of the patients. In these instances, only ambulance staff were able to attend.

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39 call-outs were in Sedbergh and 22 were from surrounding areas, mainly between the hours of 8 am and 6 pm. A defibrillator was used on one occasion, compared to five times in the previous year.

We have three trained and active responders (Myles, Stuart and Des), and Stuart is an Enhanced First Responder. Their continuing commitment is much admired and highly regarded. We continue to seek new members, so that the Team can achieve greater availability throughout the year and remain sustainable.

Stuart, our Enhanced First Responder deserves a special mention for his contributions in the last year, which have included volunteering, fetching and delivering in the community, cooking for ambulance crews, and is currently helping with vaccinations. Myles continues to be incredibly active in the town and is an unsung hero that Sedbergh should be proud of.

I would like to take this opportunity to thank Jenny Maconchy for keeping our finances in order. Myles Ripley continues to be our most efficient Team Leader and quartermaster. He liaises with NWAS with monthly

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returns of paperwork and call-out details, and organises the monthly training sessions, some of which are with our colleagues in Dent. Jackie Hooley is our efficient Secretary, and, with Myles, continues to offer first aid and CPR training to groups in the community.

I thank our team for their continuing enthusiasm and commitment to offering a first responder service to our community. We look forward to the challenges in the year ahead.

If you would like to attend the AGM, please contact mylesripley@btinternet.com for an invitation. Also, please contact Myles if you are interested in becoming a Sedbergh and District Community First Responder.

Robert Powell

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GLADSTONE HOUSE

Nick Cross

Deadlines come and go and, sadly, this news missed the last deadline for Lookaround, so I have pulled out all the stops to beat this one.

The good news is that Cllr. Kevin Lancaster has kindly donated £1000, his full allocation from the SLDC Community Fund, to our Project bringing our total available funds to almost £2000.

As a result, Gladstone House is now in a position to provide more support for our elderly community when, finally, the Covid pandemic clears and we are once again able to meet in Gladstone House for our teas and Bingo.

Our healthy financial state will allow us to support and plan excursions

and any other activities that appeal to people.

It has been such a long time since we held any activities that I need to reiterate that our Thursday teas and Bingo sessions are open to all elderly residents of Sedbergh. Once we are allowed to open, we will be able to offer transport for any who need it.

I will keep everyone informed of developments, but as it stands we are very much in the hands of South Lakes Housing who will give us permission to reopen when they consider it prudent to do so.

There is light at the end of the tunnel, and I hope to see all of you back in Gladstone House safe and sound.

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A HELPING HAND

Linda Greensmith

2020 has been a tough year for everyone and thankfully a helping hand has survived. I would like to thank all of my clients for supporting me through troubled times and hope that we can all look forward to a better future ahead.

I am pleased to say that all members of the team have received their Covid vaccine and we continue to help people in the community with shopping, companionship, homehelp, transport and IT whilst wearing our PPE and practicing social distancing as per government guidelines. I hope that in the coming months we can start taking people out for coffee, trips to the Lake District, and garden

centres again. I personally miss taking my clients swimming and out walking in the fresh air in the lakes. During the last few months we have enjoyed the Sedbergh songsters zoom meetings every Monday and I hope that the many groups in our community will restart later in the year. Please visit my website ahelpinghandonline.co.uk to find out more about our services and our team. Thanks again Linda

DENTDALE MEMORIAL HALL

Sarah Woof

Following on from decorating the Hall windows for Christmas we now hope to decorate them for Spring/Easter and drawings etc can be brought to our house or put through

a helping hand



To help older people in the community retain their independence in later life by offering a friendly and reliable service.

a helping hand has a small team of people working in Sedbergh and surrounding areas.

Do you need help with?

- Shopping /collecting medication
- Home help, including meal preparation and planning
 - Companionship
 - Transport
- Help with paperwork and IT

If so, call Linda Greensmith on 07919152526
or email lindagreensmith1@aol.com and I will be happy to help
ahelpinghandonline.co.uk

All members of the team are DBS checked, have public carers liability insurance and have completed numerous courses in connection with older adults such as first aid and dementia awareness.



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the letter box at the Hall front door. So eggs, chickens, lambs, Drawings and models, Easter gardens (I can meet people with those at the Hall as wouldn't go through a letterbox!) flowers and so on welcome. Deadline end of Feb but still time early March.

The Committee have our AGM (Annual General Meeting) Mon March 29th eve, and hope to be able to meet in person socially distancing rather than on Zoom as last year, as some of us cannot do zoom.

As a member of ACT an organisation which amongst other things supports village Halls we get up to date information about re opening and regulations. We can join in meetings and hear from others who

are involved in running these organisations. At a recent zoom I was struck by the number of grey heads...which is great to a point. Great that older people give their time in this way but a bit sad the absence of 'younger' people.

The officers of the committee continue to meet monthly and will be taking these ideas to the full meeting... a fund raising event on Aug BH Monday to marry last year's effort and the Gala, and the re opening asap with the Sedgwick Room included.

Chairman; Sarah E Woof (015396 25212)



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SEDBERGH PEOPLE'S HALL

Dr Gina Barney

Like most businesses we opened in December and closed in December. We have now been told to hold on until April. Income is right down, and we have reduced our outgoings. The Government has helped with grants and we are lucky to get good advice from Cumbria Action, who support Cumbrian community centres and village halls. We managed to re-roof using grants and donations received (in 2019!) the small front and small back roofs during a short spell of dry weather in early December and the car park side of the main hall in January. The other half of the main roof requires a good week when the

rain (and snow!) stays away. We hit a problem as we found the 1983 tiles have a white asbestos content in them which requires special handling. This is another cost burden. So - looking forward to fine weather and April.

