

Sedbergh & District **LOOKAROUND**

February 2024

Donation £1

Issue 428

Lookaround sends its condolences to the family and friends of Terry Bateman, who passed away recently.

Welcome to our first edition of 2024 with once again plenty to read.

First good news—new bus service—see page 7.

Our committee are looking for an additional member to help us, see page 5 and do contact us if you can.

KILLINGTON SPORTS **DOMINO DRIVE**

KILLINGTON VILLAGE HALL

FRIDAY 23RD FEBRUARY

7.30PM START

£3 ENTRY

RAFFLE &
REFRESHMENTS

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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Freezing Lune

Sarah Elizabeth James

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

Wed 7th February - Ukraine

Wed 14th February - St Andrew's

Wed 21st February - St Andrew's

Wed 28th February - St Andrew's

Groups who would like to run a Coffee Morning
please call Lynda Briggs on 07904 055 259
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ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

- ◊ We will print an advert supplied by you, or we can design one for you.
- ◊ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer.
- ◊ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◊ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◊ 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 you 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.

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Double Column 5.2" x 2"	=£18.00
Double Column 5.2" x 3"	=£24.00
Double Column 5.2" x 4"	=£30.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

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editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

LOCAL DALES HUMOUR

Colin Cowperthwaite

A few humorous stories which were featured in The Dalesman magazine many years ago.

Little Bill, at Cowgill School in Dentdale, could not - and would not - count. His teacher, noticing his pride in his new blazer with shining gilt buttons, thought: "Here is the way". "One, two, three, four, five, six" she counted, as she pretended to pull off his precious buttons, one by one, into her hand. "Now Bill", she asked, "how many buttons have I? A gert han'ful", replied Bill.

A man was sitting in the comfortably crowded waiting room of a Dales doctor's surgery when a newcomer entered, looking around

carefully and said: "Isn't Mrs Brown here?" One of the row of women knitters looked up from her knitting and explained: "No, she's poorly today".

About fifty years ago an old Dales farmer was noted for his indifference to his appearance. He appeared before the local magistrates for a trivial offence. The chairman, looking at the farmer with disapproval, asked: "How long do you wear your shirts?" Without hesitation came the reply: "Six inches below mi' bottom".

A Garsdale fisherman, making his way home after a fruitless day's fishing, called at a friend's house. "Ah hevn't had a bite all t'day" he remarked. The lady of the house jumped to her feet, exclaiming: "Eh !

LOOKAROUND

Is looking for a volunteer to help us find new advertisers.

Just a few hours a month to keep an eye out for new businesses in Sedbergh and District and to ask if they would like to help support the Newsletter.

Email us at

editor@sedberghlookaround.org.uk

or call

07464 - 895425

What ! Ah'll put t'kettle on - thoo'll be fair famished !"

A funeral procession was passing through Sedbergh's Main Street. A crowd, largely working folk, stood watching it pass. A rather well-dressed and somewhat arrogant lady visitor pushed her way through to the front and elbowed a place between two men. Turning to one, she said in a very superior voice: "Who is dead, my man ?" He turned, took a good look at her, then said: "Him in t'box, missis".

After giving a lesson on building to a class in a Dales school the teacher, seeing Johnny hadn't been paying much attention, asked him if he could give three different examples of types of windows usually found in houses. After a quick thought, Johnny replied: "Yes, sir. Oppun, Shut, and Brokkun".

A Dales butcher's lad was riding his carrier bicycle very fast down the village street, when he suddenly toppled over and crashed, sprawling over his machine and basket.

Passing villagers gave assistance. On being asked if he was all right, the lad replied: "Ah'm alright, but ah've lost me heart, me liver's mucky, and one of me kidneys has rolled down that drain!"

A Dentdale farm lad bought a watch for five shillings, and it was guaranteed to remain in good order for five years. At the end of the first year the lad took the watch back to the shop and announced that it wouldn't go. "Nah then lad, thou's 'ad an accident wi' it, hasn't ta ?" queried the watchmaker. "Aye, that's right mister. Ah did 'ave a bit of an accident", the lad replied. "Tha sees, six months sen Ah were feeding t'pig and t'watch fell into t'trough". "Six months sen ?" said the watchmaker. "Thou owt t'ha brouwt it back afore now". "Ah couldn't", said the lad, "we nobbut killed t'owd pig yesterday !"

Heard in a Dales school: Teacher: "I come to bury Caesar, not to praise him. Who said that ?" Boy: "Please, sir, the undertaker !"

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NEW BUS SERVICE FROM MARCH 25TH

Westmorland and Furness Council

With effect from March 25th a new bus service will operate on weekdays from Kendal to Penrith via Sedbergh, Kirkby Stephen, Brough and Appleby and vice versa 3 times a day.

Western Dales Bus services will be affected and they will notify their customers of their intentions in due course. Initially this new service will operate till November (coincidentally close to when the £2 bus fare cap runs out in December 2024 unless extended by the government). Clearly this bus service will only survive if a significant number of people use it regularly.

Depart Sedbergh to Kendal
10:20 11:38 14:42

Depart Kendal to Sedbergh
8:30 11:00 13:10

Depart Sedbergh to Penrith
9:04 11:34 13:44

Depart Penrith to Sedbergh
8:45 10:50 13:00

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NHS APP DROP IN SESSION

Lynn May

Join Us for an Informative Session!
NHS App Drop-in and Support
Session for the NHS APP.

Wednesday 14th February 2024
10am to 12pm

Location: Sedbergh Medical
Practice, waiting room

Discover the Benefits of the NHS
App!

Get hands-on help to register and
use the NHS app.

Learn to:

- Book appointments
- Order repeat prescriptions
- Seek medical advice with ease

Bring your ID on the day.

Empower Your Health Journey with
Technology!

Also meet Kirsty Egglestone part of
our social prescribing team who can
help with finances, being more active,
support with your mental wellbeing,
becoming more socially connected,
living well and more independently.

Open to All

LENT LUNCHES

Anne Reed Screen

Lent lunches will be starting on
Wednesday February 14th until
Wednesday 27th March. Come along
to St Andrews for soup, roll and fruit
and a chat. All for £3.50 with all
proceeds going to local Charities.



GETTING TOGETHER & COMMUNITY CORNER

Sarah Woof / Christine Brown

These two groups meet on a Wednesday in the Dentdale Methodist Church, providing a warm place with refreshments for all ages.

Getting Together is 9.30am to 11.30am and can include a game of scrabble, baking bread buns or doing craft, playing with toys or sit and chat.

Community Corner is 2pm to 3.30pm and includes games of Dominoes, jigsaws, or sit and read magazines while having a chat.

There are no age restrictions on either group and no 'membership' so you can come and go, come to one or both, come weekly or occasionally and be made very welcome.

ONLINE TALKS

Friends of the Dales

Here is the latest FREE online talk from the environmental campaigning charity, Friends of the Dales:

Online Talk: Breeding Waders of the Yorkshire Dales

Wednesday 21 February 4.30pm

In this online talk, Ian Court, Wildlife Conservation Officer for the Yorkshire Dales National Park Authority, will outline the status of the



key upland breeding wader species and how important areas such as the Yorkshire Dales National Park are for them. He will also look at the current threats, detail the habitat requirements that waders need and summarise some of the conservation work that is being undertaken to protect them. Finally, insight will be offered into how the Authority's Nature Recovery Strategies will help to benefit a wide range of habitats and species including breeding waders.

You can book for all Friends of the Dales events at:

www.friendsofthedales.org.uk/events

You can also remember to sign up for their free e newsletter on the website homepage.



OPEN HOUSE

Every Tuesday

Coffee, Craft & Chat

10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



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07498 870267

*For anyone
struggling
with bereavement*

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

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

CYCLING THROUGH THE CORDILLERAS OF COLOMBIA.

Hugh and Pauline Symonds

Thank you to all the people (around 80) who came out on a freezing Friday to see our presentation on Cycling through the Cordilleras of Colombia at The People's Hall. After all expenses were paid, we had £100 left, which we have donated to the Red Cross. We are very grateful for the assistance of many friends who came to help with the jobs involved with running such an event - running the bar, movement of chairs, clearing up and salting the icy flags outside the front door. Particular thanks to Andrew Allan and Ian Hutt did an amazing job with the technicalities of light and sound. We hope to be able to do a re-run in the future at some other nearby venues.

Our recent book – “Extraordinary Places by Bicycle” is for sale at Sleepy Elephant and Westwood Books or directly from us.

LETTER TO LOOKAROUND

Maureen Lamb

This month (December), I picked up as usual the LookAround with its colourful cover from the counter of our local store.

I have read it more or less from cover to cover since it was first published in 1986 (thank you Google!) and there surely cannot be a better local magazine which is non-religious and which will publish almost anything reasonable that some-one wants to write.

It also connects people with businesses and local organisations in a very useful way. It is available only because of the dedication of those who produce it. The variety of articles is quite amazing, appealing to a wide variety of readers, some of whom live locally and many who live in distant lands, because it connects them all with Sedbergh.

Congratulations LookAround!
Thankyou Maureen! And thankyou to all our other loyal readers. *Ed*



SEDBERGH MUSIC FESTIVAL

TO BOOK SEE SEDBERGHMUSICFESTIVAL.COM

HEADLINING IN 2024

JESS GILLAM AND
ROYAL NORTHERN
SINFONIA

Tuesday 25th June 2024
at 7:30pm

BBC SINGERS

Thursday 27th June 2024
at 7:30pm

SEDBERGH MUSIC FESTIVAL

Ed Welti

The schedule is currently as follows. Tickets are available for booking via the Festival website Sedberghmusicfestival.com. In due course tickets will be available from the Information Centre, as well as a season ticket for all performances, which will also be available on the website.

COME AND SING, Free, Sunday 16th June 2024 at 2:00 pm.

SEDBERGH SONGSTERS, Free, Monday 17th June 2024 at 1:00 pm.

SEDBERGH SCHOOL
MUSICIANS, Free, Tuesday 18th June 2024 at 1:00 pm.

JULIAN CANN STRING QUINTET, £10, Tuesday 18th June 2024 at 7:30 pm.

NICK HURNDALL SMITH, £10, Wednesday 19th June 2024 at 1:00 pm.

4 HANDS 1 PIANO, £10, Thursday 20th June 2024 at 1:00 pm.

SEDBERGH ORCHESTRA, £10, Thursday 20th June 2024 at 7:30 pm.

JOHN ROBINSON, £10, Friday 21st June 2024 at 1:00 pm.

SEDBERGH TOWN BAND, £10, Friday 21st June 2024 at 7:30 pm.

COTTON TOWN CHORUS, £15, Saturday 22nd June 2024 at 7:30 pm.

AMABILE GIRLS' CHOIR, £10, Sunday 23rd June 2024 at 12:00 pm.

CLAIRE COPE QUINTET, £15, Sunday 23rd June 2024 at 7:30 pm.

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or email info@howgillsaccommodation.co.uk

Accommodation

£10, Monday 24th June 2024 at 7:30 pm.

CHEETHAM'S SCHOOL OF MUSIC, £10, Tuesday 25th June 2024 at 1:00 pm.

JESS GILLAM AND ROYAL NORTHERN SINFONIA, £20, Tuesday 25th June 2024 at 7:30 pm.

STYLE 85, £10, Wednesday 26th June 2024 at 1:00 pm.

FAKIR TRIO, £15, Wednesday 26th June 2024 at 7:30 pm.

BBC SINGERS, £20, Thursday 27th June 2024 at 7:30 pm.

See the advert on the page 9.

HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

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

Exhibition Fund:

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

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

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

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

BOOK TOWN BOOK QUIZ FEBRUARY 2024

Gerry Cotter

A monthly quiz to test your knowledge of the world of books. If you enjoy buying books a programme of fairs run by North West Book Fairs is available from the Howgills Bookshop at 72 Main Street, Sedbergh.

1. In which part of the US Armed Forces did Jack Reacher principally serve?

2. Birds, Beasts and Relatives and The Garden of the Gods are the second and third titles in a trilogy set in Corfu in the 1930s though not written till much later. What is the first title and who is the author?

3. What is the name of the detective agency run by Precious Ramotswe, and in which country are the stories set?

4. By what abbreviation of her surname was Captain W E Johns' intrepid female pilot known?

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5. By what name is David John Moore Cornwell better known?
6. Which novel, published in 1945, has the subtitle 'The Sacred and Profane Memories of Captain Charles Ryder'? There was a TV dramatisation in 1981.
7. What is the title of the book published in 1970 by Helene Hanff consisting of her exchange of correspondence with a London bookseller?
8. Which artist, born in 1932, illustrated 18 of Roald Dahl's books?
9. Whose books include I Chose to Climb, Annapurna South Face, The Next Horizon, Everest the Hard Way and Quest for Adventure?
10. Which publishing company did Allen Lane set up in 1935?
11. Who wrote the lines 'But always at my back I hear / Time's wingèd chariot hurrying near' and what is the title of the poem?
12. Which classic novel, published in 1851 (originally under a different title) and filmed in 1956, ends as follows: 'On the second day, a sail drew near, nearer, and picked me up at last. It was the devious-cruising Rachel, that in her retracing search after her missing children, only found another orphan.'?

SEDBERGH ECONOMIC PARTNERSHIP

Joanne Golton

The new Westmorland and Furness Council Chief Exec, Samantha Plum, visited Sedbergh with Cllr Hazel Hodgson on 15 December to hear more about the town, its opportunities, challenges and ideas from local representatives and businesses.

It was a positive, successful visit with participants offering detailed and honest views about the pressing challenges currently facing their businesses and Sedbergh.

There were clear messages given about lack of access to housing and transport and how this acts as a barrier to growth/ recruitment/ staffing; the feeling that due to the geographical location of Sedbergh, the town seems 'to fall down through the gap' in relation to support from the transport providers, council agencies, tourist boards etc; and also how Sedbergh finds it difficult to compete for new housing and growth against places out-with the national park boundary.

Key areas discussed:

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1. Employment Land – need for grants/ accessing expertise to bring forward sites such as Toll Bar.
2. Housing – need for HMOs and more rental properties to support working people in the town.
3. Tourism – the potential of Book town/ more events in the area and more direct support to promote ‘place’.
4. Main Street area – need for better visitor arrival point that isn’t cluttered, new designated coach parking.

For a full briefing note on the visit and for more information about Sedbergh Economic Partnership please visit the new website www.sedbergheconomicpartnership.org

CHRISTIAN AID

The Rev Anne Pitt

As 2024 unfolds there are ongoing and new areas of distress and conflict around the world. Christian Aid continues to work in many of these arenas of trouble with partners and workers on the ground so it is able to bring first hand observations of developments, and also to assess and endeavour to relieve the needs of communities as they are impacted through the grass roots contacts. Currently there is a special appeal for the Middle East crisis, particularly for the trauma of the Palestinian people in Gaza with the death toll of 24,000 and rising daily. Julie Mehigan is Christian Aid’s Programme Manager for Israel and the occupied



A large independent, family-run bookshop with over 80,000 new and secondhand books

All welcome to our next event:

An Evening with Francesca Beauman of Persephone Books

Tuesday 13th February at 7pm

Tickets £5 and are available to buy online or in the bookshop



Find us on bookshop.org

Westwood Books,
Long Lane, Sedbergh,
Cumbria, LA10 5AH
Tel: 015396 21233
books@westwoodbooks.co.uk
www.westwoodbooks.co.uk



ROYAL BRITISH LEGION SEDBERGH BRANCH

If you have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080(free phone) Your local Sedbergh Branch needs new members in order to keep up its good work. You do not need to have served in the Armed Forces to be a member of the Legion. Membership costs £19.00 Call 015396 21358 or email: nigelwhiting306@gmail.com to apply.

For more information, visit our website:

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



Palestinian Territory. She has recently written:

"We need a full and permanent ceasefire now. There is no military solution to this conflict. Instead, we are seeing our worst fears realised of a pause bomb pause bomb scenario. This is dehumanising, unacceptable and offers little room for hope or the conditions to achieve a lasting peace."

Christian Aid is teamed up with partner organisations across the UK this year to help churches to gain a deeper understanding of poverty. The intention is to empower Christians to act in the run up to the next UK general election. One way this is taking shape is with the 'Act on Poverty' Lent course. Details of this and all of Christian Aid's activities and appeals can be found on the website: www.christianaid.org.uk.

Locally we look forward to welcoming you to our Spring Coffee morning on 13th March in St Andrew's Sedbergh Church room when we start our annual fund raising.



ROYAL BRITISH LEGION SEDBERGH & DISTRICT BRANCH

News Update 2023

David Parratt

Branch Officers and Committee Members are as follows:

President: Tony Reed Screen
Chairman: David Parratt
Treasurer: Martin Gray
Secretary: Nigel Whiting
Poppy Appeal Organiser: David Parratt

Standard Bearer: Stephen Moore
Branch Community Support Sub-Cmtee: Rose Pease, Keith Birbeck, David Parratt

Other Committee Members: John Pease, Myles Ripley, Sandra Gold-Wood, Dennis Whicker

The branch strength at present is 120, of which 75 are full members and 45 are affiliated members from Sedbergh School. Sedbergh Scout Group are also now an affiliated unit with the branch. We have achieved some success in recruiting new members during the past year through a recruiting campaign when committee members manned a stall at the Artisan Markets in July and August. 5 new members were

recruited. These and other initiatives will need to continue to maintain a credible membership in the future.

Sadly, we lost some members during the year. Keith Wood, a stalwart committee member and Standard Bearer died in June after a brave battle with cancer. Keith had carried the branch Standard gallantly in December 2022 during a special service in St Andrews to mark the centenary of the branch since its formation on 11th December 1922. We also lost Gina Barney and Andrew McMullon during the year.

