

Sedbergh & District LOOKAROUND

May 2021

Issue 398

Donation £1

We at Lookaround would like to send our sympathies to family and friends of John Staveley, you can read his obituary on page 54.

Otherwise it's another 96 page edition, including our tribute to Prince Philip , and with photo's of the visit of Her Majesty,The Queen and His

Royal Highness, the Duke, to Sedbergh in 1991. Thanks to everybody who contributed.

Finally we have a couple of new advertisers, BR4N (I don't think they've advertised before!) and Tallentire Web Design. Please do use them if you can. *Ed.*



The People's Hall Presents! Memorial for the Munitions Heroines

Fund Raiser

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Grief Share

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**Tuesday drop in coffee mornings
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SEDBERGH
MEDICAL CENTRE

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

2021

Thursday 20th May
Wednesday 16th June
Thursday 15th July



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Sedbergh Main Street
Brian Kirkby

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R.I.P. PRINCE PHILIP

Myles Ripley

(.....with many thanks to the various contributors to this article.....Susan Garnett, Nick Brown, Richard Kooper, Jennifer Whittaker, David Vigar, Angela Wilson and various old boys of Sedbergh School)

To honour the Duke of Edinburgh and to celebrate the 30th Anniversary of the visit of the Queen and the Duke of Edinburgh to Sedbergh on May 3rd 1991 we include a few nuggets. The official programme, after the official presentation of a coat of arms to Sedbergh School, saw him visiting the Design Centre and then the Old Peculiar Nature Reserve where he planted a commemorative Turkey Oak. Apparently when asked what type of Oak tree it was a quick thinking pupil (who hadn't got a clue!) said "A Royal Oak Sir" to which the Duke replied with a twinkle in his eye "cheeky bugger" ! This Royal Oak is in good health and can be seen at the north end of the nature reserve along with a rather weathered commemorative notice board.

Prior to the event the equerries came to plan the visit. 'We will drive up to Powell Hall, and after that back

round and head off'. 'No way. The Queen is never allow to go in reverse.' My friend was in charge of police security. He turned up at about 7.30 am on the day to find some United Utilities chaps about to dig up the road right about to outside the School gates. 'You can't do that'. 'Why not mate?' The Queen is coming up the drive'. 'Pull the other one mate'. It was sorted !!

"I remember a few practice runs of singing the National Anthem in Powell Hall (several verses) which was to be in front of the Queen. Despite the fact that everyone was told to learn the words off by heart there were still some sheets stuffed under neck collars of the boy in front on the day from what I can remember." Another old boy remembers that "the Queen started to sit down after the second verse before we rolled into verse three that nobody knows!"

Meeting some staff one remembers that when he told him that he taught Maths, the Prince remarked that "nobody likes Maths."

At the Royal lunch in Sedgwick House, Pete and I were involved. Menus and wine lists had been approved by the palace. All was going

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well until the Duke politely refused the wine and asked for a beer, we hadn't planned for that. Eventually some beer was sourced from Powell House. The Duke was probably on dessert before he got his very flat beer but he didn't complain. BUT.... Various versions of this story exist ranging from the beer being sourced from a pupil's private stash to a more convincing one that a pupil ran to the VG (as it was then) and bought a 4 pack and rushed back to serve it out of breath!

The Prince visited the Design Centre, a place which would have been of great interest to him, judging by some of the obituaries. Apparently, he took an interest in some device a Cressbrook boy had produced. My brother had made a coat hook for 3 coats. Prince Philip didn't think there was enough room for 3 coats. Typically, my brother argued that there was and eventually took his coat off and hung it up to show how 3 coats would fit. The Prince retorted "well, of course there is room if you don't use coat hangers!" Another pupil showed him a fruit bowl he had made for GCSE and the Prince helpfully pointed out how strawberries would fall through the gaps. Not sure we ever had strawberries in our fruit bowl at home – the bowl still exists today in our home.

He met some Duke of Edinburgh pupils and was not impressed that they were "only" going into the Lake District for their Silver Award. During this meeting the Prince slipped on the grass while talking to our Gold Group. Quickly standing up and wiping the

dirt from his trouser leg, he merely said "Oh shit" and carried on.

He was intrigued by various ties and the brown blazers sported by the pupils. Enquiring of one what his brown blazer was for and was informed that it was for cricket. He remarked that he was surprised that there was anywhere flat enough to play. Another pupil was asked about his tie which was for school colours but the Prince was surprised to find that it was not for Rugger.