Notice of Annual General Meeting to be held at 7.30pm on Monday 12 April 2021. The agenda includes: Apologies, Minutes of meeting held 6 April 2020 (electronic), Matters arising Chairman's Report, Treasurer's Report, Election of Trustees. In the current circumstances this meeting can be either physical (government regulations permitting) or by Zoom. Anyone wishing to attend should

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72 Main Street

enquire to the Hon Secretary on 015396 20790, on or before 10 April 2021 as to the final arrangements. The meeting is open to all residents of the civil parish of Sedbergh.

COMMUNITY HERO

David Parratt

In case you didn't know, Myles Ripley has received the Community Hero Award for all his sterling work in the Sedbergh community, particularly during the various lockdowns. This included the Sedbergh & District COVID 19 Support Group, the Dementia Group, the Lookaround, Community First Responders, Community Transport and voluntary work at Westmorland Hospital on a regular basis. Myles is also a member of the Sedbergh Royal British Legion branch committee. The Community Hero Award was created by South Lakes Housing to celebrate and recognise the achievements of people within their local communities who have gone that extra mile.

Well done to Myles for this award and very much deserved.

A DEMENTIA STRATEGY

Adapted by Myles Ripley

'It has to be clear and simple to understand'. The current Cumbria Dementia Strategy is too long at 32 pages. Below are some ideas about the key stages of Dementia care that might inform you about some of the problems and solutions and suggest some actions you might take.

PART 1. Before diagnosis

Promote awareness, challenge myths, call for transparency
Solutions

Take the lead and learn about dementia from OUR experience
There are 1700 or more people over 65 with dementia across South Lakeland. We are a big resource.

Challenge the stigma about dementia

Health care professionals to make it normal to talk about dementia freely and openly and realise there is a life still to be lived.

A coordinated positive campaign to end the stigma of dementia led by the testimonies of people living with dementia

Intergenerational projects across schools and communities to 'normalise' dementia.

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Proper inclusion of people living with dementia in designing and delivering of ALL dementia learning and development for the whole health and social care workforce across South Lakeland

PART 2. At the time of diagnosis
“It’s like you’ve got Dementia now scram”

“I was basically told to go home and sort out my affairs”

“We must end the one-sided doom and gloom that usually comes with a diagnosis of dementia”

Solutions

A personalised diagnosis – age and stage appropriate.

Acknowledgment from clinicians that medical information is only a small part of the bigger picture.

Positive language from clinicians and hope through research

Support to adjust to the change in our relationships eg Getting Along

Support from workers at our GP practice who can help with a smooth link to social activities locally (known as Social Prescribing)

PART 3. Post diagnosis

“Services have to fit us rather than us having to fit into services”

“We want Family Support – everything must be two way”

“We have so many unanswered questions about OUR own dementia”

"We need practical help to overcome barriers, caused by the environment and the values and attitudes of others"

Solutions

Post diagnostic support should be continually available, as and when we need it.

Opportunities to join peer groups of people with dementia across the South Lakeland area

Reference to 'Family' support instead of 'Carer' support - it's a two-way thing.

Provision of Getting Along programmes to support couples and families to adjust to the presence of dementia in their lives

Peer led and peer created post diagnostic support and information.

Services centred around us like a menu. Ones that fit our needs rather than what others think we want.

Improved way-finding and signage across public spaces and buildings

Printed materials aren't always what's needed but if published should be clearly written, simple and accessible

PART 4. The Future

"We should not be 'closed cases'

"My GP never contacts me about how I'm doing with my dementia"

"There's STILL a LIFE to be LIVED with it"

"You've got to get involved!"

"We are not, nor should we be, passive recipients of care and services"

"We can LEAD research and help develop services"

Solutions

Once discharged from the specialists, we are 'handed back' to our GP. They should be more PROACTIVE in checking up.

Support should be continually available, as and when we need it, not as a time-limited offer.

Consultation with and inclusion of people with dementia on an ongoing basis, not as a tokenistic exercise

Build a sustainable network of peer-led groups across the South Lakeland area.

People with dementia setting the local research agenda across Cumbria.

Awareness raising around the rights of people with a dementia to receive equal access to appropriate health care 'What is good for people with dementia is good for everybody'.



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NOTHING CAN LIFT THE SADNESS

wendy7713

On Sunday, no matter what I did, nothing could lift the sadness I felt. I tried hard, I always do, but sometimes you just have to admit that the day will be a sad day. I'm sure I've said before, how dementia has stripped me of many emotions and now I'm left with just three, happy, sad and content and today sadness fills my head.

Usually I can go for a trundle; immerse myself in nature; but the weather was so matching my mood. It was cold, windy, damp and grey. I did go out for a while, hoping the fresh air would blow away the blues and nature would give me a big hug, but

even the birds and squirrels were hiding away that day. No bird song, no scurrying of animals into the trees.

It was due to be the last of the cold. The snow had stopped falling days ago, the beauty of soft white flakes falling were a distant memory and all we were left with were treacherous sheets of ice coating the lanes – another reason forcing my hibernation. How can something so beautiful moon turn so lethal?