Various events have been held during the period. The branch held its annual dinner at the Sedbergh Golf Club on 12th May which was well attended and is always an enjoyable occasion. A coffee morning was held on 5th July to raise funds for the branch and a further coffee morning was held on 2nd August on behalf of the Rawthey Project.

There was a branch presence at the unveiling of a plaque commemorating the life and tragic death of Second Officer Antoni H Gosiewski ATA and his family at the Lych Gate, Sedbergh Cemetery on 10th September. Second Officer Gosiewski crashed his plane over the Howgills in 1941. The branch had provided a contribution towards the cost of the plaque.

The Remembrance Sunday service was held on 12th November. On completion, a two-minute silence took place at the war memorial, followed by the laying of wreaths and a lament was played. Despite the cold weather, there was a good attendance by the public. An



Jess Moffat Hair
Est. 2023

PRICE LIST

Cutting Service

Restyle cut and finish (blow dry) £20
Dry cut £10
Blow dry £10

Children's cuts under 16 £10

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excellent Remembrance concert was held in the evening in St Andrews Church courtesy of the Town Band.

A Poppy Appeal Coffee Morning was held on 1st November in St Andrews and £194 was raised towards the campaign. The Sedbergh branch wishes to thank everyone that has been involved in helping with the Poppy Appeal and the general public for their continued and generous support. An amazing £13,643 was collected. This is another record for Sedbergh & District with the previous best being £12,729 in 2022. There was a significant increase in the use of the card readers. This was all the more surprising as there was a national shortage of the 2023 poppy

pins halfway through the campaign. In March I attended the Poppy Appeal Organisers meeting in Penrith which provided useful feedback on the previous Poppy Appeal and information on how the Royal British Legion has been using donations to support its beneficiaries.

Jim Fisher gave an excellent talk on behalf of the branch in St Andrews Church on 22nd November on his various travels and expeditions around the world, including Antarctica, Svalbard and Baffin Island. This was well attended and provided a lot of interest.

The branch has continued to provide Branch Community Support at local level to veterans in need. In conjunction with this, the Dalesman once again hosted veterans and their families over the Christmas period. The veterans had been taking part in an addiction recovery programme being provided by Tom Harrison House, a charity based in Liverpool. On Christmas morning, Sedbergh Branch committee members, Keith Birbeck accompanied the veterans and their families on a two hour walk around the Sedbergh area. A branch 'Fell Walking Group' has also been set up to link in with the veterans involved in the Rawthey Project and it is hoped to continue with this.

It was noted that there were a number of RBL aims and initiatives during the year:

- The use of technology to streamline the operation of care homes
- The beneficiary journey for veterans and families to be improved

- To provide a sustainable membership model to attract younger members

- An overhaul of the joining and renewals process

- The setting up of a training working group with a learning development plan and support for members, particularly with regard to Branch Community Support.

Charles Byrne stepped down as Director General at the end of November and will be replaced by Mark Atkinson. The new National RBL Chaplain is The Reverend J Brown CBE.

A set of missing branch Minute Books from 11th December 1922 when the branch was formed to 21st February 1938 have been found in an old filing cabinet in The White Hart Sports & Social Club. This proved to be a very fortuitous find and means that all the Minute Books for the last 100 years are now in our possession.

The Sedbergh Branch needs to continue to recruit volunteers and new members to keep up its good work. If you would like to become a member or learn more about the Legion, please contact either David Parratt(Chairman) on 07855 384640; email dmparratt@gmail.com or Nigel Whiting(Secretary) on 015396 21358; email nigelwhiting306@gmail.com for an application form. For more information, visit our website: <http://branches.britishlegion.org.uk/branches/sedbergh>

The National website is:
www.britishlegion.org.uk



THE BENEFITS OF VOLUNTEERING

Unlocking The Road To Good

Myles Ripley

In a world that often seems hurried and self-centred, volunteering has emerged as a noble endeavour that not only benefits society at large but also enriches the lives of those volunteering. This selfless act of service is a driving force for positive change, fostering a stronger sense of community and personal growth. Let's explore the numerous advantages of volunteering especially in the early days of 2024 when you have made some New Year's Resolutions?

Sedbergh needs volunteers: I'm sure many groups in town need

volunteers but being selfish I'm hoping I may persuade you to consider some of the following:

The voluntary car scheme needs a coordinator to link customers to drivers AND it needs more drivers as well. The Western Dales bus would welcome new drivers. The Charity shops need volunteers to keep the shops open at all the advertised times. Do have a good think about it.

Enhancing Social Connections:
When you offer your time, you create the chance to meet new people and build lasting relationships. The conversations during your volunteering can be meaningful and provide you with unique insights into the lives and experiences of those you help. This social interaction not



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Order a round of freshly made sandwiches and some soup or if you've worked up an appetite walking up to the Spout try a homemade pie with chips or creamed potatoes or our traditional Ham & Eggs using our own free range eggs.

Sit in the verandah, where Wainwright sat, and admire the best view of Cautley Spout, or weather permitting enjoy a seat at one of our outside tables amongst the birds & flowers. Friday is still Pie Day and we suggest you book a table along with lunch on Sunday to be sure of a place.

Bed & Breakfast is available in our twin or double ensuite rooms throughout the week along with dinner for residents.

Please ring to discuss party bookings of 8 or more for other evenings.

All our produce is as local as can be and most of our salads & eggs are home grown during the summer months. Browse our selection of jams and chutneys, fudge, greeting cards and maps and enjoy our range of books.

only combats loneliness but also broadens your horizons.

Strengthening Community Bonds: Volunteering offers an invaluable opportunity to connect with your neighbours. By transporting people who may not have access to reliable transportation, you foster a sense of unity and togetherness within your community. You become a vital link that brings people closer, whether it's helping elderly residents attend medical appointments or aiding students in getting to school safely.

Personal Growth: Volunteering is a powerful catalyst for personal growth. You learn patience, empathy, and understanding as you interact with others from diverse backgrounds. It helps you develop valuable communication and problem-solving skills, which can be applied to various aspects of your life.

Sense of Fulfilment: The gratification that comes from knowing you've made a significant difference in someone's life is unparalleled. Every task you facilitate by your volunteering is a chance to be a hero in the eyes of those you help. This sense of fulfilment boosts self-esteem and overall happiness.

Learning About Your Community: You gain a deeper understanding of the needs and challenges within your neighbourhood. This insight can lead to more informed decisions about how you can contribute to local initiatives or advocate for positive change in your community.

Time: Volunteering allows you to make the most of your time. Instead of sitting in traffic or watching

television, you can use your spare hours to help others. This productive use of your time can provide a sense of purpose and accomplishment.

Emotional Well-being: The act of giving and helping others has a direct positive impact on your mental health. It reduces stress, depression, and anxiety. Volunteering promotes a sense of well-being, as the act of kindness releases endorphins, also known as "feel-good" hormones.

Community Appreciation: Volunteers are often highly regarded by the recipients of their services and the broader community. Your dedication will be appreciated, and your actions can inspire others to volunteer, creating a ripple effect of kindness in your community.

Promoting Independence: For many individuals who may not have access to personal transportation, community drivers serve as a lifeline. By volunteering your time, you empower people to live more independent lives. This can be especially important for senior citizens or individuals with disabilities who might otherwise struggle to maintain their independence.

In conclusion, volunteering offers a wealth of benefits that extend far beyond the physical act of carrying out the tasks. It strengthens bonds, fosters personal growth, and promotes a sense of fulfilment. It is an act of kindness that not only benefits others but enriches your own life. So, why not put the pedal to the metal and become a volunteer today? The road to goodwill is wide open, and the journey promises to be rewarding.

THE 2024 DARK SKY FESTIVAL

Sedbergh Environmental Network

The Yorkshire Dales National Park in partnership with The North Yorkshire Moors is holding their annual 2024 Dark Sky Festival between 9th and the 25th February. During this time there will be an associated range of events and activities throughout our National Park.

There is a good guide to stargazing which can be found on the YDNPA web site so if there is a clear night why not wrap up warm and look at the stars. Counting the stars visible to the naked eye within the Orion constellation is a good way to have some fun and also test the level of light pollution where you are star gazing. The test is to count the stars within (but not including) the 4 main stars which form the rectangle of Orion (to be seen in the sky east of Sedbergh during February) See how many you can see and find out if our skies are polluted. A general rule used by the Countryside Charity for their annual star count is:

Over 30 stars truly dark sky; 26-30 a dark sky; 21-25 a fairly dark sky; 16 -20 some light pollution; 11-15 light pollution; 6-10 severe light pollution; 0 -5 very severe light pollution.

We know that light pollution has a direct impact on the environment and our own health and that well designed lighting can save energy and carbon and boost our economy.

So if you are changing your external house lights make sure they comply with Dark Sky advice - angle lights downward, point the fittings only where the light is needed, use



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proximity sensors and avoid dusk-till-dawn sensors, use lamps of no more than 500 lumens and use warm red or yellow colours (rather than blue) below 3,000 Kelvin. And if you have floodlights remember to angle them down below the horizontal. Security lights at schools and farms at the wrong angle can obliterate a view of the stars over a wide area.

Over the past few years The Sedbergh and District History Society has held an exhibition (Dark Skies Above Us) at St Andrews in Sedbergh to accompany the Dark Sky Festival. This year the History Society has uploaded this display onto their new web site. Go and have a look if you have time at <https://www.sedberghhistory.org.uk>

Happy star gazing :-) And for more information see the YDNPA leaflet "Lighting Advice in the Yorkshire Dales" and "Stargazing in the Yorkshire Dales National Park"

HAPPY NEW YEAR FROM YOUR PEOPLE'S HALL.

Sandra Gold-Wood on behalf of the People's Hall committee.

Yes, it is a little late but of course we have to give the hard-working folk who produce the Lookaround a bit of time off over the festive season.

The committee are extremely pleased and grateful to welcome a new treasurer. Please do give a little thought about joining our committee. Or maybe you'd just like to help out at events rather than be a committee member. If so, do get in touch and we can add you to our list of event helpers.

To those of you who supported the PH Film and Afternoon tea event held at the PH on Sat Jan 13th a great big thank you.

And thanks also go to those who helped out, thanks to Sarah Syred for the beautiful cakes she donated. Anne Read-Screen for the sandwiches, Yvonne Cevetti for the cheese scones and all the further help they gave in the kitchen and the setting up the Hall. Thanks also go to Tony R/S and Gordon H for waiting on tables and clearing up. Thanks go to Ian Hutt for running the film and to Steve Longlands for setting up tables. Not forgetting thanks to Sandra Longlands for collecting the ticket money and selling raffle tickets. Everyone did a sterling job to make the event go well.

I hope you agree with me when I say what a delight the Downton Abbey film was; there was laughter

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and may be a little tear when the Dowager Countess passed to the next life. I'm glad to say actress Maggie Smith is still with us in the real world.

The PH committee hope to make Films a regular event during 2024. As a license to show films is pretty expensive and the PH is a Charity and therefore needs to do the right thing in these matters. So to assist with funding for films the PH is going to be holding Quizzes from time to time to keep funds for films topped up and cover the cost of a license.

So look out for posters. The first of these Quizzes will be Sunday Feb 18. Doors open at 2pm Quiz begins at 2.30. Tea and biscuits, plus raffle and all the fun of the quiz go round.

GEORGINA'S TRIP TO SHEFFIELD.

Georgina Devine/Ed Welti

During Covid Georgina became involved with a number of different self advocacy groups over the internet, and made a lot of friends. Just before Christmas she travelled, by herself, to Sheffield, to meet some of her new friends in person for the first time. Many other friends (and rail staff) helped her on her journey.

Sheffield Voices is a self-advocacy group with dedicated members and staff that ensure that everyone feels welcome and that they take part during activities. For those who are new to the term, self- advocacy is about standing up for yourself, your rights, and your communities rights.



Keep ahead of the weather this winter by stocking up early with Dawsons Fuels essentials

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It's being able to support and speak up for yourself and others in a friendly way. Sheffield Voices work with adults in Sheffield and the surrounding areas whose voices are seldom heard.

Sheffield Voices run sessions both face to face and online through zoom around self-advocacy, issues affecting the learning disability community, and include creative sessions, and social groups.

Georgina had a wonderful day with all her new friends. Above is a picture of her meeting with Father Christmas, and below a certificate she was presented with for travelling all the way to Sheffield (and back) safely for the Christmas party.



NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

As we welcome in the start of a new year, we can start to plan the next stages of work to the station building which will include completion of the pointing and improvement of the drainage. We can also look towards carrying out some internal works as, to date, our activities have been mostly concentrated on securing the external fabric of the building. Indeed, it will be a busy year and, fortunately, bookings are already favourable, without which, we would be unable to fund the work.

The Christmas period has been used productively to undertake a rewrite of our booklet 'Dent Station - A Conservation Project' detailing the events since our acquisition and bringing the story up to date. Much has happened since we first attempted to compile the booklet, and it will be a continuing endeavour. This will shortly be available for free download from our website at www.dentstation.co.uk 'history' page.

But, of course, the Friends are essentially a transport user group and this remains the primary focus of our work. It is the case that our railways are in a state of flux and we need to be ever vigilant as government budgets are scrutinised in search of cost savings. Whilst the transition to Great British Railways seems to have gone quiet of late, one thing is for sure in that some change from the status quo was needed. The franchise system has not served us particularly well and several of the



train operating companies have now been brought under the control of the government. Despite considerable public subsidy, we still lag far behind some other countries in the quality of rail system and fares. Indeed, for some longer journeys in our country, it is a sad indictment that rail travel is often more costly than taking a plane. Efficient and low-cost public transport should be treated as a necessity not a luxury.

Rant over, we were pleased to see a glimmer of improvement on our line during the first few days of January with minimal disruption apart from a weather-related incident. Perhaps I shouldn't speak too soon! This followed the dismal performance experienced during the previous 3 months. We are assured that the train crew shortages, which have been a major issue, are now being resolved and that new recruits are working their way through training and taking up operational roles. Unfortunately, the plague of industrial action has not entirely gone away. Several of the unions have either accepted terms or are engaged in meaningful talks. However, just at the time of writing, ASLEF announced

further action to take place on 31st January. This is disappointing.

Recently, we were delighted to be invited to take part in the Cumbria Better Connected forum hosted by local MP, Tim Farron, who has done an excellent job in highlighting the public transport issues in the former Cumbria, albeit now split into Westmorland and Furness and Cumberland unitary authorities. Of course, the Leeds-Settle-Carlisle line should form part of the local and national transport strategy. It is a valuable asset originally developed as a fast mainline by the Midland Railway Company in the late Victoria era. And yet it has been sadly underutilised for both local connectivity and long-distance travel. Quite beyond belief, a strategy document produced by Northern Powerhouse Rail missed our line off their map. We are anxious to put matters right.

As matters presently stand, it would probably be difficult to justify more than the 8 trains a day we currently have but we would like to see these better spaced to something closer to a 2-hour clock-face timetable. It is vital that there are convenient arrival and departure times to allow travel for work and



further education in centres such as Carlisle, Skipton and Leeds. Also, the railway fulfils a vital role to the local economy in supporting tourism. We would also like to see the addition of faster long distance trains providing connectivity from the east of the country to the north and believe that these can be easily slotted in between the stopping services. Of course, some of the aging signalling may need to be upgraded together with other infrastructure, but surely a small cost when compared with the doomed HS2 project.

It is excellent to see that the new Westmorland and Furness council are addressing the reinstatement of some of the withdrawn bus services, reversing the misguided decision of Cumbria to remove subsidy. We will watch with keen interest as to how events unfold but the reinstatement of the weekday service from Sedbergh to Kendal must dominate local priorities. There is every reason to be optimistic. Meanwhile, full marks to the volunteers of the Western Dales Bus for stepping into the breach with the Wednesday service.

It is, however, difficult for a community service to operate any

route on a daily basis and the few that have tried often end up employing drivers which defeats the objective and increases the cost. The most valuable resource of any community bus operation is the pool of drivers who volunteer their time freely and often between other commitments. But of course, this is a limited resource. It is often said that it takes 20 volunteer drivers to cover the shifts of two full time paid drivers. So, for the regular work and education journeys the only real alternative is a scheduled subsidised bus service.

Back to the railway, I should mention that the Dales Railcard is available to local residents within the qualifying post codes and is well worth having. For a modest outlay, currently £10, this gives a 1/3 discount from a ticket purchased on the day to Leeds, Bradford or Carlisle and any station in between. Even better, there is an offer running until the end of March giving 50% discount. These can be obtained via the Settle Carlisle Railway Development Company or in person at Skipton, Settle, Appleby or Carlisle Stations with proof of residency.

Sedbergh Market

Saturday 24th February 10am-3pm - St. Andrew's Church

natural & sustainable products
delicious eco-friendly foods

recycled & upcycled arts & crafts
info on protecting the environment

Sedbergh Environmental Network

it is a good time to consider using the services we have, including both bus and rail. The government £2 fare cap on the buses has recently been extended until December 2024. Indeed, The S1 makes its regular Saturday journey to Kendal and now also runs on Wednesdays. Indeed, for an excellent day out, why not take the S1 Saturday bus to reach Carlisle departing at 0958 from Sedbergh Post Office to Dent Station and hop on the train to Carlisle making use of the Dales Railcard offer? This would involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back to Sedbergh. Also, on Tuesdays and Thursdays it is possible to reach Penrith on the S6 service and Fridays to Kendal via Kirkby Stephen on the S5. Please check www.westerndalesbus.co.uk for bus running and times.

The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will also give details of any potential disruption. If we can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and we would be delighted to help.