A small group of Royal Navy cadets were on parade alongside a RN Lynx that had flown down for the day. The cadet in charge of them remembers "the Prince joking with the adult, regular Navy crew that had brought the aircraft down for the morning and thinking at the time that he was clearly at his happiest surrounded by fellow service people, he really lit up."

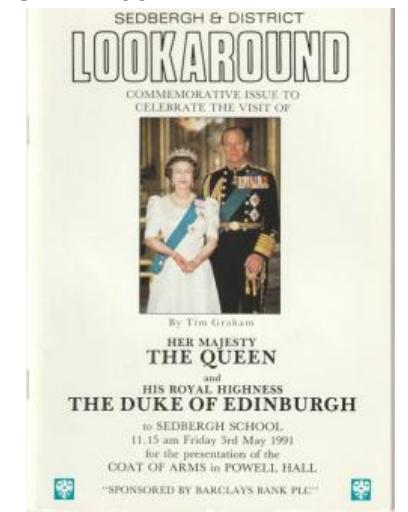
Later that day the whole community celebrated the day with a wide variety of entertainment on Lupton field.

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THE VISIT OF HER MAJESTY THE QUEEN AND H.R.H. THE DUKE OF EDINBURGH TO SEDBERGH IN 1991.





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FORGOTTEN HEROINES OF TWO WORLD WARS

Sandra Goldwood

In the middle of Britain located between Litchfield and Burton upon Trent is the National Memorial Arboretum; here we find memorials commemorating those who gave their lives, their health, physical and mental, during the many conflicts around the globe. Nowhere at this huge and spectacular site is there a memorial to honour the women, who worked in the 200 hundred or so munitions factories across Britain during both wars. Their sacrifice was no less than many other wartime workers. Many of them paid the ultimate price. They died, they suffered long-term health issues,

were maimed and scarred from the work they did.

In 1914 at the outbreak of WWI there were just a few munitions factories in Britain making shells, mainly for the navy in this 'men only' environment. By May 1915 with WWI beginning to bite, shells and explosive devices of all kinds in massive quantities were needed to arm the troops, mostly on the western front. The shortage of munitions at that time led to what became known as the 'shell scandal or shell crisis.' Not nearly enough shells were being produced and many shells, which were sent to the front were defective and did not explode. In this same year the newly adopted Ministry of Munitions with Lloyd George at its

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head launched a campaign, asking men 'To take the Colours' and women 'To fill the Shells'. The ministry quickly commissioned the building of factories around Britain, the largest of these was built near Gretna, and was known as 'The greatest factory on earth.' It was built by thousands of mainly Irish navvies, and the site covered an area that was two miles wide and nine miles long. Once it was ready a workforce of 12,000 single women and girls were recruited. These women may not have been pressed into this work but, with brothers and fathers away fighting, they chose to do their bit. The women and girls, some as young as fourteen in WWI, were sent away from their hometowns, and billeted near the

factories. For many it was a chance of financial independence and freedom from the restraints of home life, but for others it may well have been daunting. Next the ministry commandeered factories around the country, transforming them rapidly from making items for the everyday market into producing munitions, shell cases, bullets, detonators, pyrotechnics, poison gas canisters and the like. There were fewer and fewer men to do the heavy work in these factories, and so the women of Britain, close to a million of them, answered the call. Of course, society in general, at that time, had very set ideas of the sort of jobs women should be allowed to do and, so it was against an atmosphere of



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suspicion and prejudice, that women took over almost all the traditional male roles in these factories. They worked in extremely hazardous conditions and made up 90% of the workforce. A substance called cordite was used to fill shells, and it was made from a mixture of guncotton, nitro-glycerine and vaseline petroleum. These volatile and highly toxic mixtures were made by hand in large vats by female workers. In a short time, it turned their skin and hair yellow and they became known as 'canaries'. These women worked 12 hour shifts night and day and had very little, if any, training. The shells they filled with this toxic mixture were heavy and weighed between 10k and

50k. By 1917 the factory at Gretna was producing 800 tons of cordite per week. Around this time Sir Arthur Conan Doyle visited the factory and it seems it was he who christened the cordite mixture, 'the devil's porridge'. At the outbreak of WW2, because of its experience in WWI the Government quickly turned factories again into producing munitions. Women again answered the call and, by 1941, Ernest Bevin's Ministry of Labour declared that one million wives were needed for war work. It was then that women were conscripted; all unmarried women aged 20-30, later extended to 19-43, now had to join the armed forces, work on the land or work in a factory. The factories would be mainly munitions, aircraft, tank and gun parts and as if this wasn't dangerous enough many of the factories were targeted by German bombers.