I sat in my conservatory, hoping the birds were lift my spirits and they did for a while, especially the Robin making an appearance, But even their visit seemed cut short, instead hiding in the hedge out of the icy wind

I cant 'do' as much as I did. My head not able to stay capable for as

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long as it did. I know I have to pace myself, giving myself more breathing space to recover. My head feels heavy with sadness, I know then I have to stop or risk overload. As though the storage boxes in my head are full to bursting, unable to use the safety boxes of pre-dementia, where a hundred and one things could enter my head and be neatly stored, ready to take off the shelf at a later date....

I can usually deal with friends' ill health and death, but now my best friend is dying. Sylvia, from the very start, wanted to understand everything about dementia. She understood my lack of emotions and even now, when she knows she doesn't have long, she didn't want to

make me sad by telling me. She didn't want to tell me that she'd been in hospital since well before Christmas so as not to spoil my childlike excitement. She told me afterwards, because she knew how sad I would be. Even in her darkest days her thoughtfulness was touching. What she didn't realise, as I told her afterwards, was that we're so close, like sisters, is that I could read through her words. I, too, was concerned for her, told her I was always here for her, and simply waited until she was ready to tell me. That's true friendship.

We've said our farewells poignantly and with true affection like no other so she can concentrate on her loving family.. But such is this strange time it all has to be via text. It breaks my heart to think I'll never see her again. No holding her hand and reliving our good times, our bad, our laughter and simply breathing the same air for a time. Covid has stripped goodbyes for many people and now for me. I was hoping dementia may take the memory away, but such is its cruelty right now at the stage I'm at, that I remember strong emotions of sadness and happiness, this being one of them...

I can't take any more 'doing' and 'thinking' for today, this flimsy bookshelf of a brain overloaded, threatening to topple over, so instead I'll just admit defeat and simply sit in my upstairs room, my daytime abode, and simply 'be'. Hopefully tomorrow the sadness will have disappeared just like the snow.....

ALZHEIMER'S SOCIETY VIRTUAL DEMENTIA CAFE

Chris Lawson

Questions about Dementia?

Alzheimer's Society in Cumbria is available to everyone affected by dementia. Our key message is that we're here for you - ready to listen, provide advice around what's happening, and to help you problem solve and live around challenges from your or a loved one's dementia symptoms.

We're an understanding space to talk and to ask questions about dementia, symptoms, and what help is available (and how to access and navigate it). And we're a partnership: we will work together with you to find what ideas are right for you as a

person and how to help you continue doing things that are important to you.

Dementia brings changes and everyone experiences different things at different paces. Whether we've never previously spoken or speak regularly, we're available to you whenever we might help talk something through.

Our team are working from home so to reach us please leave a message on 01228 819299 or send an email to cumbria@alzheimers.org.uk both of which are being checked regularly throughout the day. We will come back to you.

Virtual Activities

It's been so difficult for everyone to be shut inside. We miss seeing



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- WET ROOMS, BATHROOMS
- GARAGE DOORS
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DAVID BAINES

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davidbaines@first4homeimprovement.co.uk

people's faces. We're really pleased to be launching a Virtual Dementia Cafe using the internet video conference service Zoom.

Alzheimer's Society Virtual Dementia Cafe will be a monthly relaxed and fun meeting for people with dementia and carers who live at home and miss gathering with others. It's an opportunity to meet online with other people living with dementia and to share experiences, have a laugh, and access some information.

Sessions will run on the 3rd Tuesday of each month from 2.30pm to 3.30pm:

Tuesday 16th March

Tuesday 20th April

Tuesday 18th May

Tuesday 15th June

Led by Alzheimer's Society staff and volunteers, each session will have an overall theme (ranging from Gardening to Music to Jobs) with some activities around them but, really, it's fundamentally just about being together, talking, and helping one another.

We are also running regular video call Singing for the Brain sessions. Singing can be such a therapy. It can reduce anxiety and boost morale and we can all do from home. Singing for the Brain group sessions are a way to get into that habit whilst enjoying a supported activity and online social space.

Please don't hesitate to contact Alzheimer's Society's Cumbria team on 01228 819299 or cumbria@alzheimers.org.uk to learn more.

National Support

Evening and weekend support is also available from our national Dementia Connect support line. This is a phoneline staffed for immediate response on 0333 150 3456 (including 10am to 4pm at weekends). You can also visit our website www.alzheimers.org.uk where you will find extensive friendly read information as well as our online community, Dementia Talking Point, for sharing experiences and concerns with others in similar situations.

DIGNITY IN DEMENTIA SEDBERGH SONGSTERS

Dennis Whicker

The Songsters have a Zoom Meeting every Monday morning at 10:30 where there is a catch up and things happening in our lives followed by poems, funny stories and singing.

The cost is nothing and you must have Internet BUT, there is a way of joining in if you only have a landline telephone. If you would like details, contact me on denniswhicker617@outlook.com or Diane Smillie on 07771 682378 and I will provide details on an easy to follow sheet. There may be a cost but this should only be the cost of a local call.

Have you got a pile of old tapes or records you would like to watch or listen to again?

I can transfer them to DVD/CD or put them on a USB drive for you

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Hopefully cinefilm transfers in the near future too

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or email: techno.wizard@btinternet.com

SIGHT ADVICE SOUTH LAKES SEDBERGH GROUP

Dennis Whicker

The Sedbergh Group is still flourishing with many people joining the fortnightly Phone Meeting at 2pm on the first and third Tuesday of every month. This is only until we can start having the regular meetings in the People's Hall once this is all over.