50 YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from February 1974.

Junior Guild

Well-known local camera enthusiasts, Mr and Mrs W. Dixon, were the guests at the Junior Guild meeting in the schoolroom recently. Introduced by their grandson William Dixon, who was in the chair, they showed slides of local scenic interest and were thanked by Diane Bowman and Helen Konczynski. The register was kept by Stephen Ousby, and Linda Raw read the lesson. The winners of the "Life of Mary Jones" competition were William and Judith Dixon, Ann Kramer, Colin Fishwick, and Janet Chamley.

Sedbergh Trip wins Diamond Ring

A Darlington man's trip to Sedbergh in search of a new two-door Morris Marina gained him not only the car, but also a 500 pound diamond ring. Mr Dennis Stephens bought the red saloon from Sedbergh Motor Company and was given an entry form for a competition sponsored by British Leyland to mark the 60th anniversary of Morris Motors. Nobody was as surprised as Mr Stephens when he learned he had won the competition and was able to present his wife, Shirley, with a glittering solitaire for Christmas. He received the ring from Sedbergh Motor Company proprietor Mr John Douglass at a special presentation ceremony at the garage.

They're off to Crufts

A 15-year-old Sedbergh schoolgirl goes to London tomorrow to show

her champion Irish Setter, Meiklestane Red Breeze, at the famous Crufts Dog Show. Ruth Fletcher, of Loftus Hill, has spent the last few months training, exercising, feeding and grooming the young bitch which she will show in the novice and yearling classes. Her mother, Mrs Wendy Fletcher, breeds Irish Setters and Alsatians. Last March, when her mother was unable to take Breeze to compete in the Glasgow Championship Show, Ruth went instead and came back with a first. Mum was so delighted that she decided to hand over responsibility for the dog's future showing career, and Ruth has worked hard to bring Breeze up to tip-top condition. When she is not walking Breeze in front of the judges, Ruth will be taking a great interest in the obedience ring, where one of the Alsatians bred by her mother will be competing.

Death of Mr T.P. Cromwell

The funeral took place at Lancaster and Morecambe Crematorium of Mr Tom Pearson Cromwell, of Underbank, Thorns Lane, Sedbergh. He was 64. Born in Bradford, he was educated at Grange School and became a Sir Isaac Holden Scholar

at Christ's College, Cambridge, where he obtained his BA in 1930. Accepted as a cadet in what is now HM Overseas Service, he spent many years in the Far East. He became assistant protector in Singapore in 1932. He studied the Chinese dialect and history, and in 1936 became the deputy immigration officer in Penang, assistant protector of Chinese

women and girls, and assistant protector of labour. The war in the Pacific found him as district officer at Christmas Island when the Japanese forces invaded and forced its surrender. For his services in the Far East Mr Cromwell was awarded the OBE in 1945. After his time in Singapore, he retired in 1960 and came to live at Banty Gill, Howgill, Sedbergh. He soon took an interest in local community affairs and represented Howgill and Garsdale at different times on the Sedbergh Rural District Council. Four years ago Mr Cromwell and his wife, whom he married in Singapore in 1938, moved from Howgill to Underbank, Sedbergh. As a hobby, Mr Cromwell was interested in amateur dramatics and was a member of the Sedbergh Theatre Group, taking part in many of their productions. He was also chairman of Sedbergh Whippet Racing Club.

50- Year Celebration in Sedbergh

Mr and Mrs George Flint, of 2 New Street, Sedbergh, who have lived in the town for 30 years, celebrated their Golden Wedding on Monday. A native of Pocklington, Yorkshire, Mr Flint was apprenticed as a gas fitter at the local works, subsequently



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

2024

Thursday 22 February
Thursday 14 March
Tuesday 16 April

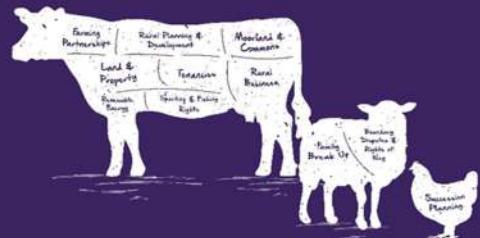


becoming a gas engineer. It was whilst there that he met his wife, the former Miss Margaret Crooks of Sunderland, and on February 4th 1924 they were married at Pocklington Parish Church. After 19 years service at Pocklington, Mr Flint was appointed works manager of the gas company at Market Weighton. Four years later, in 1937, he became managing secretary of the gas concern at Ramsey, Huntingdonshire, and on January 1st 1944 he became manager of the gas installation at Sedbergh. He retired in June 1963, but is still employed part time by the present gas board. His hobbies are music and singing, and he has always had the help and encouragement of Mrs Flint in these

activities. At Pocklington he became bandmaster and conductor of the town's Brass Band, and also organised a prize-winning male voice quartet. At Sedbergh he taught brass instrument playing for 14 years at Sedbergh School and was also a founder member of the now defunct Sedbergh Music Festival. A bass baritone, he confines his singing these days to local functions, and with the Methodist Church choir. Mrs Flint is a member of the Bright Hour and also enjoys knitting, flower arranging, and plant growing. They have a son and a daughter, both married and both living in Bedford; two grandsons and two granddaughters. A family reunion was held on Saturday.

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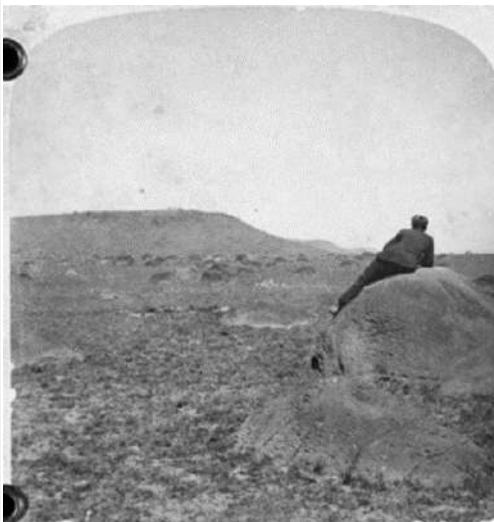
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ROBERT DIGBY-JONES V.C.

Karen Bruce Lockhart

Lieutenant Robert John Thomas Digby-Jones VC was born in Chester Street, Edinburgh, on 27th September 1876. He was at Sedbergh School from 1890 to 1893. Whilst at school he played an active role in school life. He was selected to be a prefect and won the Sedgwick Mathematical Prize in 1893. He played for the XV and was captain of the 2nd XI as well being on the house teams for shooting, cricket and rugby. In 1894 he joined the Royal Military Academy, Woolwich, to train as an officer in the Royal Engineers.

In 1899 the situation between Britain and the two Boer republics broke down completely and the two republics with 21,000 troupes advanced into Natal. They were held at Ladysmith but after a disastrous battle the British were forced to retire back into the town having lost 1200



AUSTRALIAN WAR MEMORIAL

Wagon Hill copyright expired.

men killed, wounded or captured. The Boers surrounded Ladysmith and cut the railway line to Durban. The first relief attempt on 15th December was defeated, and on Christmas Day the Boers fired a carrier shell without fuse into the town, carrying a Christmas Pudding, two Union flags and "the complements of the season" (it is still in the local museum). By the beginning of January both sides were growing weak from lack of supplies, both food, fodder and ammunition. The British line south of Ladysmith ran along a 2 ½ ridge with features known as Wagon Hill and Caesar's Camp which completely dominated Ladysmith. There was no way the British could afford to let it be taken.

On the night of 10th December Digby-Jones took part in a raid by 500 men from the Rifle Battalion to capture another hill (Surprise Hill) and he destroyed a 4.7 Howitzer mounted there with gun cotton. The first fuse did not work and he had to return under fire to insert a second one

On the night of 5th January the Boers attempted to take the dominating ridge and captured the edge of both Wagon Hill and Caesar's Camp. Digby-Jones happened to be working there in command of a party of sappers and soldiers preparing a gun emplacement for a naval gun. At 2.45 am the party was surprised by the Boers, and, after ordering his men to stand to arms, Digby-Jones himself extinguished the line of lanterns which were giving the Boers the line of fire. He and his men made a



The relief of Ladysmith .

gallant stand till reinforcements arrived at 5.30 am. Later on when all the other officers had been killed or wounded he took command, and rallying the men again and again, kept the crest of the hill. Still later on when the exhausted defenders had been forced to retire in disorder, Digby-Jones realised the Boers under De Villiers had attacked again when a shot over the parapet from only a few feet killed one of his men. He picked up a rifle and raced round the parapet shooting De Villiers. He was heard to say. "What's up? The infantry have gone". He got the reply "There are orders to retire, sir". Digby-Jones said, "I have no orders to retire", ordered his men to fix bayonets and led a charge reoccupying the ground in front of the emplacement. When leading his men forward again he was shot in the throat and killed. Another officer who heard that he was down went to search for him and was unfortunately killed himself.

The South African Review said on 24th February 1900, "So far as can be humanly judged it was this officer who saved Ladysmith and the British arms from the mortification of a

defeat and its incalculable consequences."

However, the award of the Victoria Cross was not made at the time as then they could not then be awarded posthumously. The policy was changed in 1902 and King Edward awarded Victoria Crosses to the men involved in the defence of Wagon Hill on his Coronation Day, making Digby-Jones one of the very first to receive the award posthumously

He is buried in Ladysmith cemetery. He was 23. By coincidence his brother was commissioned into the Royal Engineers on the day Digby-Smith was killed. He was also the cousin of one of the first VC winners, who earned his Victoria Cross on six occasions at the siege of Lucknow during the Indian Mutiny.

SEDBERGH HISTORY SOCIETY Stained Glass

Karen Bruce Lockhart

On Wednesday 10th January the Society heard a fascinating illustrated talk from Peter McNaught who is a very experienced artist and restorer of stained glass in both modern and historic settings. He learnt his craft and was trained in the tradition of stained glass techniques at York Minster. Peter now has a vast wealth of experience.

We were shown the processes that are involved in the production and restoration of different kinds of stained glass and some particularly fine examples of the craft.

Peter McNaught began by showing us how he first made drawings from which he created a template and



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demonstrated the use of such tools as a lead cutter and an oyster cutter. He explained how horse nails are used to keep the glass in place during the time they were worked on because horse nails have straight sides.

He told us that there was a wealth of neglected metal framed windows around the country. He told us how he would make a rubbing when repairing such a window from which he would make a template, and how every piece of glass would be numbered so he could be certain in went back into its original place.

Besides repairing neglected and damaged windows he would create windows to order, such as a beautiful

window of coloured umbrellas in Kirkby Stephen. Sometimes these involved a tremendous amount of time, such as a window of many small panes where each of the approximately 50 panes had an individually painted running horse, each one hand painted.

He took us on an extensive tour of Cumbria showing pictures of the various types of windows he had worked on. There were examples from public buildings which it would be possible to go and see. There were also many in private houses, where you might be lucky to see front door panel(s) lit up from inside as you passed. Sometimes these were repairs, sometimes replacements and

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often completely new designs. In one case a house in Ingleton had been demolished and the remains of the window were lying under a pile of rubble. It had been possible despite this to rescue the window and restore it. In another case the window was curved which had been an extra challenge. Some windows were small, but they could be very large and require two people to move. Many of the windows are "listed" and it is likely that more will be in the near future.

After the talk he demonstrated many of the tools he used and talked about the different methods used in other countries, such as zinc and copper instead of lead.

SEDBERGH COMMUNITY SWIFTS

Tanya and Edmund Hoare

HOMES WANTED FOR SWIFTS!

A colony of swifts in Sedbergh that breed under the eaves is under threat. If, when swifts return in May, they cannot get into their nests because the entrance holes have been blocked, they become homeless. They are faithful to their nest sites so it can be very distressing to see them repeatedly flying up to their nests and failing to get in. We may then lose breeding pairs. Loss of breeding sites is the main reason why swifts are in such serious decline – over 60% in the last 25 years.

The only thing we could do in mitigation is to put up swift nest boxes. In this situation there is a fair chance that the boxes will be occupied by some of the displaced swifts. A big plus point is that swifts are not messy, the perfect house guests.

WOULD YOU LIKE TO HOST SWIFTS?

We would like to put up boxes in the area of Back Lane and Main St near Westwood Books. We can supply boxes and can arrange for them to be put up. Boxes need to be at the highest point of walls, under eaves, or on a gable. A two storey building is fine. Breeding swifts are either hidden in their nests or flying high in the sky foraging for food. Unless you happen to be looking at the right time in the right direction you would hardly know they were there.

**PLEASE HELP SAVE
SEDBERGH'S SWIFTS!**

If you live in that area, or know someone who does, please get in touch with us. Swifts are only here for 3 months of the year and give immense pleasure to the community with their exhilarating flying as they swoop high over the town. We do not want to lose our swifts and it's only by taking action that we can help stem the decline.

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A MILE A WEEK FOR SMARDALE GILL VIADUCT

Nanette Rigg

Eden Viaducts launches a new event to raise funds to #SaveSmardaleGillViaduct

(*Ed. For those who don't know "Smardale is one of several local Cumbria Wildlife nature reserves near Kirkby Stephen", if you haven't visited then do!*)

Thanks to the support of the public as well as Railway Heritage Trust, Benny Walker Charitable Trust, The Headley Trust, Garfield Weston Foundation and Yorkshire Dales National Park Authority's Sustainable Development Fund, in 2023 Eden Viaducts completed the first phase of restoration of Smardale Gill Viaduct. The deck of the viaduct was completely waterproofed and the surface repaired.

The second phase of the restoration is set to start in the summer of 2024. This is the full restoration of the stonework of the viaduct – including the piers that keep it standing. Without this work Smardale Gill Viaduct will continue to disintegrate. Smardale Gill Viaduct still remains at risk.

The viaduct is an iconic piece of Victorian engineering standing 90 ft tall with 14 arches. The viaduct took two years to build by hand with only a team of navvies carrying out its construction- 24 months of hard dedicated work lifting and pointing the stone. The Historic England selection guide for transport structures 2017 stated that 33 viaducts in England were Listed Grade II* and 4 were Listed Grade I.



The viaduct therefore belongs among the top 8.3% of Listed Buildings in the country and is one of only 37 viaducts Listed II* or above.

A huge thank you to Alan Hinkes who helped us with our 14 Peaks Challenge that helped us raise funds for the deck repairs. We would be so grateful if everyone would continue to lead the charge towards the viaduct's full restoration by fundraising whenever they can. As a result, we have launched a new Challenge.

The challenge (should you accept) is to jog/trot/walk/run a mile a week for 24 weeks.

You can become an official fundraiser by clicking on START FUNDRAISING on our Campaign page <https://www.justgiving.com/campaign/savesmardalegillviaduct>. You can then simply set up your fundraising page and get your friends and family to join in and support you.

Fundraisers will be sent a 'A Mile a Week for Smardale Gill Viaduct' t-shirt'

To kick off the challenge Chris Rowley has donated his author's profits for his wonderful new book 'The Railway over the Stainmore Pass: Post War Boom and Bust on

the North Trans Pennine' to the campaign. The book can be purchased via the links on www.edenviadcuts.org.uk

Chris Rowley said:

'The book covers everything from how England's highest main line was built across Westmorland to the critical role it played in supplying the once huge industry of Furness and Cumberland and how that industry went through a post war boom after World War II. It's full of previously unpublished pictures of the line in action high in the North Pennines from the 1930s through to the 1960s. The route is well known to rail enthusiasts across the country and I'm really pleased it's proving popular and that I can donate my author's profits to the appeal by the NVT to keep the viaducts open to walkers.'

Neil Cleeveley, Chair of Northern Viaduct Trust said:

'Another year, another challenge. I'd like to thank everyone who helped us get the Smardale Gill viaduct's deck repaired and waterproofed. Now it's watertight we need to restore the stonework that supports the viaduct. So we're embarking on another huge fundraising challenge. And we're really grateful to Chris Rowley for his generosity in donating the proceeds of his new book to the challenge. It's a wonderful start to the New Year. Thanks Chris.'

Alan Hinkes said: 'It was a huge pleasure helping to raise funds for this wonderful historic viaduct. I really enjoyed the 14 Peaks Challenge and look forward to walking across the new viaduct surface but we still have mountains to climb if we are to



restore Smardale Gill Viaduct's stonework and keep the viaduct safe for future generations.'

The viaduct is now surrounded by a nature reserve much favoured by walkers and those who love railway history. Cumbria Wildlife Trust's Reserve at Smardale, in which the viaduct is situated, was recently named the best nature reserve in Cumbria with around 400 species of plants.

The viaduct has under-gone regular maintenance over the years but is now in need of a more extensive programme of maintenance and repair in order to ensure that Smardale Gill Viaduct is preserved for future generations as an important part of Cumbria's industrial history and the UK's railway heritage.

For further information please contact: 07341 838653
office@edenviaducts.org.uk

HOW TO SHOW WILDLIFE SOME LOVE THIS VALENTINE'S DAY

Abbie Hall

Even though it's starting to brighten up, our local wildlife still needs you to show it some love to make it through the last of the winter chill! Here's how you can make a difference for nature by taking these simple actions this Valentine's.

Put up a nest box

Did you know that 14th February also marks the start of National Nest Box Week? This is because this time of year is when birds start pairing up for the new breeding season.

Natural nest sites such as holes in trees and building are quickly disappearing as people carry out home and garden improvements, but since National Nest Box Week was launched in 1997 thousands of nature-lovers across the UK have put up boxes to help compensate this loss of habitat, giving birds a home in their garden and protecting our beloved feather friends.

Melt frozen ponds

When ponds freeze over, toxic gases build up which can kill the fish and frogs which call it home. You can melt their hearts by checking your pond for ice every day, and if it does freeze over, carefully plan a saucepan of hot water on the surface to melt a hole.