Here are some voices of WWI 'canaries':

Ethel Dean who worked at Woolwich Arsenal, tells us that everything the powder touched turned yellow, the girl's faces, hair, around their mouths and in the canteen the chairs and tables were turned yellow too.

Isabella Clarke, who worked at the White Lund factory Morecambe; tells us that her friend died from gas poisoning after filling gas shells.

Another young woman tells us of her friend who had a match in her pocket which dropped on the floor. The forewoman spotted it and the girl lost her job and was sent to prison. The girl never got over it and died a few months later.



In WW2 'canary girl', Gwen Thomas worked in a Liverpool factory, she tells us:

There was no training, you just went to small areas called shops where they made different size shells and landmines. It was heavy work. There was this thing like a big cement mixer which was full of hot TNT, which would be tipped up so you could fill your can to take back to your work station. The smell was terrible. Once I slipped on the floor with one of these big cans and I was covered in TNT. My eyes sealed up, it was up my nose, it was everywhere. Some of the chaps that were working there got hold of me and put me on a trolley and took me down to the medical place. I had to wait for the TNT to 'set' on my face before attempting to get it off. I had quite a job and of course my face was red and scarred from the hot TNT. They left me on the bed for an hour and then it was straight back to work.

This testimony is from an unknown worker at the factory in Kirkby Lancashire in February 1944. Nineteen girls were filling trays of anti-tank mine fuses when one of the

fuses exploded setting off the rest of the fuses on the tray.

The girl working on the tray was killed outright and her body disintegrated; two girls standing behind her were partly shielded from the blast by her body, but both were seriously injured, one fatally. The factory was badly damaged the roof blown off electrical fittings were dangling precariously and one of the walls was swaying in the breeze.

Nelly Bagley was just 19 when she began working in the munitions factory. She recalls her embarrassment at having to strip to her underwear.

We women had to be checked in case of a stray clip or hook as anything metal could set off an explosion.

Nelly felt that the women were under a great deal of pressure as they were not allowed to talk about their work. To remain cheerful, they often sang especially at night as it helped to keep them awake. They did this even when the bombs fell close by.

This from the daughter of Rene Kershaw, who also worked at the Kirkby factory.

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Her mother had explained that she had been given no choice she was just told to go and work at the factory. Although Rene was on the morning shift she did not get home until the evening, her mouth was stained yellow from the chemicals she handled. She had always thought that the war efforts of these women workers should have been recognised but sadly they have been overlooked.

Dr Helen McCartney of King's College London researched into the munition workers of WW2 and stated that women risked serious injury, including amputation with every shell they filled. Shells would be filled with TNT and a detonator added, this had to be tapped down very carefully. Tap too hard and it could (and did) explode. Women lost fingers, hands and regularly suffered burns and a number were blinded. Dr Helen also found that babies born to women munitions workers were born a bright yellow colour. She also found details of a woman worker in a Hereford factory who lost both her hands and was blinded, she was pregnant and never saw or held her baby.



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Explosions were common; one of the largest was at Chilwell in Nottinghamshire in 1918, when a catastrophic explosion tore through this national shell filling factory. The blast killed 134 workers and injured 250 – the biggest loss of life from a single accidental explosion during the First World War. Eight tons of TNT had detonated without warning, flattening the factory and damaging properties within a three-mile area. The colossal blast was heard 30 miles away. Eye witness, Lottie Martin, a worker at the factory, later recalled:

Women, men and young people running, practically all their clothing burnt, torn and dishevelled. Their faces black and charred, some bleeding with limbs torn off, eyes and hair literally gone.

The explosions continued for a number of days with utter devastation all around. At the munitions factory at Barnbow near Leeds 35 were killed and at Silvertown, London 73 dead and 400 injured. There are of course many more accounts from the dozens of shell filling factories around Britain. If you want to find out more than there is a great deal of information

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available. However, there is still no proper or substantial memorial in the UK. I feel a memorial should be placed among the eclectic mix of over 200 memorials in the N.M.A. to honour these heroic women. It is my hope that with public support this can be achieved.

The first steps have been taken and I now have a contact to work with at the Arboretum. I have the necessary application forms and even a talented architect and gifted sculptor who have offered their services. The most important requirement of NMA is that the project is supported by a national organization. As a member of the Women's Institute I believe that the WI would be the ideal organization to back this project and I am hopeful that this support will be forthcoming. Also the sum of £1000 must accompanied the initial application. It is my intention to raise this money with a variety of events the first of which will take place on Bank Holiday Monday May 3 in the People's Hall Car Park. Of course if the weather is less than clement then it will be postponed.