The first meeting of February was well attended but due to an administrative error, the speaker was unable to attend. A general catch up of wellbeing and chit chat was had with some poems and stories told.

Anybody with sight problems might like to consider subscribing to the Talking Lookaround or the Large Print version. To subscribe please see the advert in this edition.

The second meeting was well attended and after the usual catch up, speaker Sandra Gold-Wood gave a presentation of 'Women in War' which started with Boadicea, Helen of Troy and others right up to the Land Army Girls. Sandra spoke passionately about her pet subject and concluded with how she is trying to establish a Memorial for all Women who served. A lively discussion followed where many gave their own wartime experiences, mostly in Sedbergh.

The next meeting will include a presentation by Wendy Fraser-Urquhart and the following meeting a Quiz by our own Susan.

If anyone would like to join in the meetings, it couldn't be any easier. Just pass details to me on denniswhicker617@outlook.com or contact Susan Harper on 20613 and wait for a call at 2pm on the day. Cost? Nothing. If not you, do you

know of someone that would appreciate the break from loneliness once every two weeks?

FRANGONARD IN GARSDALE

John Considine

The swing under the larches
Stirs in the east wind.

A nymph in a transparent dress
Sits in the swing and stirs it
To and fro
with a transparent foot.

The light that flows through her body
Reminds the larches of spring.

NANCY RECIPE Rum Truffles

Nancy Murdoch

2oz Sponge Crumbs
2oz Ground Almonds
2oz Caster Sugar
1 tbspn Apricot Jam
1 tbspn Water
2 tbspn Rum
Chocolate Vermicelli
Warm jam, water and run in a small pan. Do not overheat. Mix dry ingredients together, add the liquid. Stir well. Form into small balls and roll in the vermicelli. Use coloured cake cases for parties.



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

2021

Thursday 18th March
Wednesday 21st April



PERSONAL MESSAGES

DAVE HOGGARTH

Ann and family wish to send their heartfelt thanks to all family, friends and neighbours from Millthrop for the beautiful flowers, cards, food and messages of condolence they have received at the sad passing of Dave. Thank you to all those who stood out by the road on Dave's last journey around Millthrop and Sedbergh,

We have been overwhelmed and uplifted by everyone's kindness. Thank you to Edward Waller at JJ Martins and Graham Skilling for their help and compassion. Peoples' generous donations will be given to Great North Air Ambulance.

=====.

JOAN PARK

Joan Park and family would like to thank her friends in Sedbergh. She is at present in Heron Hill Care Home. She was very happy to get the *Lookaround*, letters, cards, plants and

flowers and it was a lovely gesture from everybody. She can have visitors but they have to have a PCR test first.

=====.

JOHN FEARNHEAD DRY STONE WALLING

Field Walls and Bespoke Garden Walls

Mobile: 07932577520

Email: jfearnhead1@gmail.com

=====.

WANTED

Comfortable rented accommodation. Dent/Cowgill/Sedbergh area. For approx 6 months. Single professional lady. No pets, non smoking.

References available.

=====.

ERRATA

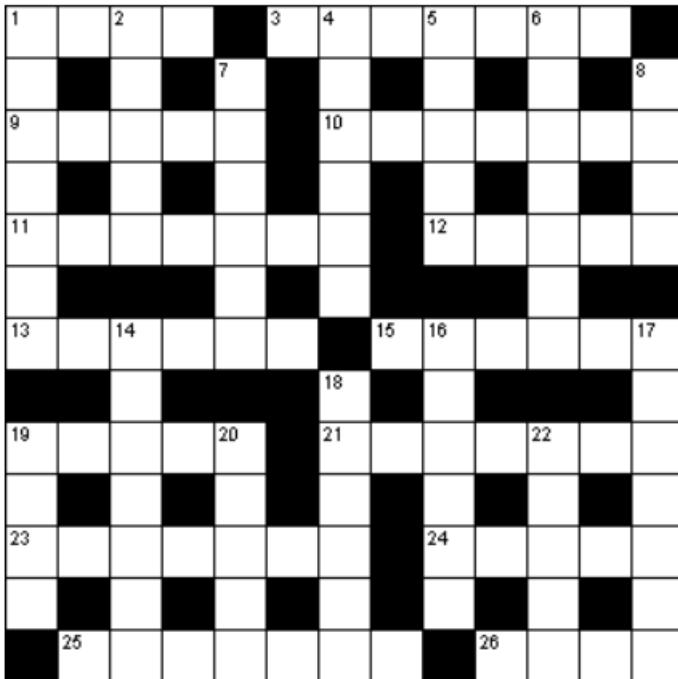
In the February edition the History Society article contained an error. Lancaster AS were credited for the resistance survey which should have been credited to the Lunesdale Archaeological society.