Please avoid tipping boiling water onto the frozen pond or breaking the ice with force, as this could unintentionally harm the creatures within.

Leave out food for early rising hedgehogs

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If the weather's mild, some hedgehogs will come out of hibernation early and will be particularly hungry! Show them you care by leaving out water and meat-based dog or cat food. If you leave the food out from dusk and cover or discard anything that's left first thing in the morning, that will help to prevent any flies from laying their eggs in it!

Insects, particularly, beetles and caterpillars, are an important part of a hedgehog's diet, so the more you're able to attract those to your garden with native wildflowers and long grass, the more there will be for hedgehogs to tuck into when they wake up enjoy the warm glow of taking positive action for local wildlife by joining our growing community of nature-lovers – though don't just take my word for it, this is what one of our members had to say in a recent survey.

Being a member of Cumbria Wildlife Trust gives me the sense of doing - in company with likeminded others - something that makes a contribution to protect the future of the natural world.

FAMILY MUSINGS

Sarah Woof

New Year resolutions, who attempts such things, or would own up to attempting such? One of the few I made was to be 'in good time' sending this into Lookaround.....and here I am on deadline day ! I will try harder.

They are a bit like giving up stuff for Lent, or even taking something new on during that season. I feel the Lent stuff is a personal thing and have known people who were very dull about what they had given up and tried to make the rest of us suffer with them. How that helps anyone focus on what Lent is about is beyond me. I am taking up dog walking for Lent and will practice early, more about that next month.

Yesterday, as we set off for Garstang it started snowing, big flakes like ladies' white handkerchiefs falling from the sky, just enough to raise the excitement level with the children, then it stopped. We had a good day and didn't return until dark which meant we got to see all the stars and the sliver of moon high in the sky. I am still waiting for enough

snow to build snow dogs on my garden wall.

Clearing parts of the garden on dry days is good for both the garden and us, gets us out in the fresh air and provides free exercise, and when the small grandchild in his pushchair is the gaffer it is all the better. Two yes two, Robins came hopping along to feed on what we disturbed much to grandchild's delight, "that" he said with great enthusiasm.

Christmas always provides respite from committee meetings, no corporate decisions to be made, then as January grows on us we get back to them, refreshed and enthusiastic after a break. Or something like that.

One organisation that hasn't returned this year is the Dent Pre-

school Nursery, and I want to sincerely thank everyone involved in that over many years, and particularly over recent years. Thank them for all the hours of meetings, fund raising and obviously running the nursery. There is a sadness in its closure but also a deep sense of gratitude and hope for the future, for pre-schoolers going into school and younger ones to 'Toddlers'. It is part of life, seasons of all shapes and sizes come and go, just as we do. We do the best we can for as long as is needed and then hang up our aprons and move on. Always something else in need of our help. I have been given a frying pan for Christmas so I guess I am ready for Pancake Day, enjoy yours.



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NOVEMBER/DECEMBER WEATHER

B. Wright

The year finished off typically wet with a total of 340ml (133.3") for November & December. Christmas Day had 20ml (0.78") but 14 Nov had 60ml (23.5")!!! Now that is wet!! We had our first frost on 10th November, but the rest of the period was rather mild. but winds were variable generally Westerly. We had a covering of snow on 2nd December.

Although wet, I have still managed to get my garden tractor and trailer across the field making feeding the sheep easier. The ewes had really churned up the mud near their shelter. The white lambs are mud coloured! A coloured tup jumped a fence and had a few hours with the ladies so we could have some unplanned late lambs if they were still fertile!

The badgers are continuing to plough up the grass. As I've mentioned before there are 1000s of acres of grass but only my 1 acre is being ploughed up!!

'APPLY NOW' FOR FARMING GRANT

Andrew Fagg YDNP

Farmers in the Yorkshire Dales National Park are being urged to apply now for a grant. A total of £2.2 million is available for what will be the fourth and final year of the Farming in Protected Landscapes programme. As all grants must be claimed and spent before the end of March 2025, ideas need to come forward in the early part of 2024 to stand the best chance of success.

Farming in Protected Landscapes is run by the Yorkshire Dales National Park Authority and funded by the Department of Environment, Food and Rural Affairs. Since the scheme started in July 2021, the National Park Authority has provided grants to 154 farmers and landowners, worth a total of £2.7 million. The decisions on the grant applications are made by an assessment panel, which includes local farmers. Grants can be made to support projects which help nature to recover; mitigate against climate change; provide opportunities for people to understand and enjoy the farmed landscape of the National Park; or which protect or improve the quality and character of the place.

An example of a recent successful application is 'Pasture for Life', a project supporting farmers to produce beef from cattle fed only on grassland. Through the project, four farming mentors are providing support to 12 farmers, helping them to adapt to changes in farm payments and try out new grazing and livestock management methods (see picture).

Member Champion for the Natural Environment at the Yorkshire Dales National Park Authority, Mark Corner, said: "It is essential that farmers in the Yorkshire Dales National Park are supported through the agricultural transition period, because their businesses are vital both for local communities and the landscape we love. A Farming in Protected Landscapes grant could provide a boost to these businesses. Farmers are increasingly coming forward with ideas. Our Farming in Protected Landscapes team is receiving enquiries nearly every day. We have a sizeable amount of money to support local businesses but once it's gone, it's gone - so it would be great if more people got in touch. We'd particularly like to see applications for projects that support the people and place themes. The people theme can include educational work or access projects, while the place theme can incorporate farm diversification, equipment for new business ventures or environmental land management. Ideas please!"

Full details of the programme, as well as the phone numbers of our Farming in Protected Landscapes officers, can be found here - <https://www.yorkshiredales.org.uk/park-authority/living-and-working/farming/farming-in-protected-landscapes/>



PUBLIC ASKED TO SHAPE "TO DO" LIST FOR NATIONAL PARK

Mark Sadler

A partnership of public bodies, farmers, land managers and tourism businesses is urging people to help shape a 'to-do list' for the Yorkshire Dales National Park for the remainder of this decade.

The Yorkshire Dales National Park Management Plan Partnership is updating its management plan – to cover the period 2025 to 2029 – and is asking: 'What needs doing most in the National Park in the next five years?'

People are invited to consider 18 areas of work, ranging from reducing pollution in rivers to increasing the supply of affordable homes, and rank what would be their top six priorities. The public consultation is in the form of a survey, which takes only a few minutes to complete and is available online until Monday the 26th of February.

The partnership includes representatives from North Yorkshire and Westmorland and Furness Councils, private sector interests from North Yorkshire and Cumbria, as well as statutory environmental agencies

Deputy Chair of the partnership, Neil Heseltine, said: "The National Park Management Plan sets out the specific things we will work together to achieve; it is in effect a five-year 'to do list' for the various organisations that operate in the National Park. If an area of work is not in the management plan, it won't get done. That's why I would warmly invite anyone who has an interest in the

future of the National Park to take part in this survey.”

The partnership is making particular efforts to reach people of all ages and backgrounds by producing a short video for social media, which asks people what they most care about in the National Park.

Mr Heseltine, who is also Chair of the Yorkshire Dales National Park Authority, added: “We are facing a climate and nature crisis. At the same time, some of our farmers and businesses are struggling to make ends meet. All of the 18 areas of work listed in the survey are self-evidently important but we would like to get the public’s view on which ones are the most important – and whether we’ve missed anything.”

Councillor Yvonne Peacock, who represents North Yorkshire Council on the partnership, said: “The management plan has a big impact on what happens in the National Park. It influences the actions of many different organisations. So, it’s

really important that people take part in the survey.”

Crispin Thorn, Area Director for the Forestry Commission, said: “The Yorkshire Dales National Park is a really special place, but we know that the climate is changing rapidly and nature is in decline - even here. It’s important to protect the National Park, and this consultation encourages the public to have their say on a range of priorities and issues it faces.”

The Yorkshire Dales National Park Management Plan Partnership is currently overseeing the final year of its 2019-2024 plan. It reports regularly on progress on the 49 objectives in the plan.

For more information, please contact the Yorkshire Dales National Park Authority's Media Officer Andrew Fagg (Andrew.Fagg@yorkshiredales.org.uk) or Communications Manager Mark Sadler (Mark.Sadler@yorkshiredales.org.uk) .



**Have your say on what
our priorities should be**

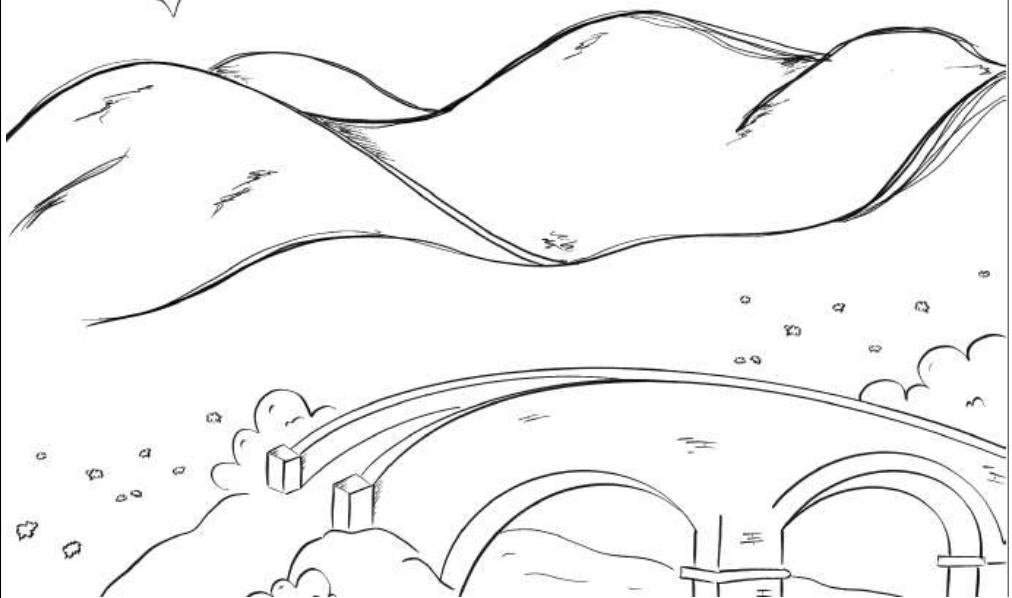
A POEM

As I look out of my window,
the scene is like a perfectly pretty
puzzle, the grass so green, the sky so
blue & the sun so shiny, reflecting the ripples
of the brook onto the dry stone under the bridge.
Rocks in the river, islands in the stream,
nature all around us like a real
dream. Houses standing strong, hundreds of
years young, compared to the ancient mountains
beyond them. The fields and the trees, they
look like a good team, blending in
together, the grass making ways for the
boots of the walkers and the hooves
of the sheep.



The trees guarding &
Making homes for birds, with the
Sound of the wind & the sheep baaing,
I bleating behind. In the sky flying
high, are some birds, doing their job.
Nature really is a perfectly pretty
puzzle! Then, I closed my window and
Went to sleep, dreaming about my poem.

Author: Faith Eaton.



Poem by Faith Eaton. Sharon Webster and Lauren Smith did the artwork



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HAPPINESS

Sue Baxter

Is that the sun which shines sooo
bright?

Not seen for a while, and never at
night!

The brightness, the warmth, how it
does glow,

It brightens us up, how? We don't
really know!

It shines in our eyes, makes us smile
with delight,

That happiness envelopes us, all
because of that bright light.

The rays like a beacon, point from
the sky,

And illuminate all they touch, then
blink, it's goodbye.

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DENTDALE, HEAD TO FOOT Jacob's Join

Andrew Povey on behalf of DDHF

The Head to Foot December
meeting was a Jacob's Join event; it
provided a good start to the festive
season.

Delicious spicy hot mulled wine
was very welcome on a cold day.
This was accompanied by a good
selection of seasonal food.

With sausage rolls, mince pies,
cakes and chocolate wafers there
was plenty to eat- perhaps not for
anyone slimming!

It was a very pleasant social
afternoon, lots of chatting and
finishing off with a Xmas quiz..

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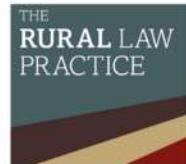
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Twenty questions with Xmas food and drink as the answers. Some were quite tricky with the winning score being eleven correct out of twenty.

Another meeting followed on 5th January at 2pm in the Sedgwick Room in Dent. The speaker was Ian Fletcher and his talk was on Inner city Doctoring.

Look for us on facebook ' Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page. Please follow us and 'like' our page.

For further information please call . Andrew Povey on behalf of DDHF 07881655166 poveya@btinternet.com

FIRBANK AND HOWGILL W.I.

Audrey Hoggarth

We met at Firbank Church Hall on January 4th. Sarah our president opened the meeting by wishing everyone a happy New Year before welcoming our speaker Julie Hartley, who had come to share An odyssey - walking from John O Groats to Lands' End accompanied by husband Nigel and Scout their springer spaniel.

A celebration of retirement, taking two years preparing.

They were up for the challenge covering 1,218 miles, 26 counties, 4 estuaries and road bridges. 6 national parks, in 16 weeks 114 days accommodation, Taking four months

from April to August. Despite the ups and downs the experience had made a lifetime of memories. This was a great presentation with some amazing scenery. Vera Hodgson thanked Julie on behalf of us all for a most enjoyable evening.

The competition for a recycled Christmas card was won by Ann Kendal, with Christine second. Raffle winner was our visitor, Liz Smith.

Moving on to the business part of the meeting we were sorry to hear the sad news that our honorary president.

Olive Clarke had passed away. A public figure, it was a treat to be in her company, she loved Howgill and rural life. She will be missed by all that knew her. We had news

chairman Karen Hanks is nursing a broken ankle. We wish her a speedy recovery as we are to invite her to share with us one of her federation quiz's.

We are to consider doing something at country fest.

Looking forward our annual Domino Drive will be held on February 16th.

Our next Howgill hikers walk will be held on February 20th around Heversham and Hincaster.

We meet again on February 1st. at Firbank when Andrea Meanwell will tell us about farming Life at Borrowbridge.

Visitors and new members will be most welcome.

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DENTDALE W.I.

Thelma Belfield

A New Year and a new programme of talks and activities to look forward to. Jackie our President gave us all a warm welcome, together with a wish for a Happy New Year. Our first meeting of 2024 was to discuss and learn more about each of the four Resolutions to be considered for presentation at the National AGM held each year in June. Current Affairs aren't necessarily the most entertaining subject in our programme but since Covid forced us to meet via Zoom back in 2020 when we had a most interesting and rewarding discussion of the Resolutions for that year, we have continued the tradition at our first meeting of the year with considerable success. This year, the four to be discussed are 'Dental Health Matters: 'The Impact of Poor Housing: 'Say 'NO' to Gambling Advertising: and 'Improving Outcomes for Women in the Criminal Justice System: The Resolution 'Dental Health Matters' was put forward by a WI within the Cumberland/Westmorland Federation, so it will be interesting to see if this proves to be a national concern.

However, prior to the presentation and discussion process, there was the business of the day to be considered. Jackie began by announcing that finally after 2 years she had heard from the Parish Council about our almost forgotten bid, for us to be involved with creating a wildflower area within the Dent Car Park. This scheme is now going ahead, and funds have been

allocated. Thankfully, there will be no financial impact on the WI budget, but practical help will be our contribution. The plan will also include input from children of the Dent School gardening club. It was proposed that a subcommittee be set up and work is anticipated to begin towards the end of February.

This was the main topic discussed but Jackie also took a moment to look back to December and our Christmas celebration lunch at the Cross Keys in Cautley. There was unanimous agreement that the meal was a huge success and that Chris and her team had provided us with an excellent lunch that everyone had enjoyed. I'm sure that a return visit during the coming year will be made.

Business over it was time to get down to the nitty-gritty of current affairs. Four members had agreed to each present one of the Resolutions. Jackie (on behalf of Alice, sadly taken ill and so unable to attend the meeting – hope you feel better soon Alice) began with ' Dental Health Matters'. Locally and nationally, there is a huge problem with the lack of available NHS dentists. This has worsened considerably since the

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introduction of the NHS contract 1996. Many dentists have stopped taking on NHS patients due to the flawed system of payments for dental work carried out. This results in huge numbers of people unable to register with a dentist and/or obtain emergency treatment even when in pain. Poor dental health affects general health so this has a knock on effect on the NHS overall. Private treatment is costly and prohibits many people from accessing essential care. Should this Resolution be approved the WI would be looking towards supporting a review of the NHS Dental Contract. Historically, in 1926, 1930 and 1960 this issue has been supported by the WI, it is

somewhat disturbing that 60 years later problems still exist.

Anthea was our second presenter, taking up the matter of 'The Impact of Poor Housing' England is the most difficult place to find a home. Many houses are old (pre-1939-42war) and are substandard buildings. There has been a 46% reduction on new builds and a 60% increase in the cost of property. The law favours landlords of rental properties who can evict tenants at will. In England, mortgage or rental costs amount to 40% of income. In Germany and France, the same costs amount only to 9%. 4 million people in England need social housing, currently much of it is substandard old property and poorly maintained. There has recently been

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news of children who suffered respiratory disease and died due to mould growing on the inside walls of their accommodation. Poor, damp conditions increase the risk of health issues in elderly people. More houses need to be built. Reasons given for not doing so, are due to land shortages and protected green belt areas.