50 YEARS AGO

Colin Cowperthwaite

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

Sedbergh to have New Market

Sedbergh is to have a market established on the Joss Lane Car Park on Wednesdays if plans now being made by the local authority are approved. Initial approval for the market was given by councillors at Sedbergh Rural District Council's annual meeting on Wednesday, and plans are to be implemented as soon as possible. Coun. G.W. Sisson, chairman of the Development Committee, which recently discussed provision of extra market space to meet an increase in the number of stallholders using the present street market, said the existing market was dangerous to traffic. He urged the council to push on with plans for a new market as quickly as possible. "The tradesman of Sedbergh would be shocked to know how many people go to Kirkby Lonsdale market and spend money in their shops", said Coun. J.T. Clough. "If we had a reasonable market for Sedbergh folk and visitors, people would come here for it and spend money in our shops". Coun. H.W. Eastham warned: "There will be opposition to this. One or two shopkeepers are very worried".

Lucky Escape for Driver as Giant Tanker plunges into River

An articulated tanker smashed through fencing and plunged 20 feet into the River Rawthey near Sedbergh early on Saturday morning. The driver, 36-year-old Cyril Green of Grass Croft Way, Stockton-on-Tees,

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escaped with injuries to his hand. "He must be about the luckiest man alive", a police officer commented later. The accident happened on Straight Bridge, which carries the main Sedbergh to Kirkby Stephen road over the River Rawthey, a mile outside the town. The tanker, loaded with 5,000 gallons of methanol, was wrecked and the industrial methylated spirit spilled into the river from one of the four sealed compartments. Sedbergh Fire Brigade sprayed the damaged tanker for several hours as the load was pumped out into another vehicle. While a breakdown crew recovered the tanker, the road was blocked for several periods throughout the afternoon and

evening, the operation finally being completed by 9.30pm.

Sedbergh link with Bristol

The wedding took place recently at the Central Methodist Church, Paulton, Somerset, of Miss Judith Margaret Nixon, daughter of the Rev. Ernald C. Nixon, former superintendent Methodist minister at Sedbergh, and Mrs Rhoda Nixon. Mr Nixon holds a similar position at Paulton. The bridegroom was Mr Neil Ashman, and the bride's father was assisted in the ceremony by the Revs. Ralph Allport and Martin Broadbent. The bride was given away by her brother Jonathan, and her mother was given special dispensation to leave a local hospital where she is having treatment, to attend the wedding, and then had to return to hospital. Judith was educated at Queen Elizabeth School, Kirkby Lonsdale, and Darlington College of Education, and is now a primary school teacher at Clutton, Somerset. Her husband is an engineering draughtsman in Bristol.

Wrestling Championship for Sedbergh

Four of the ten senior and junior championships of Cumberland and Westmorland style wrestling will be wrestled for at meets in Westmorland this summer. The allocations of venues were made by the governing body at Carlisle last week, when it was decided to introduce a 12½ stone title. This trophy will be the massive 64-year-old silver cup for the lightweights (9½ stone) championship, shelved six years ago because so few present-day wrestlers were light enough to qualify. The trophy will be wrestled for at probably

the oldest meet in the two counties, the centuries old Egremont Crab Fair in South Cumberland. Of the nine senior and junior championships, the first to be wrestled for will be the 12-stone cup at Sedbergh Gala on Whit Saturday - the first time Sedbergh has ever staged a wrestling championship event.

Garsdale Church Meeting

The church meeting was held in the Primary School, when Canon D.A. Rogers (Vicar) presided. The churchwardens, Mrs Cameron and Mrs Mason, were re-elected, as were members of the Church Council and sidesmen. Mrs Irene Bergerud was elected to the Deanery Synod. The Vicar reported that the financial position was sound, and it was decided to carry out a complete overhaul of the gutters and downspouts of the church.