Lookaround Editorial Team

Myles Ripley	Team Leader and Chairman	Jane Fisher	Proofreading
Susa Ellis	Treasurer	James Palmer	Proofreading
Philip Johns	Secretary	Ed Welti	Compilation and Vice Chairman
Elspeth Griffiths	Proofreading	Valerie Welti	Advertising Administration

All Editorial Team members are also Trustees.
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

PUZZLE 1 (SOLUTION ON PAGE 82)



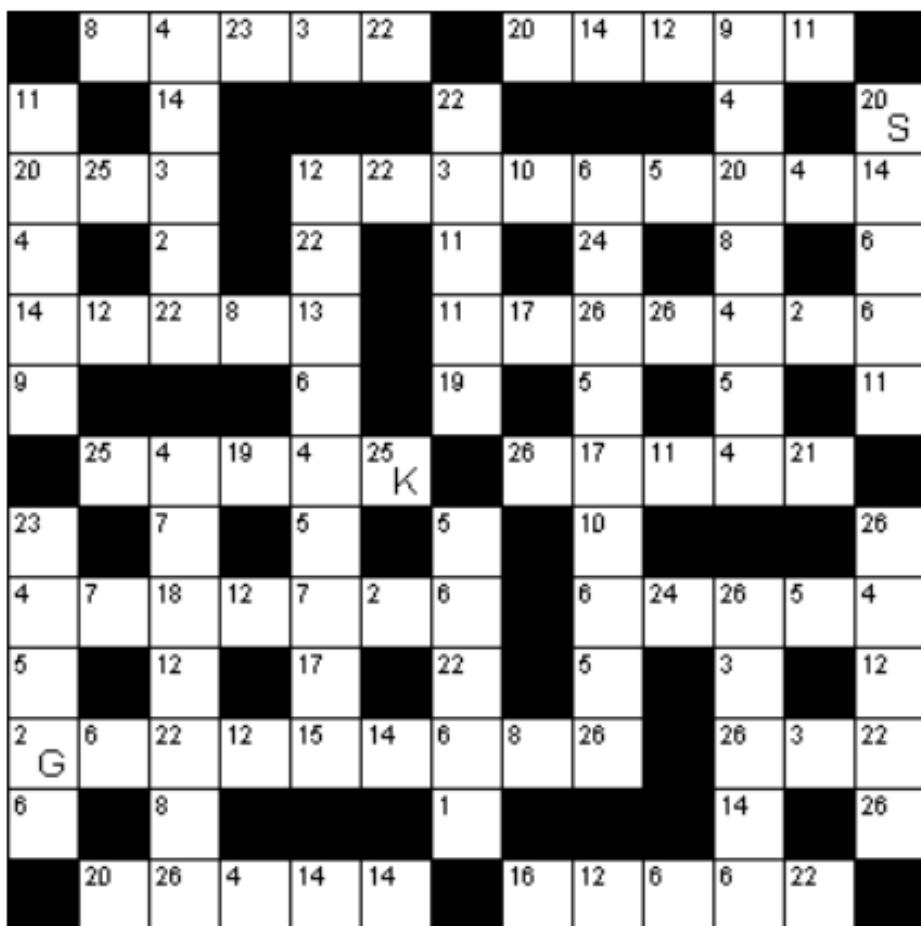
Across

1. Sounds like a lofty greeting (4)
3. English team leader, part of limb broken easily (7)
9. Change canoe for deep water (5)
10. Natter and recount without end something personal (7)
11. Let nine become tolerant (7)
12. Laughing dog grips Japanese currency between his head and mid way (5)
13. Paperback trap is attractive (6)
15. A corny writing implement for a change (6)
19. Stirred a dram for a play (5)
21. Sounds like talk about a field sport (7)
23. Main tip becomes a big instrument (7)
24. PC rodent? (5)
25. A trim ape changes into a simian (7)
26. Cosy if sung differently (4)

Down

1. Thug folding roof, morose first off (7)
2. Environment-friendly park? (5)
4. Narrate, don't start anger, mention something (6)
5. Instruct a cheat to change (5)
6. Search in plot mystery to win it (7)
7. Contempt mostly, could bring endless enlightenment or could mean a cold (6)
8. Alter leap for a humble request (4)
14. Unit of weight, spoil rules (7)
16. See rum stirred and start again (6)
17. Bird deposit saved (4,3)
18. Aimless, if dart re-arranged (6)
19. Info found in soda tap (4)
20. Danger signal in ideal army (5)
22. 21st letter sent back (1,4)

PUZZLE 2 (SOLUTION ON PAGE 82)



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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

Many of our advert contracts will expire for the February 2021. We will be emailing you to remind you but please don't forget to renew 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 £27.50 for an Annual Subscription, or anywhere in the world for £6.00 per issue.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 26/06/2022

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.

MARCH 2021

01	1030	Sedbergh Songsters (70)	Zoom
01	1900	Full Moon Meditation (DMC) (15)	Online
02	1400	Sight Advice Telephone Meeting (Feb)	Online
03	1800	AGM Sedbergh First Responders (58)	Zoom
08		Sedbergh School Term Begins (Provisional) (43)	
08	1030	Sedbergh Songsters (70)	Zoom
09	1400	WID - Films of Cumberland & W (33)	Zoom
10	1915	Dentdale WI Quiz	Zoom
10	1930	WIS - Return of the Light (40)	Zoom
15	1030	Sedbergh Songsters (70)	Zoom
15	1900	Full Moon Meditation (DMC) (15)	Online
16	1400	Sight Advice Telephone Meeting (Feb)	Online
16	1430	Alzheimer's Society Virtual Cafe (69)	Zoom
20		Sedbergh Spring Show (Cancelled) (Feb)	
22	1030	Sedbergh Songsters (70)	Zoom
25		Sedbergh School Term Ends (Provisional) (43)	
25	1900	AGM LOOKAROUND	Zoom
27	1000	Balance and Blossom (DMC) (15)	Online
28	1000	Tai Chi (DMC) (15)	Online
29		WI Federation Spring meeting	TBA
29	1030	Sedbergh Songsters (70)	Zoom
29	1900	Full Moon Meditation (DMC) (15)	Online