Thelma took on the third Resolution 'Say NO to gambling advertising'. Problem gambling compromises, disrupts and damages people and their families. It has an adverse impact on the wellbeing of individuals, families, communities and society as a whole. 2.8% of adults engage in PROBLEM gambling with women being adversely affected by someone else's gambling. This results in safeguarding issues, harms family finances and relationships and impacts on mental health and wellbeing. Remote betting has increased by 13.5% and problem gamblers really believe that gambling will improve their financial situation. The current cost of living crisis has encouraged women gamblers. Gambling advertising on TV has increased and research evidence shows that advertising INCREASES gambling participation. Social media accounts of the big betting companies post more than 28,000 ads annually. Public Health England estimate there are over 400 gambling related deaths in England each year. In Belgium and Italy gambling advertising has been banned from most platforms. In the UK the All-Party Gambling Related Harm

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Parliamentary Group recommended that gambling harm be treated as public health issue and a ban placed on advertising in sport and on direct marketing. In 2023 the government published a White Paper outlining a plan for the reform of gambling regulation and the results including some changes will be published during 2024, however, these DO NOT include a full ban on gambling advertising.

Finally, Jenny presented the fourth Resolution 'Improving Outcomes for Women in the Criminal Justice System. 5% of prosecutions in England are imposed on women. These are generally short-term prison sentences, mainly for shoplifting offences and TV licence evasion. Many of these women are found to have been abused as a child. Women prisoners are in the main, primary carers and it is thought that as many as 17000 children are adversely affected by their mother being imprisoned. Women in prison suffer mental health problems and self-harming is wide spread. Pregnant women in prison often suffer premature labour or stillbirth.

Violence is higher in women's prisons than in men's. These facts suggest that possibly custodial sentences should be a last resort with Community Service a more productive process for offenders to pay their penalty to society.)

All four of these issues have a potential impact on the NHS and consequently are equally important to the wellbeing of society. It will be interesting to see which attracts the greatest number of votes and is taken forward for discussion at the national AGM and mandated for further action.

The serious part of our evening completed and with much to think about, a cuppa and Marjorie's biscuits hit the right note. Our four visitors were asked to judge the competition which was for an unusual item beginning with the letter 'H'. This system of using the alphabet for our competition ideas has proved to be most successful and we now have many more entries at each meeting. Thelma was the lucky winner with Halfpennies dating back to Victorian times. Rita was runner up with her Hymn book and in third place, Gill with her Half-crown. Vanessa and Thelma were lucky raffle winners.

The traditional image often parodied in the media, of the WI being all about 'Jam and Jerusalem' has its roots as being part of the foundation of the Women's Institute and still plays an important part in the fabric of the organisation. However, the issues discussed in this report show clearly that the WI also focusses on serious issues that affect our society and its strong voice does

produce results and successfully achieve beneficial changes over time.

Our next meeting is on Wednesday 14th February and we will be hearing from Jean Briggs about 'Charles Dickens, Cautley, Charity – and South America by the way' 'Do come and join us, there is always a warm welcome and those delicious biscuits to taste. We look forward to seeing you.

KILLINGTON W.I. The Afternoon WI for the Entire District

Wendy Fraser-Urquhart

By the time you read this we shall be well into the year 2024, nevertheless I still venture to wish you "A Happy New Year". I have been home from our January meeting for several hours now but would like to write this report before I go to bed. Then I can polish my halo!

What a lovely day it was today - quite rare for the past few weeks - sunny and dry but still very cold and windy. It was great to see friends gathered together again although there were several absentees. Our President Susan Sharrocks was enjoying the warm sunshine with her

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family in Cyprus, though less fortunate mortals were laid low with tummy bugs. So Margaret Denton was Big Chief today and kept us all in good order. As is usual nowadays we started our meeting with our guest speaker, always doubly welcome when it is a local person. Geraldine Fardon, a very experienced hill walker, had already completed the considerable achievement of reaching the summit of the 282 Scottish "munroes", mountains over 3000 feet. In Spring 2019 she had decided to walk from Land's End to John O' Groats, to fulfil an ambition which she had had since the age of seven. Along her journey in 74 days, she walked 1,200 miles, slept in 76

different beds, walked daily distances varying from 10 miles to 23 miles, carried a rucksack weighing only 6 Kg. Immaculate planning was clearly the key to total and joyous success. If you have the chance to hear this illustrated talk, do not miss it!

Top quality chat, tea, cakes and biscuit followed before we moved on to proper WI business. Each year the National WI select an issue to promote to government and general publicity, in order to promote change. This year we have had 4 topics to consider. The first considered the chronic shortage of dentists; the second asked us to consider the impacts of poor housing conditions; the third asked us to object to the effects of excessive advertising of gambling; and fourthly to consider improving outcomes for women in the criminal justice system. All our members agreed that each of these subjects needed attention but equally the second and fourth were voted to go forward for further consideration.

Barbara Maunder and Avril Hobson were recipients of our birthday wishes this month, and the competition winners were Margaret Denton and Jan Dinsdale. You've got to be in it, to win it!

Our next meeting will be on Tuesday 13th February 2024 at 2-00pm in the People's Hall. Our speaker will be Francine Denton whose subject is "Working with Young LGBTQ+ People". Do join us if you can.



SEDBERGH W.I.

Moira Folks

As I write this on a crisp, sunny January afternoon, November seems a very long time ago, but I have two months' news to catch up on today, so I'm turning the clock back to November 16th 2023 and bringing in Anne Pitt to tell us about our walkers' exploits: 'In the middle of one of the wet spells in November, the walking group opted for a lane walk in Barbondale. Happily, though overcast, the rain held off and, starting from the Village Hall car park, the group had a successful circular morning walk of about five and a half miles. The route went through the village, turning eastwards just past the church, then turning left to follow the lane across Barbon Beck before taking the track eastward again, following the track up beside the beck through Barbondale. The homeward route began after crossing the footbridge past the ford and descending the lane past Blindbeck Bridge, returning to Barbon and a very pleasant lunch in the Churchmouse café.'

December saw Sedbergh Main Street brightly decorated ready for Christmas Late Night Opening on December 6th, blessed with a cold but dry evening so the open-air stalls and the Live Nativity in the churchyard could be enjoyed by all. Inside the church the craft stalls were busy, Santa was waiting for children to arrive, an organ recital was adding to the festive occasion and a Christmas flower exhibition was decorating the porch and windowsills. We were grateful to Louise Atkinson,

one of our newer members, for her lovely flower arrangement on behalf of Sedbergh WI on one of the windowsills.

Our Christmas Dinner this year was held on December 13th at The Pheasant, Casterton, beautifully decorated for the occasion. We all enjoyed our meals and would like to thank Sandra Kemp for organising the celebration.

Book club met the next day at Anne Pitt's home with a festive theme. Sadly, I was unable to go myself this year, but I can just imagine the aroma of mulled wine that would have greeted everyone as they entered and then tasted Christmas goodies. This would have served as a pleasant contrast to the book we read in November: 'Cilka's Journey' by Heather Morris, telling the story of the survival of a Jewish Czechoslovakian girl imprisoned by the Nazis at Auschwitz-Birkenau until its liberation by the Russians in January 1945. She was then imprisoned for many years by the Russians, suspected for having collaborated with the Nazis: how else would a Jewish girl have survived a concentration camp? It was a very moving story, following Cilka's journey from the age of 18, enduring unimaginable horrors, as we see her character develop in adulthood. With scores varying between 3 and 9/10, the average was 6.5.

2024 began for us with a relaxing pre-Twelfth Night craft and chat afternoon on January 5th so we could enjoy the last day of Valerie's Christmas decorations and more festive treats! Our first meeting of the

year in the People's Hall was held on January 10th, when we were delighted to welcome Marjorie Bidgway and her amazing display of BUTTONS in boxes, spread over three large tables! Marjorie's interest in buttons started with her fascination with her mother's button box as a small girl. She enthralled us with the history of buttons, starting with decorative buttons made of horn, tusks, seedcases and seashells which have been found in prehistoric burial grounds. Around 1200, Crusaders brought back the button-and-loop system from the Holy Land and Button-makers Guilds were formed in Europe. Buttons have been made from lots of different things – gold, silver, precious and semi-precious stones, pearls, ceramics, cut steel, black glass to imitate Queen Victoria's black jet mourning buttons after Prince Albert's death, enamel, and fabric including silk. Buttons are made not only for fastening clothes but also for decoration – especially by the Pearly Kings and Queens of London – twenty or thirty thousand buttons may be needed for a costermonger's suit! Valerie thanked Marjorie for her fascinating and entertaining talk and for the trouble she'd taken to display her large collection of buttons.

On January 11th, book club members enjoyed a new venue for their meeting, at Karen Shepard's home. We had read 'The Silence of the Girls' by Pat Barker, which gave a new twist to 'The Iliad', the ancient Greek story by Homer about the final year of the Trojan War. Whether the Trojan War is fact or fiction based on

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a real war is unclear, but Homer's story is most definitely written from a man's perspective, full of glory, honour, battle, blood and gore. There was an old Trojan saying: 'Silence BECOMES a woman', meaning 'Women should be seen and not heard.' Pat Barker's version gives women the microphone, so to speak. Her main character, Briseis, a former queen of Troy, is abducted by their enemies, the Greeks, who are surrounding Troy and taken to the Greek camp where she is given to the Greek hero Achilles as a concubine. There she meets other women seized from Troy, most of whom have a worse fate. In this book, we see war and the Greek heroes from the women's angle and can sympathise with the effect of war on women. Again, members' views varied widely, from 4/10 to 8/10, averaging at 6/10. No argument about the 'fizz' and cake that Karen provided to celebrate the new year though: excellent!

Our next meeting in the People's Hall committee room will be on Wednesday 14th February at 7.30pm. We look forward to learning

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about First Responders and Defibrillator Use from Myles Ripley: even if you've heard something similar before, it's well worth refreshing your memory if it's anything like mine! You never know when you could be called on to save a life! New members and guests can always be sure of a warm welcome to our meetings. For further details, please contact our President, Megan Taylor, by email: taylor71@hotmail.co.uk; or our Secretary, Valerie Welti, on 07969 376649.

TOLKIEN IN GARSDALE: Sheep in Sylvia's Headlamp

John Considine

Who with a star on her brow
Walks up a dark hill
Above her, the last homely house,
Above it, the desolate moor?

Who are watching her?
A constellation has walked
Silently out of the sky
Stars blazing two by two

SEDBERGH PRIMARY STEM ON THE AGENDA

Victoria Hudson, Headteacher

STEM on the agenda as Sedbergh Primary students learn about construction & sustainability.

Dozens of pupils in Years 4, 5, & 6 at Sedbergh Primary School got a taste of the world of construction as Equans and Broadacres Housing Association put on a number of STEM & sustainability workshops for the students.

With Equans building 49 affordable and environmentally-friendly homes as part of a £11.5m development on behalf of Broadacres in Sedbergh, the school was the perfect place to showcase the variety of roles available in construction with students curious to know more about the sorts of jobs that go in to building new homes.

As well as an insight into the project itself, and a competition to design Health & Safety posters which will help keep the passing public safe while work continues, there were a number of STEM activities which got pupils thinking about the team of people that work from the earliest planning stages all the way through to completion.

The most popular proved to be the Tetrahedron challenge. Seemingly simple on the surface, the challenge tasks students with planning the materials they'll need to build a tetrahedron – a three-sided pyramid – with a consideration on the cost of materials and the time it takes to actual build their creations.

Tackled by the Year Six students, who are already thinking about what sorts of jobs they might like to do in



the future, building the tetrahedron gives great insights into Quantity Surveying, Project Management, Quality Control, and Health & Safety. A number of the students came out of the session with a new-found consideration for roles in construction.

In addition, there was also sessions on biodiversity and how the future generations can make a big difference to stem the tide of negative change to our natural world.

Victoria Hudson, Head Teacher at Sedbergh Primary School, said: "It was fantastic to team up with Equans and Broadacres to deliver STEM workshops with our pupils. Our Key Stage 2 children got a flavour of the world of construction and were highly enthused due to the links with the housing development in their town. The practical tasks pulled on a range of their skills and got them thinking

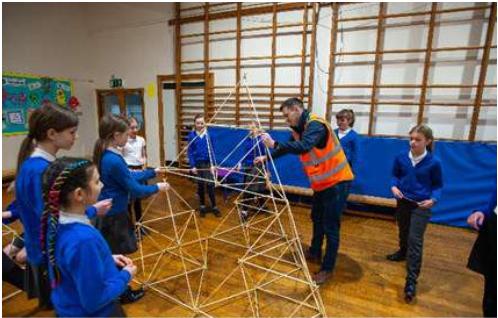


outside the box as well as working as part of a team."

The session was delivered by Equans as part of our 'Equans Engage' programme, which is made up of a number of workshops which can be delivered to students of all ages, as well as in colleges, work training programmes and with community groups.

Ryan Wilson, Social Value Officer at Equans, said: "The day was a really great opportunity to showcase the wide variety of roles available in construction which make use of the STEM subjects. A lot of kids their age probably don't realise how much work goes into making a new house a reality, so hopefully they came out of today with some more ideas around what they might like to do in the future."

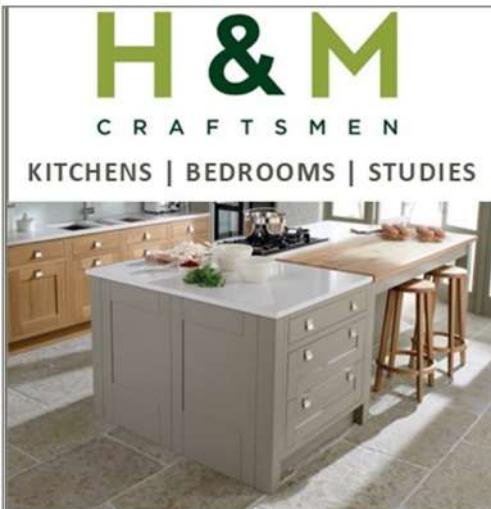
The day was supported by colleagues from Broadacres, as part



of the housing association's commitment – like Equans – to support the wider community around developments.

Helen Fielding, Broadacres' Director of Development and Investment, said: "We are always looking for the colleagues of the future and hopefully by being involved in the workshop and seeing our homes being built in the town, it will encourage the children to think about a future career in housing or construction."

Broadacres is currently preparing to take handover of the properties in the first phase of the development, with people expected to start moving in to their new homes in late Spring.



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THE WILSON RUN – TUESDAY

19 MARCH 2024

Dan Harrison

The Wilson Run is one of the biggest events in the School calendar. The event has been raced every year since 1881; it is one of the oldest School races in the country and perhaps the hardest.

For these reasons, the race attracts a lot of support from the School, parents and Old Sedberghians. We recognise that the event is not universally popular because of the disruption it causes other members of our community and I write to apologise if you are inconvenienced in any way.

We know that both runners and spectators can cause disruption and seek to manage this as follows:

Road Closure

On race day we will start the race on Back Lane in the traditional location and complete the race on Lupton pitches. There will be some disruption on Back Lane and along the road to Kirkby Stephen when the race starts, this will involve a rolling road block for about 20 minutes from 2.25pm. There should be less

disruption on Loftus Hill than in previous years.

We know that the large number of visitors creates congestion in the town. We have sought to reduce this by offering hospitality in the School but expect that this will have only limited impact. I am sorry for this aspect of the disruption.

Above all, we hope that you may enjoy this special event. Our pupils race at the very top of their sport and the run is full of excitement, friendship and colour. We would be delighted if you are able to join us at the start along Back Lane or the finish on Lupton Field.

If any aspect of this event gives you cause for concern or dissatisfaction, please don't hesitate

to contact us and we will do our best to rectify the problem. The aim is to minimise the disruption and keep the impact of the road closure to a minimum.

Runners

Runners will be supervised by marshals and running staff during the Wilson Run on 19 March and the qualifying races on Wednesday 21 and 28 February and 6 and 13 March.

Pupils are instructed that they must:

1. Only run on pavements or single file along the edge of roads with no pavements.
2. Give way to pedestrians and other road users.

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3. Give way to vehicles, including if they are running on single track roads used by farmers.
4. Stay on the race course.
5. Not climb walls or fences.
6. Close gates no matter whether they find them open or closed.
7. Not disturb animals.
8. Not drop litter.

Pupils in breach of these rules will be disqualified.

Supporters

We have issued the strongest possible guidance to visitors to respect the local community and issued instructions on the Countryside Code, in particular about dogs. We have discouraged support for qualifying races.

On race day we have instructed visitors as follows:

1. To park in Boarding House yards, and to avoid prohibited spaces in Sedbergh or private driveways.
2. In order to view the race, visitors should watch at the start or at Ten Mile Lane and then at the Finish. We ask that parents please refrain from driving around the narrow Sedbergh lanes to Cautley and Danny Bridge to catch a glimpse of the runners. In this way we seek to ensure the safety of the runners and minimise the amount of disruption to local traffic.

Response

We would be happy to address any concerns that you may have about the event and, in particular, the rolling road block on Back Lane from 2.25pm. Please do not hesitate to come back to me as soon as possible if you have any queries.

With thanks for your support and best wishes.

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

Sedbergh School International Ltd and EQuest Education Group have announced a collaboration to offer British educational programs in Vietnam. The first will be with the British Curriculum Integrated School in Ho Chi Minh City rebranded Sedbergh Vietnam. The school, which will be one of the largest Bilingual curriculum schools in District 7, Ho Chi Minh City, emulating Sedbergh School's educational approach, is dedicated to fostering students' holistic development.

In November the Old Sedberghian Club held two dinners with a naval theme – one on HMS Belfast by

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Tower Bridge and one on the Royal Yacht Britannia. Two Old Sedberghians had served on Britannia, one as Captain.

Someone caught a photo of a Sedbergh School anorak wandering through the streets of Kyiv.

On the last Wednesday of the autumn term the School carried out activities for the community including supporting the Fix the Fells project, visiting and helping at Horton Women's Centre, making and distributing crafts, and building sheds, painting and refurbishment, and clearing paths and woodland areas at Calvert Lakes. Also they cleared paths, chopped trees back and carried out maintenance at Bendrigg Trust. Another group sang carols in Kendal to raise money for the Bendrigg Trust and the Red Cross. Other hosted tea and carols at St Mary's Church and hosted a sports afternoon for 180 primary school children and many more activities.