Sedbergh looks West for its Future

Dissatisfied with its allocation to North Yorkshire County No 5 under the proposals for the reorganisation of local government, Sedbergh Rural Council is to make representations in the hope that it will be included in County No 9, which basically comprises Cumberland, Westmorland and the Furness area. At a special meeting of the council last Wednesday, members gave their own personal views of what they thought the future of Sedbergh should be. A vote brought the meeting - called to decide whether to protest at its allocation - to a close, and by seven votes to five the council decided to object to the proposals. "I think we are all aware of the many advantages attached to looking towards the west,

but on the other hand I do not see many benefits to looking the other way. I think Kendal and South Westmorland are definitely our future area", said the chairman, Coun. J. Dawson. "I think if we send a letter of protest", observed Coun. J. Burrow, "it will not even be opened. I do, however, feel that the proposed structure has been well thought out with regard to rateable values and population divisions. If Sedbergh were to have its allocation altered, I feel it would upset the balance for future years. I do not think we have a case for going into Westmorland really, and I would be quite happy to go into County No 5". "It is just a farce" exclaimed Coun. K. McClurg. "We have not even been given a financial picture as yet. What notice will they take of our objection anyway?" Coun. McClurg added that local authorities had had very little time to consider the proposals.

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GARSDALE HEAD HISTORY

Colin Cowperthwaite

The following information is taken from a booklet entitled "Dentdale and Garsdale, a Picture Guide" by Ron and Lucie Hinson, which was published by The Dalesman in 1959.

"Thence to Gastile, I was drawn in
To an alehouse neare adjoining To a
Chappell; I drunk stingo With a
Butcher, and Domingo The Curat,
who to my discerning Was not guilty
of much learning"

So wrote Richard Braithwait, a seventeenth century tourist who made Drunken Barnaby's Journal.

The Settle-Carlisle railway cuts across the head of Garsdale today. The dale ends at an unfenced common, Longstone Fell, within sight of Sedbergh. As in Dentdale, you find

yourself looking continually at Rise Hill, the rock barrier between the two little dales, but you also see the wall-patterned slopes of Baugh Fell across the River Clough (the name means 'stony'). Garsdale, too, has a tributary valley, Grisedale.

Lying just inside the North Riding, but well within sight of the viaduct at Garsdale Head, is a white-walled hostelry which is so isolated in its position, and yet so strategically placed, that it appears on almost every map of England. The Moorcock is at a road junction. On one side lies the Hawes-Sedbergh road, and on another is the beginning of the road which serves Mallerstang and leads to Kirkby Stephen, in the Eden Valley. Before the Mallerstang road was made there was a "jagger" road



Sedbergh Parish Council would like to invite you to the

Annual Parish Meeting

To be held at the People's Hall, Sedbergh

Thursday 27th May 2021 commencing at 7.00pm

This meeting will be followed by the Annual Meeting of the Parish Council and the usual monthly meeting.

The Annual Parish Meeting is YOUR meeting and an opportunity to come along and discuss what has been done during the last year and have your say on what you would like to see happening in the future.

Given current Covid restrictions, this meeting will be held within guidelines at that time and space may be limited. Please, therefore, notify the Clerk if you wish to attend in order that numbers may be managed within the capacity of the People's Hall at that time. Additionally, it is understood that some may not wish to attend in person, so any suggestions/questions can be sent to the Clerk in advance of the meeting. Thank you.

Email: clerk@sedberghparishcouncil.uk

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passing over Hell Gill by bridge. The Moorcock, named after the darting red grouse, serves a scattered community of railway men and farmers. Part of the large Mossdale estate, the inn once had about sixty acres of land attached to it, which meant that "mine host" could also be a farmer. Electricity is provided by a large diesel engine, and water flows to the building from a large tank which is kept filled by a pump, operated by a windmill. Lunesdale Foxhounds meet at The Moorcock, and hunt balls take place in the little school at Lunds, about a mile away. Two miles from The Moorcock lies Garsdale Youth Hostel, originally a farmhouse known as Shaws.

A walk from Garsdale Head takes in Hell Gill, on the Yorkshire-Westmorland border, a deep cut narrow gorge across which, it is said, highwayman Dick Turpin leapt when escaping from the constables of Westmorland. Leland, the antiquary, wrote: "there is a bek called Hell Gille, because it runneth in such a deep place". Walk along the Mallerstang road, turning off just beyond the railway signal box at Aisgill. The railway is crossed by a small bridge. Hell Gill lies on the fellside ahead.

The Garsdale journey is best started in Grisedale - name meaning "pig valley" - which is about one and a half miles long and can be approached by road from two points in Garsdale, each road being well signposted. Here you see Grisedale Beck, which rises on the fells beyond the valley and becomes the River Clough. At one time there were eight or nine farms in the secluded valley,

but the number has shrunk to four. There is a good walk through Grisedale and between Baugh Fell and Swarth Fell, over the watershed to the Cross Keys at Cautley. From the top of Baugh Fell, when visibility is good, you can see the tawny reaches of Morecambe Bay, and Yorkshire's famous Three Peaks – Ingleborough, Whernside and Penyghent.