APRIL 2021

02		Good Friday	
04		Easter Sunday	
04	1030	Arc of Balloons (13)	StAS
06	1400	Sight Advice Telephone Meeting (Feb)	Online
12	1930	Peoples' Hall AGM (63)	Zoom
14	1915	Dentdale WI Kerry Darbshire	zoom
20	1400	Sight Advice Telephone Meeting (Feb)	Online
20	1430	Alzheimer's Society Virtual Cafe (69)	Zoom
24	1000	Laser Open	Killington

MAY 2021

12	1915	Dentdale WI Calvert Trust	zoom
18		WI Lune Valley Group meeting Barbon	TBA
18	1430	Alzheimer's Society Virtual Cafe (69)	Zoom

JUNE 2021

05		Country Fest tbc (Starts)	TBA
06		Country Fest tbc (Ends)	TBA
09		Dentdale WI summer outing	TBA
15	1430	Alzheimer's Society Virtual Cafe (69)	Zoom

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

DIARY KEY	
AS	Art Society
BC	Sedbergh Bowling Club
BF	Brigflatts
BVH	Barbon Village Hall
CCCN	Cornerstone Community Church, New St
CM	Coffee Morning
CWT	Cumbria Wildlife Trust
DCMH	Dales Countryside Museum, Hawes
DCP	Dent Car Park
DCS	Dentdale Chapel Schoolroom
DHTF	Dentdale, Head to Foot
DMH	Dent Memorial Hall
DMC	Dent Methodist Chapel
FCH	Firbank Church Hall
FM	Farfield Mill
GC	Golf Club
GH	Gladstone House
GVH	Garsdale Village Hall
HS	History Society
HVH	Howgill Village Hall
HTH	Holy Trinity Howgill
JLCP	Joss Lane Car Park
KL	Kirkby Lonsdale
KPH	Killington Parish Hall
L	Library, Main Street
LHCP	Loftus Hill Car Park
MC	Medical Centre
MCD	Meditation Centre, Dent
PH	People's Hall
QG	Queens Gardens
RFC	Rugby Football Club
RR	Rawthey Room, 72 Main Street
SASL	Sight Advice South Lakeland
SCC	Sedbergh Cricket Club
STAS	St Andrew's Church, Sedbergh
STAD	St Andrew's Church, Dent
STJCC	St Johns Church, Cowgill
STJCG	St Johns Church, Garsdale
SMC	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
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

USEFUL TELEPHONE NUMBERS		PLACES OF INTEREST TO VISIT IN THE AREA COVID RESTRICTIONS MAY APPLY
Age UK South Lakeland	030 300 30003	Bowling Green, Queens Gardens
Electricity in any area	105	Bruce Loch Nature Area, Busk Lane
Medical in any area	111	Cautley Spout, A683 towards Kirkby Stephen
Pension Service Surgery	Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265	Community Office, 72 Main Street
Police in any area	101	Cornerstone Community Church, New Street
Sight Advice South Lakes	01539 769055	Cumbria Wildlife Trust, Community Office
South Lakes Citizens Advice Bureau	03444 111 444	Dent Heritage Centre, Laning, Dent *
South Lakeland District Council	01539 733 333	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
Yorkshire Dale National Park	0300 456 0030	Friends Quaker Meeting House, Brigflatts
<i>If you would like to see any numbers listed here, please let us know.</i>		George Fox's Quaker Pulpit, Firbank
		Golf Club, Catholes, Sedbergh *
		Information Centre, 72 Main Street
		History Society, Community Office
		Holy Trinity Church, Howgill
		Jubilee Wood Nature Area, Castlehaw Lane
		Langstone Fell, A684 Garsdale Foot
		Motte & Bailey Castle, Castlehaw Lane
		Pepperpot Folly, Busk Lane
		Picnic Site, Ghyllas, Cautley Road
		Picnic Site, Settlebeck New Bridge
		Play Ground, Dent Village
		Play Ground, People's Hall
		Play Ground, Maryfell
		Queen's Gardens, Station Road
		St. Andrew's Church, Dent
		St. Andrew's Church, Main Street, Sedbergh
		St. Gregory's Church, Vale of Lune
		St. John's Church, Cowgill
		St. John's Church, Firbank
		St. John's Church, Garsdale
		St. Mark's Church, Cautley
		Sedbergh Embroidery, StAS
		Tennis Courts, Guldrey Lane *
		Winder Fell, above Sedbergh
		* = Entry Fee Applicable



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 21529 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) 20360 Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB e-mail: ali@interact.co.uk	
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) 21789 Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB e-mail: Daleslea@outlook.com	

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN 34032 Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub e-mail: sam@thecapps.co.uk	
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT 20770 Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS e-mail: ed_welti@btinternet.com	
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) 20360 Self-Catering Sleeps 6 e-mail: ali@interact.co.uk	
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS 21175	
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS 21175	
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) 45845 Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	
The Roost at Bowersyke, Killington, LA10 5EW	Sleeps 2 people 1D CH L TV P NS NP NC 07927 295262 e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk	