The School Christmas appeal supported the British Red Cross in their work for both sides in Gaza. Evans House carried out a 24 hour rowing challenge in shifts and easily

passed their target of £2500 for Restart charity

The Prep School year 3-5 gave 2 performances of a Nativity play and years 5-7 splendid performances of Oliver

Don from Winder House won a Gold Award in Bebras UK Computing Challenge

Cricket

Both the upper School and the Prep School have been included in the top hundred School Guide for cricket by The Cricketer magazine. This is judged by an extensive set of criteria, which included a compelling commitment to cricket in the curriculum, facilities, fixture programmes and coaching.

Once again Lancashire will be hosting 1st Class cricket on the School pitch – the Metro Bank One Day Cup on 24th July and Thunder Cricket v Southern Vipers on 14th July

The School's new cricket professional James Anyon started work at the beginning of the Lent term.

Music

The School put on four performances (three evening and a

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matinee) of Grease in the Brewery Arts Centre.

The annual performance of Britten's A Ceremony of Carols was held in the School chapel on 8th December.

The Prep School choir sang at the morning service in the School chapel on 10th December.

The Chapel Choir has reached the final stage (7 choirs) of the Barnardo's Choir of the Year. The finals will be held in March.

The upper School held two carol services – the Guest Carol service at which the Choir sang to an almost full chapel of guests, and the formal School Carol service for pupils and parents. A year or two ago one guest from the Town commented that it was like having King's on your doorstep, except that you could join in! The Prep School carol service was the last event before going home for Christmas.

Rugby

The 1st XV drew against Warwick 24-24, won against Mount St Mary's 12-5 (played under lights), and lost to Wellington 33-7. They won against Kings Macclesfield 24-20. The game

against Millfield on 6th December had to be transferred to Kendal Rugby Club at the last minute as Buskholme was frozen, joining the other games against Millfield which had already been transferred. The 1st X lost 20-33. On the last Wednesday of term the 1st 15 lost to Llandovery College 20-30.

On 9th December in appalling weather conditions the 2nd XV played Loretto 1st XV and won 50-14. The fixture against Loretto had not taken place for some years, and it was good to see it once more, even if a bit one sided, as it is believed to be the oldest fixture between a Scottish school and an English one. The 4th XV went down to Stamford for a Triangular against Oakham and Stamford and won both matches.

Five Sedbergh girls played for Tri Counties v Penrith, winning 17-10.

Running

The running teams of the Boys' and Girls' Intermediate teams (Year 9/10) from the upper School, and the Girls's Junior team from the Prep had qualified for the National finals of the English Schools Cross Country Cup (the only school to have three teams qualify), and went down to Woodbridge, Suffolk, on 2nd December. They found the opposition tough, and the going harder than expected. The boys finished 24th in the country on a bitterly cold day

The School came back at the beginning of the Lent term to the first Epic run of the term.

George from Hart House is Cumbria Schools' cross country champion.

Three Prep School pupils started the Lent term by qualifying to run for Cumbria Cross Country.

Target Shooting

The shooters took on inaugural matches against Oxford and Cambridge Universities. They scored highly against Cambridge for a win, with Patrick O gaining 195 out of 200 though they did not score quite so highly against Oxford they won that match also.

Marlow from Powell House has been selected for the UK U17 rifle shooting team.

Hockey

The Boys won all three of their matches in their group against KSGS, QEGS and Nelson Tomlinson, qualifying for the County Final. They also won the U18 Cumbria Tournament.

Netball

The U16 won the County Finals.

The 1st VII and U16A went south on a pre-season tour over the weekend of 6th January playing Caterham, Sevenoaks and Hurstpierpoint.

Skiing

Lucy (Year 10) competed in the first round of the French Cup (Moguls) in Tignes over the Christmas break and placed 4th and 5th across the two days and qualified for round 2 in Meribel.

Future Events

Castertonian Society launch Burns supper is on 26th January
Rawthey Ball is on 3rd February
Half term is 9th February to 18th February

Scholarship assessments week starts on 20th February

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Sedbergh U14 Sevens Tournament is to be held on 24th February

The Ten Mile Relays will be held on 26th February 4.15 pm

There is a long exeat weekend on 1st March

Sedbergh U18 Triangular Sevens tournament is on 28th February 2024

A Ben Crossland Concert will be held in the Thornely Studio at 7.30 pm (free admission)

An Evening of Jazz and Swing in Powell Hall is to be held on 10th March at 7 pm

The Wilson Run Dinner takes place at 7 pm in Powell Hall on 18th March and the Wilson Run OS and Parents Lunch in Powell Hall on 19th March at 12 noon

The Wilson Run starts at 2pm on 19th March opposite Lupton House in Back Lane

A Junior 4 mile cross country – Brackenhill starts on 21st March at 10.20 am

The end of Term is 22nd March

The two First Class cricket games this year are Thunder Cricket v Southern Vipers on 14th July 2024 and Metro Bank One Day Cup on 24th July 2024

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TIM'S COLUMN

Tim Farron MP

Happy New Year!

I know we are well into 2024 but the well deserved Christmas break taken by Myles and the team at Lookaround mean this is the first chance I have had to wish you all the best for 2024 and hope that you had a great Christmas.

I've been looking back through what I've been up to since I last submitted my column. Though I say it myself I have been quite impressed by my work rate, despite the fact that Parliament was on its Christmas break for 3 weeks in the middle of this period.

Technology these days means you can actually see what I am up to fairly easily. If you sign up to my Facebook feed you will be able to see more or less every occasion when I have got to my feet in the House of Commons to ask a question of a minister, make a contribution to a debate or even propose a bill. Since we last met through these pages I have been challenging ministers on farm payments, cancer treatment, flooding, post offices, children's mental health, banks closing branches, broadband, tidal energy, the shortage of staff for our local businesses and overnight GP cover at the hospital in Kendal. There were

more issues but I don't want to bore you.

That said I did want to mention two big issues that have been taking up a lot of my time and I have been raising in Parliament, dental care and sewage.

I was horrified to learn that only half of children in Cumbria are being seen by a NHS dentist. That means that half of our children are either not seeing a dentist at all or their parents are having to pay for them to get dental treatment. It really shouldn't be a surprise that these days tooth decay is the most common reason that children go to hospital. I received an email from one of our primary school attendance officers who felt compelled to tell me about all of the children in her school who were missing school due to dental problems. This is a huge and tragic issue but one that the Government seems incapable of understanding the urgency of. I have spoken about this issue in debates, presented petitions on it and will continue to fight on it until something is done.

The other issue I wanted to spend a bit of time on here is sewage discharge by our water companies. I

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hope that by now you are aware of the problems we face in this country and in particular our part of the country with our water companies discharging raw sewage into our rivers and lakes.

The more I dig into this issue the more shocked I get. In an attempt to do something about it I proposed a new law to force the water companies to provide compensation to anyone who got ill as a result of sewage discharged into our waterways. To me this seems only reasonable. Sadly, Conservative MPs disagreed with me and my proposal was voted down. But don't worry I will keep pushing on this too.

As ever if I can help you with these or any other issues then please drop an email to tim@timfarron.co.uk or give us a call on 01539 723403.

Thanks so much for your support.
Tim

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SEDBERGH PARISH COUNCIL

*Janey Hassam, Clerk to the
Council*

The Council held its meeting at 7.30pm on Thursday 11 January 2024, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next meeting scheduled is the normal monthly meeting of the Parish Council, commencing from 7.30pm on Thursday 8th February 2024 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

Sedbergh Parish Council Precept

Members agreed a Precept of £49607.88 for 2024/2025, which would see an increase of £3.25 on an

average Band D property – to circa. £43.90. Members acknowledged the increase; however, it was noted that it was necessary to compensate for inflation in recent years along with notice from Westmorland and Furness Council that the annual Parish Grant, previously paid by South Lakeland District Council, would not continue in 2025. Whilst discussing the Precept and Budget Members also noted that an increase in the annual parking permit would be required, along with an increase in the pay and display parking tariff at both car parks – these would be considered at a future meeting. Members hope that these changes will help give the Council financial security over the coming years –

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noting too, that monies currently held in reserve for projects (including enhancement works at Joss Lane car park) were now worth considerably less, due to inflation, than they were some years ago.

Electric Vehicle Charging

Members are pleased to report that the connection at Loftus Hill car park is scheduled in January, with Joss Lane car park due in March. Further works to complete the install will be required thereafter. Members would like to continue take the opportunity to highlight that provision of these EV chargers is only possible with significant financial support via Gov.uk Office for Zero Emission Vehicles On Street Residential Chargepoint Scheme (OZEV ORCS) administered by The Energy Saving Trust. With thanks also to Sedbergh Community Energy Cumbria, Cumbria Action for Sustainability, Yorkshire Dales National Park Sustainable Development Fund and The Sedbergh Community Trust. The EV Chargers will be available for visitors and residents when completed.

Other matters

Members discussed a betterment project in respect of the Section 106 Agreement for the development off Station Road, along with various other matters. Including the following: Members noted that there had been some progress on the replacement weekday bus service, with an announcement due soon; the street lighting project; Planning matters and Amenities (including the playground at Howgill Lane). Also, general correspondence, including letters

received in respect of pavement licences on Main Street, general wild flower planting, the catchpit/inspection chamber at Guldrey and the ongoing parking improvement strategy for the town.

If you have any queries, or wish to contact Sedbergh Parish Council, please email at clerk@sedberghparishcouncil.org.uk As always, Members of the public are welcome to attend meetings of the Parish Council.

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

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DEMENIA IN FEBRUARY 2024

Myles Ripley (assisted by Chat GPT)

In February 2024, the world stands at a critical juncture in the fight against dementia, a condition that has become a significant global health challenge. With an ageing population and advances in medical science, the spotlight on dementia has never been brighter. This article delves into the latest developments in understanding, managing, and potentially preventing dementia in this crucial month of February 2024.

Unravelling the Mystery: Dementia, a broad term for a decline in cognitive ability severe enough to interfere with daily life, is a multifaceted puzzle. In recent years, researchers have made significant strides in understanding the underlying causes of various types of dementia, such as Alzheimer's disease. Promising studies on the role of genetics, lifestyle, and environmental factors have illuminated the path toward more precise diagnostics and individualized treatments.

Early Detection and Intervention: One of the most notable breakthroughs in dementia research is the advancement of early detection methods. In February 2024, diagnostic tools have become more accurate and accessible, enabling healthcare professionals to identify dementia in its earliest stages. These breakthroughs offer new hope for more effective interventions and treatments, potentially slowing the progression of the disease.

Cutting-Edge Therapies: In the quest to find effective treatments for



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dementia, groundbreaking therapies have emerged. Immunotherapies targeting abnormal protein accumulations in the brain have shown promise in clinical trials. Stem cell research is also making headway, offering the possibility of repairing damaged brain tissue and restoring cognitive functions. These developments may transform dementia from a life sentence to a manageable condition.

Technology's Role: The marriage of technology and dementia care is reshaping the landscape. In February 2024, artificial intelligence-driven apps and wearable devices are helping people with dementia maintain their independence. These

technologies provide reminders, monitor health parameters, and offer assistance in emergencies.

Moreover, virtual reality is being harnessed as a therapeutic tool, engaging dementia patients in immersive experiences that stimulate memory and cognition.

Community and Support: The fight against dementia extends beyond the lab and into our communities. In February 2024, support networks for patients and caregivers have grown stronger. Dementia-friendly communities are emerging, offering safe and inclusive spaces for those living with the condition. Caregiver support groups and educational initiatives are providing crucial resources for those affected by dementia.

Preventive Measures: Prevention remains a key focus in the fight against dementia. Lifestyle choices such as diet, exercise, and social engagement are gaining recognition as protective factors against cognitive decline. Public health campaigns are promoting brain-healthy behaviors, with a focus on reaching individuals in midlife to implement preventive measures early.

Global Collaboration: The urgency of the dementia crisis has spurred international cooperation. In February 2024, researchers, healthcare professionals, and policymakers from around the world are collaborating to share knowledge and resources. This united front is accelerating progress in understanding, managing, and ultimately finding a cure for dementia.

Challenges Ahead: Despite these promising developments, challenges



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persist. The stigma surrounding dementia remains a barrier to early diagnosis and support. Access to cutting-edge treatments and technologies can be unequal, exacerbating health disparities. Continued funding and commitment to research are essential to maintain momentum in the fight against dementia.

In conclusion, February 2024 marks a significant moment in the ongoing battle against dementia. The progress made in understanding the disease, early detection, treatment, and support systems reflects the determination of the global community to confront this pressing health challenge. While there is still much work to be done, the future looks brighter for individuals and families affected by dementia, offering hope for improved quality of life and potentially even a cure in the not-so-distant future.



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WINTER FUEL BILLS

Linda Wilkinson Citizens Advice

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Here are some simple tips to help save money:

- Check your thermostat: A room temperature between 18°C and 21°C is ideal for most people. Turning your thermostat down by one degree could save you around £115 a year. If a medical condition means you need a warmer home, ask your GP what room temperature you should aim for.

- Keep the heat in: Check your home for any gaps in the doors, windows and floors. Blocking any holes could save you around £30 a year. It is important to allow for some

ventilation as without it mould and damp can form.

- Turn off anything you're not using: Turning your appliances, like TVs and washing machines, off instead of leaving them on standby could save around £60 a year. Turning off lights— even if it's just for a few seconds - could save around £25 a year.

- Use LED lightbulbs, which cost less to run.

- Watch your water usage: Cutting your shower time by just one minute can make a difference. If everyone in a four-person household with a water meter did this, they could save around £75 a year.

If you're struggling to afford your energy bills, you might be able to get support from the government or your energy supplier. The first step is to contact your supplier to find out what they can offer. You may be eligible for benefits including the Warm Home



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- Adviceline: 0808 2787 984
- email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444



South Lakes

MORE ENERGY SAVING ADVICE

Linda Wilkinson Citizens Advice

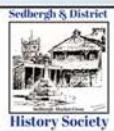
I've tried to follow the advice I've seen about energy saving, but my fuel bills are still going up.

What else can I do? You've probably seen the advice to reduce your thermostat (not below 18°C while you are at home). But switch your heating off completely when leaving the house for a few hours. It's cheaper to reheat your home than keep your heating on low when you're out. And you'll have been told to insulate your home. But how? Fitting draught-proofing strips to your windows and doors is a quick DIY job and can save around £45 a year. A hot water cylinder jacket is easy to fit, typically costs under £30 and can save roughly £50 a year on energy bills. And if you have an unused chimney, installing a chimney draught excluder could save you around £65 a year. Another free tip is to keep furniture and covers away from

radiators and heaters. Blocking the source of heat keeps you cold, overworks your system, and wastes money. In addition to turning off lights and appliances you're not using, you can also make savings by using your washing machine on a 30-degree cycle instead of higher temperatures. Ditch the dryer to save even more money - dry your clothes on racks inside or outside in warmer weather to save up to £60 a year. And have you heard of ECO? (Energy Company Obligation) This scheme obliges energy companies to support households to install energy efficiency measures such as insulation and new, more efficient heating systems. Contact your supplier. If you're still struggling to

afford your energy bills, the first step is to get in touch with your supplier. But if you are already in debt, contact South Lakes Citizens Advice without delay. Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access:

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Sedbergh & District History Society

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A NEW BROOM

Sandra Gold-Wood

Last year in December's Lookaround we left the staff of Sheering Gaye Primary School awaiting the arrival of the new Head.

And so it was on Friday Jan 4 1974 Violet, Mrs Day, Norman, Ian Simpkin, Pauline Raymond, Carole Wheeler and Jean Muffat sat in the staff office at Sheering Gaye primary. They had all been there from 9.30am venturing guesses on what the new head would be like. Some feared that the reason for the meeting was that the new head was going to cut down on staff. Violet reassured them and hinted that they would be having some new teaching staff. Something she was still finding hard to believe.

The clock stood at ten minutes to ten and the atmosphere of creative speculation in the room was tangible as a sleek silver car pulled up outside the school. All the assembled staff held their breath as the handle on the office door began to turn.

'Good morning all, declared Conner Fitzgerald as he breezed into the room and offering his hand, you must be Miss Carpenter, Violet, is that right?' Violet nodded taken by surprise. Conner continued around the room introducing himself, sharking hand and greeting each staff member in turn. The new head was in his forties, classically handsome and at ease with himself. Conner was well dressed in smart grey trousers, a black tailored jacket,

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light blue shirt and a black and grey check waist coat, no tie and his top button was undone. Violet would have described him as a bit of a lady killer.

'And this is Peter Dewhurst, say hello Peter, encouraged Conner.' Peter did as he was asked a blush spreading across his not unattractive face. Peter was a tall, shy man in his thirties, he wore a crumpled dark suit, a pristine white shirt, obviously new and a Cambridge university tie. There were smiles and handshakes all round. A sudden bustle outside the staff office made them all look towards the door. A young woman with long auburn hair, lots of hippy beads and clothing to match glided confidently into the staff office.

Quickly apologising for her lateness and filling the space with the light floral perfume she wore; she smiled coyly as Conner introduced her. Violet's brother Norman was on his feet in a flash offering her his seat. Stepping in behind her chair he was intoxicated by here perfume, her lovely hair and the soft dewy look of her skin. Unable to take his eyes off her Norman wondered if this was how love at first sight felt. A chair was found for Peter and Jean Muffat offered tea. Conner remained standing waiting for the room to settle; 'No tea for now Jean we'll make this meeting as short as possible and then have tea afterwards, is that acceptable to you all? The staff agreed, with nods and

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yeses.' I'll sit here, then,' he said sliding in behind the desk and smiling his charming smile at each person.