The railway obtrudes at Garsdale Head, where there is a junction with the Wensleydale line, now closed. The lines are to be ripped up, however, because the service is uneconomical. Garsdale Station was originally named Hawes Junction, and in recent years there has been considerable modernisation of the buildings. The line and installations came to being in the turbulent 1870's, and when the line and a local tunnel, Black Moss, were under excavation, a shanty town appeared on the fell (1,300 feet above sea level !) to accommodate more than 300 people. They would appreciate the rigours of the wintery weather, especially the biting winds which made it necessary, at a later date, for a circle of sleepers to be erected round the railway

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turntable. One day an engine was on the turntable when it was caught by the wind and whirled round and about. It was only stopped after sand and grit had been poured into the centre well. Garsdale has been rather more than a railway station to the people living round about. Here a social centre was established under the vast water tank, and a library was given for the benefit of the railway men and their families. The tank house meeting place is still occasionally used by Methodists and Anglicans.

Farming has been the main industry in the dale down the years, and not even the coming of the railway shook it from its position as the basis of the economy. Attempts have been made to tap mineral wealth in Garsdale. The coal pits were prosperous for a time at Garsdale Head, and much more recently there were plans to mine copper in Blea Gill, but although machinery was installed, the scheme was a failure. At one time Garsdale had a mill for the processing of copper. Shorthorn cattle and Swaledale sheep are the commonest residents on the dale farms, although, like Dentdale, a good deal of poultry is kept, many in deep-litter or batteries, the former being most popular. Hawes and Sedbergh marts absorb the surplus stock. Lower down Garsdale, half-bred lambs are produced, use being made of Swaledale ewes and Teeswater x Wensleydale rams.

(I hope to include more of the history of Garsdale and Dentdale from 1959 in future editions - CC)

THE WITCH OF BROWNBER?

Karen Bruce Lockhart

The legend that the last witch to be burnt at the stake lived at Brownber Hall near Newbiggin on Lune has considerable currency. Elizabeth Fothergill was burnt at the stake therefore she must have been a witch. But she was not. She was certainly burnt at the stake but was no witch. She was accused of many things but never of that. In any event the punishment for witches was hanging in England (although in Scotland they were burnt).

Elizabeth Fothergill was the daughter of Anthony Fothergill of Brownber Hall, a member of a prominent Northern family. She was brought up in the Tower House near Brownber Hall at Newbiggin-on-Lune. She married William Gaunt and moved to London where she and her husband were involved with the Whigs and dissenting politics, ie in opposition to Charles II and his brother James. They were Anabaptists – frowned upon by both the Protestants and Catholics.



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Elizabeth's life was passed in relieving the unhappy of all religious denominations, and she was well known as a constant visitor of the jails". It seems likely, however, that she was involved in communications between London and the growing number of disaffected refugee Whigs and dissenters in Holland. She certainly visited Holland twice in 1685.

Two years previously the Rye House plot had taken place, a scheme to assassinate both Charles and his brother James. It had come to nothing but among those outlawed for involvement was one James Burton, who had fled to Holland. Elizabeth following her compassionate leanings

and political opinions assisted Burton in his flight, hiding him, providing him with money and procuring a boat. Three years later Burton was among the small band of men who landed with Monmouth at Lyme Regis in 1685. After the battle of Sedgmoor and Monmouth's defeat Burton fled to his wife in London. She arranged for him to hide with one Ferney. Ferney was deeply in debt but despite the award of £100 (a very large sum – anything on the various indices from £15,500 to £350,000) offered for Burton's capture he did not betray him. Nevertheless, Burton was captured in Ferney's house trying to escape up the chimney.

It appears that James II was more concerned with punishing those who harboured traitors than dealing with the traitors themselves. He publicly stated that of all forms of treason that of hiding traitors from his vengeance was the worst. Burton turned King's Evidence and betrayed both Ferney and Elizabeth. He, together with his wife and daughter, were the chief witnesses against them. Ferney was charged with high treason for harbouring Burton, and Elizabeth was arrested and charged with high treason for plotting against Charles II and harbouring Burton. There were no witnesses for the defence, and both were found guilty. Ferney was sentenced to be hanged, an Alderman who was tried at the same time was sentenced to be hanged drawn and quartered, and Elizabeth to be burnt to death.