KEY

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

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dignity in Dementia *	02/21	Diane Smillie	07771 682378	
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566	
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	04/19	Mrs Lidiard	07734	699723	
Lunch Club	03/18	Mrs I'Anson	Sed:	21757	
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com			
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Gym	12/19	membership@sedberghgym.club			
People's Hall	07/19	Tourist Info Centre	Sed:	20125	
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196	
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Red Squirrel Group - Sedbergh	09/19	Mr Hopps	sedberghredsquirrels100@gmail.com		
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	10/20	Mrs Gold-Wood	Sed:	20147	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sedbergh United Charities	09/19	Mr Sykes	07786	384917	
Senior Golfers	01/20	Mr Braddon	0330	1138850	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Mickleshtwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	12/19	Sedberghswimclub@gmail.com			
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339	
Tennis Club	04/19	Mr Lewes	Sed:	20052	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/19	Mrs Morrison	Sed:	20209	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

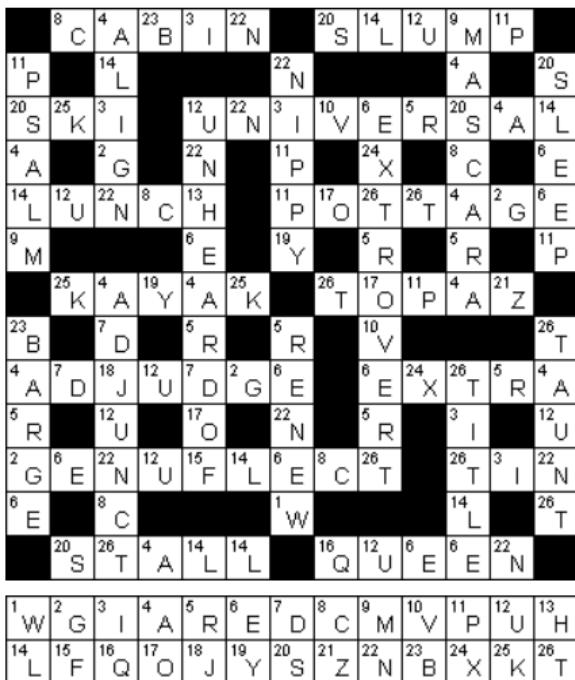
* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect, please let us know.

PUZZLE 1 SOLUTION



PUZZLE 2 SOLUTION



BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
Last Update: May 2018									

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

*Whilst every effort has been made to ensure that the times shown are up to date,
they can change at short notice.*

For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

Western Dales Bus S1 Kendal Shuttle Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
Dent Station							
Train to Carlisle		1048			1815		2020
Train to Leeds		10.41			1732	1938	2026
Buses From Dent to Kendal							
Dent Station			1053			1737	1947 S
Dent Village		0820	1108		1505	1752	2002 S
Sedbergh Maryfell		0835	1123	1315	1520	1807	2017 S
Sedbergh Library		0837	1125	1317	1522	1809	2019 S
Sedbergh opp. Morphets		0839	1127	1319	1524		
Killington M6 Bridge		0847	1135	1327	1532		
Oxenholme Station		0857	1145	1337	1542		
Kendal K Village		0902	1150	1342	1547		
Kendal Blackhall Road		0908	1156	1348	1553		
Kendal Morrisons		0913	1201	1353	1558		
Buses From Kendal to Dent							
Kendal Morrisons		0923	1223	1403	1608		
Kendal Blackhall Road		0928	1228	1408	1613		
Kendal K Village		0933	1233	1413	1618		
Oxenholme Station		0938	1238	1418	1623		
Killington M6 Bridge		0948	1248	1428	1633		
Sedbergh opp. Morphets		0956	1256	1436	1641		
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855 S	
Sedbergh Maryfell	..	1000	1300	1440	1645	1857 S	
Dent Village	0815	1015		1455	1700	1912 S	
Dent Station		1030			1715	1927 S	
S = summer time only (British Summer Time)							

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn				
Buses From Dent to Hawes				
Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1048	1217	1443
Trains to Leeds			1210	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512
Buses From Hawes to Dent				
Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1048		
Trains to Leeds				1604
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	
Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn				
Buses From Dent to Kirkby Stephen/Brough				
Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1048		1443
Train to Leeds		1041		1604
Kirkby Stephen Station dep		1106	1324	1534
Kirkby Stephen Town		1111	1329	1539
Kirkby Stephen Co-op		1113	1331	1541
Brough Clock		1121	1339	1549
Buses From Brough/Kirkby Stephen to Dent				
Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1217		
Train to Leeds		1210		1604
Kirkby Stephen Station dep		1151	1404	1614
Fat Lamb		1158	1411	1621
Cautley, Cross Keys		1205	1418	1628
Sedbergh Maryfell		1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	
Dent Village	1007		1444	

BUS SERVICES

S4/S5 Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st June 2018 until further notice