Conner went on to explain his plans for Sheering Gaye Primary the first was that each Friday the school would close at 3pm instead of 3.30pm and the staff would be expected to meet with him and report on any issue they had dealt with during the week.

'I'd like all of you to be involved in the running of the school, I want to hear any ideas for improvements, any thoughts on anything you think could be of use, I understand because of building subsidence at Denham Middle school we have a class of eleven- to twelve-year-olds still here, is that correct.'

Violet answered in the affirmative wondering what was coming next and noticing the look on her brother's face. My goodness she thought I think poor Norman has been hit by a lightning bolt, could he be Miss Donna Wyman's type? Then she caught sight of Mrs Day and almost laughed out loud, it was obvious that she too was smitten, caught by the distinguished good looks and charm of Conner Fitzgerald, the new head.

Conner went on to explain more of his plans. A homework club was top of his list as he realised many children found it hard to complete homework at home for a variety of reasons. So on Monday mornings and Thursday after school children would be invited to come in at 8am to

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complete their homework. He would of course be there to help the children and he hoped that at least one of the other teachers would be there too. For this he said he would need Norman's help as he would have to be around to see the building was open and then locked up. 'And said Conner with a flash of his charming smile, of course Norman, I am sure you have expertise that you could share with the children, I understand that your knowledge of flora and fauna is extensive.'

Norman couldn't agree quickly enough as the thought that the teacher on duty might just be Donna Wyman. 'I wouldn't say that, but I am willing to help in any way I can, in fact I'd really like to clear the ground behind the old toilet block and may be plant up some veg.'

'That's the spirit Norman,' said Conner and there was that smile again. Violet was waiting for a little twinkling star to light up at the side of his mouth, like the toothpaste ads.

Conner then moved on to the catering staff and asked them what they needed. They said a bigger budget and another assistant cook. To their delight Conner said that they would be in charge of the budget which would be increased and yes, if they would like to find a suitable person for the job than they should do so.

'However, I need all the catering staff to become much more involved with the running of the school, we are all part of the schools resources and we need to work together so I would like any or all of the catering staff to begin training as teaching

assistances, and I want my teachers to be ready to give a hand to the catering staff and to Norman with his garden project, as I see it if he can grow some good veg then we can cook them or even sell them to help with school funds, plus I will be looking for local people with skills they can share so that there can be some adult classes here, say on a Wed evening. My reasons are that I do not want this school to become a causality of a short-sighted County council, and I hope you all agree that if we work together for the good of the children and the community we will also be helping ourselves to stay in employment; We'll have that tea now please Jean, thank you.'

'Excuse me, piped up Ian Simpkin in man in his fifties with an overgrown moustache and military bearing, I, just want to remind you Mr Fitzgerald, Britain is in the grip of a three-day week, and the heating and lighting are turned off two out of three school days.'

Before Ian could go on Conner thanked him for pointing this out and explained that a generator was being delivered that very morning. It seemed that Conner had a brother who was willing and able to provide the school with a generator.

Violet, knew her mouth was open and she found it a little difficult to close it. The silence hung in the room for a short time as everyone digested the possibilities and what they themselves could offer to this grand plan. Conner was certainly an inspiration. Jean got up and headed toward the kitchen followed by Carole and Pauline. In the kitchen Jean got

a tray and Pauline began to put the cups out saying, she'd never be any good as a teaching assistance. Jean said, how did she know if she'd not tried, and Carole agreed excited at the prospect.

Carole had enjoyed school and had been a good student but her Dad had needed her on the farm so she'd left school at fourteen and by the time she was twenty-one she was married with two children but in her heart she had cherished the dream of becoming a teacher, maybe Conner would help?

'What you dreaming about Carole?' asked Jean. Carole just smiled and poured the milk in the cups. It was a miserable morning in late February 1974 when the plane touched down in West Berlin. Daniel walked out on to the tarmac sick at heart as he wondered how much longer he would have to be away from Violet. It had been two weeks since he'd spoken with her and then only briefly before the line cut off. A voice at his elbow asked, 'Mr Eaton?'

Daniel almost said no as in the moment he forgot the name the Ministry had given him for this trip, that's what it said on his passport. In

Robert Powell

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truth he was beginning to wonder just who he was. 'Yes.'

'This way please sir.'

Daniel followed, used to everything just happening. Daniel slid into the back seat of the non-descript car. The man got in the driver's seat and took off into the morning traffic. On the seat

beside him was a package, it contained instructions as to where he would be staying and what he was to do that evening. Daniel found that he would be joining a trade delegation going into East Berlin with the idea of selling manufacturing machinery. The package contained instructions and the name of his contact and what would be passed to him. There was no more detail than that.

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At the hotel which was an average of its type and just as nondescript as the car and man who had met him. Daniel looked around his room, which was no more than it needed to be and in the wash basin he placed the paper instructions and watched them dissolve into mush which he flushed away. In the well-used wardrobe, he found a three-piece suit, a neatly pressed shirt, tie, shoes, everything the well-dressed salesman would wear. Also, a wallet stuff with Deutschmarks. One thing Daniel had noticed since he'd been working in the secret gathering business, was that he was never short of money. Suddenly he was overcome with the loneliness of it all and he slumped down on to the bed his head in his hands. Just at that moment there was a knock at the door. Instantly on guard he stood to the side of the door,

'Yes.'

'I'm looking for a Mr Simon Chen?' Daniel replied, 'Are you a friend of Mr Chen?'

'No, I thought he was a client of yours?'

The code completed Daniel opened the door.

The man quickly stepped inside, 'Hello there Daniel good to see you.'

'What are you doing here I thought you were desk bound Giles?'

'I do get out sometimes, HQ thought you could do with a hand on this one, get your threads on and we'll get a drink in before we go.'

Daniel was pleased to see Giles, but he wondered what the true implications were. Outside the hotel Daniel and Giles hailed a cab and

gave their destination as the Opera house. They walked in mixing with the crowd making their way through the theatre and out the back where they hailed another cab. By this method they made their way to the American Army HQ checking to be certain that they had not been followed. They received a warm welcome from Major Lance Digby who filled Daniel and Giles in on what to expect at the board check point. The Major drove them around the city again checking for tails before dropping them off where they could hook up with the other members of the main trade delegation. Warning them to stick to small talk as there were many skilled lip readers amongst the enemy.

At the check point they had all been individually searched and passports scrutinized by the East German guards. Then the vehicle they were traveling in was almost taken to bits. so Giles and Daniel just milled around chatting to the other delegates making light of things.

After an hour or so the guards seemed satisfied and they were allowed into East Germany all be it under escort. Daniel felt extremely unsettled as they crossed into East Germany the thought of being found out heavy on his mind and he wondered if Giles felt the same.

The Hotel was thread bare but it was obvious every effort had been made to paper over the cracks and peeling paint. The staff welcomed them shyly while the party of men were ushered to the dining room their luggage predictably whisked away.

Daniel knew it would be painstakingly examined.

Later, in the hotel's make shift bar the members of the delegation were joined by some East German factory managers who were supposedly interested in purchasing machinery to update the State factories they represented. Vodka was liberally offered, poured and drunk. A number of young women arrived and draped themselves around the men, chatting and flirting and pouring more Vodka. Giles and Daniel accepted drinks but set them aside or poured them discretely away aware always that they were being watched. Daniel spotted his mark, a particularly beautiful young woman. From her file he'd got the impression she was much older than the woman he was now greeting. Offering her a drink and swaying a little to give the impression he had indulged in the Vodka. Daniel went through the procedure and the answers she gave



confirmed who she was. Her name was Nona and Daniel wondered if she was as bored with all this as he was. At the right moment Daniel whispered in her ear in a flirty fashion for the sake of the watchers, asking what she had for him, and she took his hand laughing as though they were sharing a joke while carefully passing something that felt like a small button into his hand. Daniel tucked the object deep into his inside pocket as he bent toward her his arm in-circling her so no one could see what he was doing. They laughed again and she leant against him as his arm encircled her shoulders, that was when Daniel looked into her eyes. Back in Sheering Gaye Village on this bright March Day PC Terry

Alders cheerfully emptied the third bucket of dirty water down the backyard drain and chucked the mop he'd been using into the dustbin. Back inside he gave his hands a scrub, put the kettle on to boil and changed out of his overalls and exhaled joyfully. The last two squaddies had moved out that morning and he had the weekend off. The police house was spick and span, and his case was packed. Shortly, he would be collecting Dorothy from the nursing home in Denham and then they were off to Boscombe Bay for a break together. They would be away from the village and their jobs and would sign in as Mr & Mrs Alders. Over the last two months they had seen very little of

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each other and consequently they decided they would dispense with the conventional wedding they had planned. Instead, today, with a special licence they would be married at Denham registry office. Of course, they'd have to face the family at some point but for now Terry couldn't be happier and he whistled as he put on his best grey suit, checked he had the ring safely in his pocket, picked up his car keys, locked up the police house and drove away his car radio playing a popular song.

At the nurses' home Dorothy too was getting ready; her friend, fellow nurse and soon to be witness at the ceremony, was blow drying her hair. 'Oh Judy, you really have a knack with hair, I could never get in looking like that,' said Dorothy all smiles. Judy placed a pretty hat on Dorothy's head and carefully styled her hair around it. The friends chatted and giggled as they made their way to the Town hall where they saw Terry waiting with a policeman friend. They were in and out in no time which was a little disappointing, but nothing could really detract from the joy of the moment. The bouquet was tossed and caught of course by Judy and then amidst a flurry of kisses and goodbyes the happy couple waved and off they went.

Back in Sheering Gaye village the regulars were assembled in the bar at the Swan discussing what might happen with the erstwhile bomb site now that the squaddies had left. Some were saying that the council were honour bound to replant the wood. Others ridiculed the idea that the council would be honour bound to

do any such thing. Church organist, Jonas said, 'That he had heard they were going to build a prison, or some kind of institution', laughing when he saw that some of the gathered patrons believed him. What a load of rubbish shouted Roger laughing with his customers. 'What about a Cinema?' said his new wife Dora joining in the fun. Dave Walker said, 'What a good idea that was.' When unexpectedly the pub doors swung open, and all eyes turned to see a couple of strangers standing there.

At Stanley Hall Violet was reading and re-reading Daniel's letters. It had only been a few days ago when she had spoken with him, and he had sounded sad although she could tell he was trying to hide it. She too had tried in turn to hide her sad feelings. Violet stretched and yawned, 'Time for bed,' she said to no-one thinking she had been feeling more tired than usual lately. As she climbed the stairs she thought about how the school

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was thriving under Conner who seemed to continually inspire people. He'd made Billy Raymond Pupils Champion, with a brief to make sure younger children were not bullied effectively turning him from a possible delinquent into an all-round good lad, who'd have thought it.

The next morning Violet found it hard to leave her bed and when she did she had to sprint for the bathroom where she vomited in to the basin. This had been happening for quite a few days now and she was thinking that she must have picked up a bug from the children at school. Violet splashed her face with cold water. 'I'm not usually sick,' she questioned, as she was gripped in another wave of nausea. Feeling pale and weak she made her way downstairs and prepared a cup of tea but found she couldn't stand the smell. Worrying about letting the school down when Conner had so many good things planned, she decided to call Dr Calvert's surgery, she listened to the ringing at the other end while wondering what on earth was wrong with her? When the possibility hit her.

To be continued.....

BOOK TOWN BOOK QUIZ FEBRUARY 2024 ANSWERS

Gerry Cotter

1. Military Police
2. My Family and Other Animals – Gerald Durrell
3. The Number 1 Ladies' Detective Agency – Botswana
4. Worral
5. John le Carré
6. Brideshead Revisited
7. 84 Charing Cross Road
8. Quentin Blake
9. Chris Bonington's
10. Penguin Books
11. Andrew Marvell – To His Coy Mistress
12. Moby Dick (originally called The Whale)

PERSONAL MESSAGES

BATEMAN

Sue, Linda and Steven would like to thank everyone for all their cards and condolences after the sad loss of Terry it means a lot to us.

We would like to thank Sedbergh Health Centre for looking after Terry during his fight with cancer, also the District Nurses and Macmillan Cancer Support, J J Martin Funeral Directors and Sedbergh Golf Club.

LOOKAROUND DIARY

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6</i> 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB e-mail: alibramall@protonmail.com	20360
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) 1T(ES), 1D(ES) NS, CH, L e-mail: crosskeyscautley@outlook.com	20284

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

DIARY OF EVENTS

Dates are held up to 10/12/2024
 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.

FEBRUARY 2024

01	1930	WIHF - Farming at Borrowbridge (43)	FCH
08	1930	Sedbergh Parish Council (62)	PH
09	YD Dark Skies Festival Begins (19)	Various	
11	1600	Messy Church	CCCN
13	1400	Killington WI	PH
13	1400	WIK - Working with LGBTQ+ People	PH
13	1900	Francesca Beauman (13)	Westwood B
13	1930	Domino Drive	FCH
14	1000	Medical Centre NHS app drop in (7)	MC
14	1200	Lent Lunches Begin (7)	StAS
14	1930	WID - Charles Dickens (45)	DMH
14	1930	WIS - Defibrillators and CFRs (50)	PH
16	1930	WIHF - Domino Drive (43)	FCH
18	1400	Quiz (20)	PH
20	1400	Sight Advice	PH
21	1630	Breeding Waders Talk - FOTD (8)	Online
23	1930	Domino Drive Killington Sports (1)	KPH
24	1000	Eco Market (24)	StAS
25	YD Dark Skies Festival Ends (19)	Various	

MARCH 2024

07	1900	Lookaround AGM	RR
10	1600	Messy Church	CCCN
12	1400	Killington WI	PH
12	1930	Domino Drive	FCH
13	930	Christian Aid Coffee Morning	StAS
13	1930	Sedbergh WI Annual Meeting	PH
19	1400	Sight Advice	PH
19	1430	Wilson Run (54)	Back Lane
22		Sedbergh School Term Ends (56)	TBA
25		New Sedbergh Kendal Bus Service (7)	TBA
27		Lent Lunches End (7)	StAS

APRIL 2024

03	1000	Ghyll, Gryke and Glyph	FM
03	1000	The Space We Fill	FM
09	1400	Killington WI	PH
14	1600	Messy Church	CCCN
16	1400	Sight Advice	PH
20		Sedbergh Spring Show	PH
20	1000	Spring Show (Dec)	PH

MAY 2024

12		Christian Aid Week	Sedbergh
12	1600	Messy Church	TBA
14		Dementia Action Week (64)	TBA
14	1400	Killington WI	PH
15	930	Christian Aid Coffee morning	StAS
18		Christian Aid Week	Sedbergh
20		Dementia Action Week (64)	TBA

21	1400	Sight Advice	TBA
30	1800	Killington Sports (1)	Beckside F

JUNE 2024

09	1600	Messy Church	CCCN
11	1400	Killington WI	PH
11	1400	Killington WI	PH
16	1300	MF - Sedbergh Songsters	StAS
16	1300	Sedbergh Music Festival Begins (MF)	StAS
18	1930	MF - Julian Cann Quintet	StAS
19	1300	MF - Nick Hurndall Smith	StAS
20	1300	MF - Sedbergh School Musicians	StAS
20	1930	MF - Sedbergh Orchestra	StAS
21	1300	MF - John Robinson	StAS
21	1930	MF - Sedbergh Town Band	StAS
22	1300	MF - 4 Hands 1 Piano	StAS
22	1930	MF - Cotton Town Chorus	StAS
23	1200	MF - Amabile Girls' Choir	StAS
23	1930	MF - Claire Cope Quintet	StAS
25	1300	MF - Cheetham's School of Music	StAS
25	1930	MF - Jess Gillam and the RNS	TBA
26		MF - Fakir Trio	StAS
26	930	Killington WI Coffee Morning	StAS
26	1300	MF - Harp Duo	StAS
27		Sedbergh Music Festival Ends (MF)	TBA
27	1930	MF - BBC Singers	StAS

JULY 2024

07		Ghyll, Gryke and Glyph	FM
07		The Space We Fill	FM
09	1400	Killington WI	PH
11		Killington WI Summer Outing	Orton
14		Cricket v Southern Vipers (56)	SS
24		Cricket - Metro Bank One Day Cup (56)	SS

SEPTEMBER 2024

10	1400	Killington WI Ukrainian traditions	PH
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OCTOBER 2024

08	1400	Killington WI making mosaics	PH
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NOVEMBER 2024

12	1400	Killington WI AGM and social time	PH
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DECEMBER 2024

10	1200	Killington WI Xmas Lunch	PH
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All entries in the Diary are free and helps other organisations to make their own plans for events. If you have it in your Diary, please put it in ours.

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

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

THE GUNDOG COFFEE SHOP

Pleasant café in Main Street serving coffee, sandwiches , cakes etc, with a couple of outdoor tables if the weather is good.

HADDOCK PADDOCK

MAIN STREET - 015396 20468

Excellent Fish and Chips, if you're visiting have some before you leave.

NUMBER 46

MAIN STREET

Great sandwiches, rolls etc, perfect for taking with you when walking in the Fells (I speak from experience). Or pop in for a cup of excellent coffee!

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SMATTS DUO

MAIN STREET - 015396 20552

If you fancy a full English breakfast, lunch or afternoon tea this is the place for you.

THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

WAFFLE CONE

MAIN STREET

Ice creams, waffles and drinks. Eat them inside in the seating area, or take them away for home or al fresco consumption.