In terms of the Treason Act of Edward III High Treason included both plotting the death of the Sovereign and giving aid and comfort to the Sovereign's enemies. The punishment for High Treason was death by hanging drawing and quartering for men, but for women it was being burnt at the stake. By the

1680s it was customary for the woman to be strangled by the executioner before she was burnt, but that mercy was not accorded to Elizabeth. She was dragged on a hurdle to Tyburn (now Marble Arch) where she behaved with extreme bravery. She is said even to have smiled as she re-arranged the faggots to burn more quickly, and gave a final speech, all of which reduced many in the audience to tears.

Burton "received a pardon as a recompense for his treachery and Elizabeth was burnt alive for her charity" (William Penn – who was present at the execution).

Elizabeth was the last woman in England to be executed (by any means) for a political crime, but she was not the last woman to be burnt at the stake. Petty treason as opposed to High Treason included murder of a superior, such as a wife killing her husband, and Catherine Hayes went to the stake in 1726 for just that crime. Counterfeiting was also treason and Catherine Murphy has the distinction of being the last woman to be burnt as late as 1789 for coining. Her eight male co-

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conspirators were hanged. By that date public opinion was so appalled that the punishment was abolished the next year by the Treason Act 1790. Hanging (being cut down still alive) drawing and quartering for men was last carried out in 1782 on a Scotsman convicted as a French spy. And the sentence was passed, but not carried out, on two Irishmen as late as 1867 – and was not abolished until 1870. Few people realise that the rather grawsome and seemingly unnecessarily overemphasised death sentence that you “shall be hanged by the neck until you are dead” is the merciful sentence

There is a window in Newbiggin-on-Lune church to Elizabeth’s memory (see picture on page 18).

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OLD DOCUMENTS REVEAL ANCIENT SHEEP BREEDS

Ms C Meakin

Deep in the countryside many hundreds of years ago, cattle and sheep were breeds of unknown types today. Thomas Coke, 1st Earl of Norfolk, was a famous agricultural reformer whose main legacy is as an agricultural reformer, not as a politician; he has historically been credited with sparking the British Agricultural Revolution through the reforms he made to farming on his estates and left us today's "improved" breeds. Nobody knows today what these ancient breeds were and where they lived but their DNA lives on in books and documents. York Minster's famous library provided a DNA source found in vellum which was analysed by the University of York. The resulting information enabled them to start to establish the species type of animals from which the parchment was made.

The first sample showed a strong affinity with northern Britain, specifically the region in which current black-faced breeds such as Swaledale, Rough Fell and Scottish Blackface are common. The second sample showed a closer affinity with the Midlands and southern Britain where the livestock Improvements of the later 18th century were most active.

If other parchments show similar levels of endogenous DNA content, resulting DNA sequencing could provide insights into the breeding history of livestock particularly sheep breeding before, during and after the agricultural improvements of the 18th

century that led to the emergence of regional breeds of sheep in Britain.

Professor Matthew Collins, of the Department of Archaeology at York, who heads the University's BioArCh research centre, said: "We believe the two specimens derive from an unimproved northern hill-sheep typical in Yorkshire in the 17th century, and from a sheep derived from the 'improved' flocks, such as those bred in the Midlands by Robert Bakewell, which were spreading through England in the 18th century.

Before the mass production of paper, parchment was the major medium for legal documents and until the widespread adoption of typewriters, they were a clerk's preferred medium for many formal legal documents and records.

Parchment has a number of properties that make it compelling material for DNA extraction and analysis. Parchments are made from the skins of domestic animals, particularly livestock, and their manufacture results in robust artefacts, which can survive intact for many centuries.



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Secondly, they are abundant and because of their enduring legal value they have been carefully managed. In the 20th century, this has included protecting them from both high temperatures and fluctuating humidity.

Thirdly, unlike bone remains, of which only a small percentage have been excavated, parchments are above ground, archived and in the case of legal documents, directly related to specific dates – a level of resolution largely unachievable with any other historic DNA source. Even undated documents can be dated palaeographically to a resolution better and more cheaply than radiocarbon dating.

Do you have any old documents eg old deeds, family bible, which may contain small fragments of DNA that may be of use to this study?

THE BOOK OF JADE

Nick Cross

Introduction.

In the Diary of his quest to find the lost treasure of the Moors, Edward Mallory remarks of the 'Book of Jade' that it had the most remarkable binding of flawless yellow jade but contained within its pages the most enthralling series of puzzles. Puzzles he called them, but a close examination of the text shows many things, a kaleidoscope of images and ideas but at its base a warning. Of course, the thoughtful reader is expected to make sense of it all which is what I believe Mallory meant by his reference to a puzzle.