Dalesman	09.00		
Sedbergh, Maryfell	09.02		
Cawley, Cross Keys	09.10		
Fat Lamb	09.18		
Kirkby Stephen Station entrance	09.24		
Kirkby Stephen Market Place	09.29		
Kirkby Stephen Co-op arr	09.30		
Kirkby Stephen Co-op dep	09.35	11.45	14.35
Kirkby Stephen, Market St	09.36	11.46	14.36
Kirkby Stephen Station entrance	09.41	11.51	14.41
<i>Trains from Leeds to Carlisle</i>	09.34	11.06	15.01
<i>Trains from Carlisle to Leeds</i>	09.20	11.46	14.31
Ravenstonedale, Kings Head	09.47	11.57	14.47
Newbiggin on Lune	09.50	12.00	14.50
Tebay roundabout	09.58	12.08	14.58
Killington M6 bridge	10.08	12.18	15.08
Kendal, Castle Green	10.17	12.27	15.17
Kendal, Blackhall Road	10.22	12.32	15.22
Kendal, Morrisons	10.27	12.37	15.27
 Kendal, Morrisons	10.38	13.28	15.38
Kendal, Blackhall Road	10.45	13.35	15.45
Kendal, Castle Green	10.50	13.40	15.50
Killington, M6 bridge	10.59	13.49	15.59
Tebay roundabout	11.09	13.59	16.09
Newbiggin on Lune	11.17	14.07	16.17
Ravenstonedale, Kings Head	11.20	14.10	16.20
Kirkby Stephen Station entrance	11.27	14.17	16.27
<i>Trains from Leeds to Carlisle</i>	11.06	15.01	17.04
<i>Trains from Carlisle to Leeds</i>	11.46	14.31	15.46
Kirkby Stephen, Market Place	11.33	14.23	16.33
Kirkby Stephen Co-op arr			16.34
Kirkby Stephen Co-op dep			16.35
Kirkby Stephen Market St			16.36
Kirkby Stephen Station entrance			16.41
Fat Lamb			16.48
Cawley, Cross Keys			16.55
Sedbergh, Maryfell			17.03
Sedbergh, Library			17.05

DENT RAILWAY STATION TIMETABLE

Valid from 18th January 2021 until further notice

Northbound to Carlisle For Garsdale times, add 5 minutes		Southbound to Leeds For Garsdale times, subtract 5 minutes	
Mon-Sat	Sun	Mon-Sat	Sun
09 16	10 34	09 38	10 40
12 17	13 55	12 10	13 40
14 43	15 53	16 04	16.33*
18 15	17 48	17 32	18.41
	20 25		20 26

* Through train to Leeds, Sheffield and Nottingham

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect from Friday 22nd June 2018 ufn R = Request only				
	Fri	Fri	Fri	Fri
Dent		10.25		14.25
Sedbergh, Spar		10.39	12.44	14.39
Sedbergh, Dalesman		10.40	12.45	14.40
Sedbergh, Maryfell		10.41	12.46	14.41
Cautley, Cross Keys		10.48	12.53	14.48
Fat Lamb		10.54	12.59	14.54
Kirkby Stephen Station arr		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>		11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.07	13.08	15.03
Kirkby Stephen Town		11.12	13.13	15.08
Kirkby Stephen Co-op		11.13	13.14	15.09
Brough, Clock		11.21	13.22	15.17
	Fri	Fri	Fri	Fri
Brough, Clock		11.26	13.27	15.21
Kirkby Stephen Co-op		11.34	13.35	15.30
Kirkby Stephen Town		11.35	13.36	15.33
Kirkby Stephen Station arr		11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>		-	-	-
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.47	13.43	15.48
Fat Lamb		11.54	13.50	15.55
Cautley, Cross Keys		12.00	13.56	16.01
Sedbergh, Maryfell		12.07	14.03	16.08
Sedbergh, Library	10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets	10.06	12.09	14.05	16.10
Dent	10.20	-	14.19	-

Fri = Friday Only

Joss Lane & Loftus Hill Car Parking Charges	
1 hour = £1.00	4 hours = £4.00
2 hours = £2.00	5 hours = £5.00
3 hours = £3.00	One week = £10.00
Annual Resident Permit, Day = £40	Annual Resident Permit, 24h = £60
Both available from the Information Centre only, renewable annually on 1 st September.	

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church

Sunday 10.30

Wednesday 12.00

Church Wardens:

Tony Reed Screen 21081

& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Holy Days 19.30

Parish Priest Kendal

Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street

Sunday 10.30

Rev. David Crouchley Tel: 20329

worship@peopleshall

1st Sunday each month 10:30 am

Rev David Crouchley Tel:20329

SOCIETY OF FRIENDS

QUAKERS

Brigflatts

Sunday 10.30

Pam Coren (Clerk) Tel: 22586

Sally Ingham Tel:07939 569559

DENTDALE CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

Sarah Woof Tel: 25212

*Enquiries for the following services,
please ring the relevant telephone number*

CHURCH OF ENGLAND

Cautley & Garsdale

Church Wardens:

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

PIONEER CHURCH

Becca Gilbert

Email: becgilb@gmail.com

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

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

TELEPHONE TRIAGE ONLY 8.30am -10am
Please do not walk in, please ring the surgery
for any appointment.

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery

Currently cancelled due to Covid-19

Baby Immunisations/Travel Clinic – Wednesday
afternoons
(By appointment only)

Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm
(By appointment only)

**Please telephone the surgery to make
appointments for all the above clinics.**

See our website
www.sedberghmp.nhs.uk
for further details

Bridging the Gap
First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane

Access Codes to the Defibs are supplied
on contacting Ambulance Control on **999**

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,
Katherine Parrott-Edwards & Sarah Boom
(Hygienist)

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

Monday	1700 - 1900
Wednesday	1000 - 1230 1400 - 1700
Friday	1400 - 1700
Saturday	1000 - 1230

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 Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

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 - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

December 2020