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable

SOME WALKS AROUND SEDBERGH

WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs

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

THE CALF 8 miles 2600ft 4-5 hrs

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

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs

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

AKAY WOODS 2.3 miles 1 - 1.5 hrs

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

SEDBERGH SCHOOL 45 mins

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

FELL WALL 2.2 miles 1 - 1.3 hrs

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

BRIGGFLATTS 4.2 miles 2- 3 hrs.

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

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs

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

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs

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

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

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

MILLTHROP AND ABBOT HOLME 5.1 miles

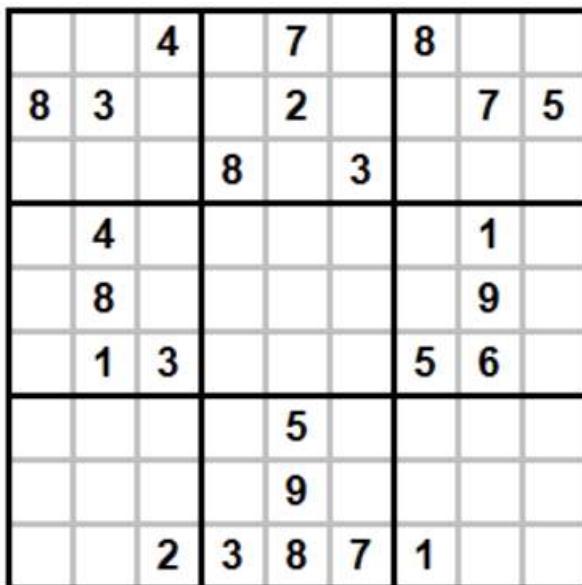
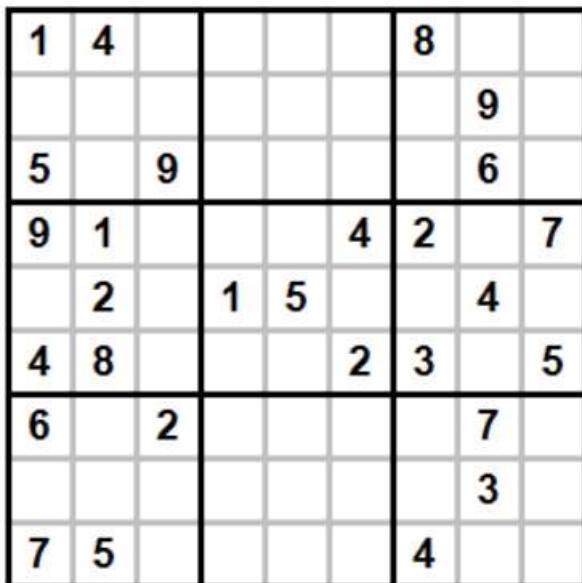
920ft 2.5 - 3 hours. Up over Frostrow, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. (*Walk 10*)

DALES WAY AND CRAGGSTONES. 7.5 miles

1165 ft 3 - 4 hrs. Follow the Dales Way beside the Rawthey and the Lune, then ascend past the waterfalls in Craggstones Wood, before a final stroll across the base of Winder. (*Walk 11*)

For further details of these numbered walks see the Sedbergh Town website. Leaflets describing the walks can also be obtained from Sedbergh Tourist Information Centre for a small donation to cover printing costs.

PUZZLES (SOLUTIONS ON PAGE 88)



GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	TBA
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Mr Johns - 015396 22170
Bridge Club -----	Mr Alison - 015398 24666
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Cornerstone Community Church -----	William Allen - 015396 20194
Cricket Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 015396 25446
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill – Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	TBA
First Responders - Dent -----	See Public Information
First Responders - Sedbergh -----	See Public Information
Football Club Junior - Sedbergh -----	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
Football Club Senior - Sedbergh -----	Mr Parkin - 015396 20585
Friends of Farfield Mill -----	friends@farfieldmill.org
Friends of Settle and Carlisle Line -----	john.carey@settle-carlisle.com
Garsdale Village Hall -----	Mrs Labbate - 015396 22114/07814 378758 / rlabbate@gmail.com
Golf Club -----	Mr Gardner - 015396 21551
Good Companions - Dent -----	Sarah Woof - 015396 25212
Grief Share -----	Duty Team Member - 07498 870267
History Society -----	Karen Bruce Lockhart - 015396 34603
Howgill Harriers -----	admin@howgillharriers.co.uk
Howgill Village Hall -----	Gareth Marshall - 07801 276233
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Joe Gorst - 07964 830473 / joe.gorsty24@gmail.com
Killington Parish Hall -----	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk
Lunesdale Archaeology Society -----	lunesdale.archaeology@gmail.com

GROUPS AND ORGANISATIONS (CONT)

Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Susan Raw - 015396 20542
Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 / dnicolacann@outlook.com
Over 50's Swimming Group -----	Rachael Mellor - 07969 663881
Parent Support Group -----	Mrs Goad - 015396 20402
Parish Council - Dent -----	Scott Thornley - 07368 455353
Parish Council - Garsdale -----	Mr Johns - 015396 22170
Parish Council - Sedbergh -----	Miss Hassam - 07966 134554 membership@sedberghgym.club
People's Gym -----	Steve Longlands - 01536 20885
People's Hall -----	Nicola Cann - 07884 391587 / dnicolacann@outlook.com
Pepperpot Club - Sedbergh -----	Miss Hassam - 015396 20125
Playground - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
Playgroup - Sedbergh -----	Steve Longlands - 01536 20885 booktown@sedbergh.org.uk
Playing Field - Sedbergh -----	sedberghredsquirrels100@gmail.com
Poetry Club* -----	Nigel Whiting - 015396 21358 / nigelwhiting306@gmail.com
Red Squirrel Group - Sedbergh -----	015396 25259
Royal British Legion -----	015396 25259
Schools - Dent Primary -----	015396 20510
Schools - Dent Primary - Friends of -----	015396 20303
Schools - Sedbergh Primary -----	015396 20383
Schools - Sedbergh School -----	Bill Mawdsley - 07989 201481
Schools - Settlebeck -----	Bill Mawdsley - 07989 201481
Scouts -----	Bill Mawdsley - 07989 201481
Scouts - Beavers -----	booktown@sedbergh.org.uk
Scouts - Cubs -----	sedberghecomarket@greencobweb.co.uk
Sedbergh Book Town -----	TBA
Sedbergh Environmental Group -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
Sedbergh Songsters -----	Mr Braddon - 0330 1138850
Sedbergh United Charities -----	Richard Martin - 07884 559829
Senior Golfers -----	Miss Harper - 015396 20613
Shooting Club - Sedbergh -----	Anastasia Micklethwaite - 07952 601568
Sight Advice South Lakeland -----	Facebook: Spellbound Theatre
Sing Joyfully! (Kirkby Lonsdale) -----	John Bannister - 07877 301088
Spellbound Theatre -----	Sedberghswimmingclub@gmail.com
Squash Club -----	Mr Lewes - 015396 20052
Swimming Club -----	Sarah Waters - 015396 20457
Tennis Club -----	Garth Steadman - 07796 164066
Town Band - Sedbergh -----	Myles Ripley - 07880 161648 / vscsseabergh@gmail.com
Town Twinning Group -----	Ed Welti - 07854 103377
Voluntary Car Scheme -----	The Committee - 015396 20773
Westmorland Gazette Entries -----	Mrs Smith - 015396 25607
White Hart Sports and Social Club -----	Mrs Hoggarth - 01539 824663
Women's Institute - Dentdale -----	Mrs Sharrocks - 015396 20754
Women's Institute - Howgill -----	Megan Taylor - taylor71@hotmail.co.uk
Women's Institute - Killington -----	Club Secretary - sedberghyfc@hotmail.com
Women's Institute - Sedbergh -----	
Young Farmers - Sedbergh -----	

Groups are currently being updated—TBAs will be removed in the coming editions.

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

USEFUL TELEPHONE NUMBERS							
Age UK South Lakeland							
030 300 30003							
Electricity in any area							
105							
Medical in any area							
111							
Pension Service Surgery							
Stricklandgate House every Tuesday 1400 - 1600							
01539 795000 or 0845 6060265							
Police in any area							
101							
Sight Advice South Lakes							
01539 769055							
South Lakes Citizens Advice Bureau							
03444 111 444							
South Lakeland District Council							
01539 733 333							
Western Dales Community Bus Service							
wdbusops@gmail.com 07541644524							
Yorkshire Dales National Park							
0300 456 0030							
<i>If you would like to see any numbers listed here, please let us know.</i>							

LOOKAROUND EDITORIAL TEAM							
Myles Ripley (T)							Team Leader and Chairman
Francis Haigh (T)							Treasurer
Philip Johns (T)							Secretary
Elspeth Griffiths							Proofreading
Karen Bruce Lockhart							Proofreading
Jane Fisher (T)							Proofreading
Katie Wood							Proofreading
Ed Welti (T)							Compilation and Vice Chairman
Valerie Welti (T)							Advertising Administration
Members annotated with (T) are also Trustees. Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation							

PUZZLE SOLUTIONS

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

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

BUS SERVICES

**S1 Wednesdays - Kendal Shuttle
Western Dales Bus
Dent - Sedbergh - Oxenholme - Kendal**
From 2nd October 2023

Dent Village	..	1010	..	1430
Sedbergh Maryfell	..	1025	1200	1445
Sedbergh Library	..	1027	1202	1447
Sedbergh opp. Morphets	..	1028	1203	1448
Killington M6 Bridge	..	1037	1212	1457
Oxenholme Station	..	1047	1222	1507
Kendal K Village	..	1052	1227	1512
Kendal Bus Station	..	1058	1233	1518
Kendal Morrisons	..	1103	1238	1523

Kendal Morrisons	..	1113	1328	1533
Kendal Bus Station	..	1118	1333	1338
Kendal K Village	..	1123	1338	1543
Oxenholme Station	..	1128	1343	1548
Killington M6 Bridge	..	1138	1353	1558
Sedbergh Spar	..	1147	1402	1607
Sedbergh Post Office	..	1148	1403	1608
Sedbergh Maryfell	945	1150	1405	1438
Dent Village	1000	..	1420	..

DENT RAILWAY STATION TIMETABLE

Valid from January 2022

(N) Through train to Leeds, Sheffield and Nottingham

*Cancellations are always possible, so please check before travelling:
National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)*

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.48	07.55	10.34	07.03	09.08	10.40
09.16	09.16	14.01	09.38	10.42	13.38
10.47	10.47	15.53	12.13	12.13	16.33 (N)
12.17	12.17	17.48	16.05	16.05	18.41
14.45	14.45	20.20	17.33	17.33	20.26
16.46	16.46	..	19.38	19.38	..
18.15	18.15
19.44	19.44

BUS SERVICES

Western Dales Bus
S1 Saturdays - Kendal Shuttle
Dent Station - Dent - Sedbergh - Oxenholme - Kendal

From 2nd October 2023

Trains to Carlisle	..	1048	1815
Trains to Leeds	..	1041	1733
Dent Station	..	1053	1737
Dent Village	..	1108	..	1505	1752
Sedbergh Maryfell	0835	1123	1315	1520	1807
Sedbergh Library	0837	1125	1317	1522	1809
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 Bus Station	0908	1156	1348	1553	..
Kendal Morrisons	0913	1201	1353	1558	..
Kendal Morrisons	0923	1223	1403	1608	..
Kendal Bus Station	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 Spar	0956	1256	1436	1641	..
Sedbergh Post Office	0958	1258	1438	1643	..
Sedbergh Maryfell	1000	1300	1440	1645	..
Dent Village	1015	..	1455	1700	..
Dent Station	1030	1715	..
Trains to Carlisle	1048	1815	..
Trains to Leeds	1041	1732	..

BUS SERVICES

Western Dales Bus

S5 Fridays - Kirkby Stephen Shopper
Sedbergh - Kirkby Stephen - Ravenstonedale -
Newbiggin - Kendal Bus Station - Kendal Morrisons
From 2nd October 2023

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

BUS SERVICES

Western Dales Bus

**S6 Tuesdays and Thursdays - Kirkby Stephen—Penrith
Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith**
From 2nd October 2023

Sedbergh Post Office	0914
Cautley Cross Keys	0923
Kirkby Stephen Station Entrance on A685	0937
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfell (pick up only)	1055	1333	1536
A66 Bridge End Inn(pick up only)	1100	1338	1541
Appleby, The Sands (pick up only)	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Pennine Hotel	1138	1416	..
Kirkby Stephen Social Club	1616
Kirkby Stephen Station Entrance on A685	1621
Cautley, Cross Keys	1625
Sedbergh Town	1644

JOSS LANE & LOFTUS HILL CAR PARKING CHARGES

30 minutes = £0.50	3 hours = £3.20
1 hour = £1.20	5 hours = £5.00
2 hours = £2.20	All day (9 hours) = £6.00
Maximum stay = 24 hours	Annual Resident Permit = £60

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

Religious Services in Sedbergh

<p>CHURCH OF ENGLAND The Benefice of the Western Dales Vicar: Rev'd Andy Burgess 20018 andy.burgess@westerndales.org.uk</p> <p>Pioneer Minister Becca Gilbert Email: becca.gilbert@westerndales.org.uk (currently on sabbatical)</p>	<p>ROMAN CATHOLIC St. Andrew's Parish Church Sunday 12.00 Parish Priest Kendal Tel: 015397 20063</p> <hr/> <p>SOCIETY OF FRIENDS - QUAKERS Brigflatts Sunday 10.30 Janet Chetwood (Comms Clerk) Tel: 21715 Sally Ingham (Business Clerk) Tel: 07939 569559</p> <hr/>
<p>Licensed clergy: Rev'd Christine Brown 25418 Rev'd Lindsay Gray</p> <p>Churchwardens: St Andrew's, Sedbergh Tony Reed Screen 21081 Susan Sharrocks 20754 churchwardens.sedbergh@westerndales.org.uk</p>	<p>DENTDALE CHRISTIAN FELLOWSHIP Rhumes, Dent LA10 5QJ Every 4th Sunday 1900 Sarah Woof Tel: 25212</p> <hr/>
<p>St Andrew's, Dent David Wright churchwardens.dent@westerndales.org.uk</p> <p>St John the Baptist's, Garsdale Bill Mawdsley and Rosemary Lord churchwardens.garsdale@westerndales.org.uk</p>	<p>METHODIST CHURCH IN THE WESTERN DALES Cornerstone Community Church, New Street; Dent; Garsdale Low Smithy; Hawes Junction Rev'd Andy Burgess 20018 andy.burgess@westerndales.org.uk</p>
<p>St Mark's, Cautley Judith Bush and Maureen Hinch churchwardens.cautley@westerndales.org.uk</p> <p>St John the Evangelist's, Cowgill Janice Moorby and Heather Fraser churchwardens.cowgill@westerndales.org.uk</p> <p>Holy Trinity, Howgill Pauline Marshall and Helen Hoggarth churchwardens.howgill@westerndales.org.uk</p> <p>St John the Evangelist's, Firbank Currently no churchwardens, please contact Sedbergh churchwardens</p>	<p>Pioneer Minister Becca Gilbert Email: becca.gilbert@westerndales.org.uk (currently on sabbatical)</p> <hr/>
<p>All Saints', Killington Currently no churchwardens, please contact Sedbergh churchwardens</p>	<p>UNITARIAN & FREE CHRISTIAN CHAPEL Market Place, Kendal Sunday 11.00 Amanda Reynolds Tel: 07545 375721</p>

Anglican Service Times

ST ANDREW'S CHURCH, SEDBERGH

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

ST ANDREW'S CHURCH, DENT

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

ST MARK'S CHURCH, CAUTLEY

1st Sunday	2.30pm, Holy Communion
3rd Sunday	9.30am, Morning Prayer
5th Sunday	2.30pm, Taizé Service

ST JOHN THE BAPTIST'S CHURCH, GARSDALE

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

ST JOHN THE EVANGELIST'S CHURCH, COWGILL

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

HOLY TRINITY CHURCH, HOWGILL

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

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

1st Sunday	2.30pm, Afternoon Service
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Methodist Service Times

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

Combined plans for Western Dales Mission Community February 2024						
	Time	4 th	11 th	11 th	18 th	25 th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC	HC		Choral Matins 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Service	Service	Joint Service	HC
St. Mark's, Cautley LA10 5LZ		2.30pm EP			9.30am MP	
St. John's, Garsdale LA10	10am	HC			MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service	Service		Service
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service				
Holy Trinity Howgill LA10 5JD	9.30am		SW	SW		
St. John's Firbank LA10 5EF	2.30pm		SW	SW		
St. Andrew's, Dent LA10 5QL	10.30am		HC			HC
St. John's, Cowgill LA10 5RJ		2.30pm Thanksgiving Service			2.30pm HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service			All-Age Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	All Age Breakfast Meeting for Worship Kendal MH 8.30am Contact below. 10.30am Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Tuesday	6 th				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	Wednesday	7 th	14 th	14 th	21 st	28 th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00					Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer SW- Service of the Word		MP- Morning Prayer EP- Evening Prayer				
Contacts- Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063						

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am

(Face to face appointments – please phone on the day to book an appointment)

Telephone Triage – 10.30am – 12pm
(please phone or book online)

Late Morning Appointments 10.30am – 12pm &

Afternoon appointments 2.30pm-6pm
(please phone or book online)

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see our website

www.sedberghmhp.nhs.uk
for further details.

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

Health Centre, Station Road

Telephone Box, Millthrop

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

First Responders **IN EMERGENCIES CONTACT THE** **EMERGENCY SERVICES**

The numbers below are for information on volunteering only

Sedbergh - Myles Ripley 07880 161648

Dent - Wendy Pontefract 015396 25253

POLICE

101 or 999

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,
Anna Kayani and Dawn Douglass

Monday to Friday **0900 - 1700**

SEDBERGH LIBRARY Main Street 20186

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

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

October 2023