For the first time we see Leila, daughter of the Winds (as the Book

now styles her) and her protagonist Armide. As far as can be ascertained from the ancient Hejazi script in which 'Jade' is written, the whole book is a giant game of multidimensional chess with the Winds providing both the board and the pieces.

Leila, we learned from the 'Book of Jasper', was, with her husband, Mansour cursed by Armide, the Spirit of the Dark and fiery places, who is barely mentioned in that text. In 'Jade' however, Armide is centre stage as she attempts to thwart the plans of Leila and her Mother, the Queen of the Winds, to stop and ultimately turn her back into the fiery depths in which she lives and eternally plots.

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Mallory writes: "Recently translated, I can well see why I was permitted to return with this extraordinary book, though I doubt that there will be anybody who takes its warnings seriously. After the recent War (1914-1918) and the revolutions, strikes and disorder that followed, can anyone doubt that Armide is once again plotting her return?"

Without doubt, the 'Book of Jade' is by far the earliest of the books dating from sometime towards the end of the reign of. 'Abd al-Rahmān ibn Muḥammad ibn 'Abd Allāh - who died in 929 and appears to be the most significant too.

Read it all on www.ar-raasul.org.

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SEDBERGH SCHOOL

Karen Bruce-Lockhart

The School will host two Lancashire first being a friendly 50 over fixture against Cumbria on Tuesday 20th July, and the second the opening Royal London Cup game against Sussex on Friday 23rd July. "A bumper crowd is expected" provided all Government restrictions are lifted. The Director of Lancashire cricket stated that "the quality of their infrastructure and facilities is excellent and we were hugely impressed by the performance and efforts of their dedicated grounds team" at the game against Durham two years ago.

Although the School was again unable to run its usual running

fixtures this year, on 24th March the School ran a somewhat restricted Morgan Run - five and a quarter miles over Frostrow fell and back along the riverside. Year 12 pupil Fraser Sproull ran a very good race, coming in first and succeeding in breaking the 28-year-old course record.

The Prep School held its annual School Walk on the last day of the Lent term, it having been postponed twice since September.

Seven girls and ten boys won scholarships to the upper School from the Prep.

Both Schools featured recently in the popular Podcast "28 Dales Later – No Possibility of a Walk". A link can be found on the School website

On return to the School the Conservation group were able to continue their work on Bruce Loch. A group of Sedgwick House pupils carried out an up cycling project turning used pallets into garden furniture,

Some pupils unable to return to school found it much harder to be working at home when the real schools were in full swing again. One small boy even dressed himself in his school uniform to do his work each day. Meanwhile those at school were enjoying the advantages of boarding school life – year 9 exploring the hills, games in the open air, and so on.

The School grounds staff assisted the Parish Council planting trees in Queen's Gardens when the Friends of Queen's Gardens were unable to do it due to the Covid restrictions.

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They planted 6-foot red maple, snake bark maple, Himalayan birch, Tibetan cherry, sweet gum and paper bark maple.

The Summer term started on 19th April, with pupils arriving on Tuesday 19th and starting school on the 20th. Forty-two girls and fifty-two boys from overseas returned early to serve their time in isolation

Two Sedbergh OS girls, Hannah and Lucy Gale, have set up a coffee van venture around the Ambleside area while studying at home for their University courses. They were summoned to Morecombe Bay to serve ITV production crews filming there. The Winchester

Doubles Fives National Open Championship, won by Will Ellison and Ed Kay for the last three years, has had to be postponed this year

It has been difficult to find cricket fixtures for the School's many teams this year, but arrangements have been made for teams to play in the Westmorland League. The April matches will have taken place by the time this is published but the 2nd XI



were due to play in Division 1. Other local fixtures have been arranged for other school teams. In April these included Burneside, the Girls' XI v Cumbria U17, v Bare CC, U14 XI v Cumbria (home) and Girls' U16 v Cumbria.

1st XI matches in April were against Myerscroft College on 21st April (home), Cheadle Hulme School on 24th April (home), and the MCC on 29th April (home).

The Head of Cricket, Martin Speight, has given an interview to the Cricketer magazine about girls' cricket at Sedbergh. "My job, regardless of their level, is to make sure they enjoy their cricket."

In addition, some Rugby matches have been arranged, and in April there was one fixed for 28th April against Myrescrough

Equestrienne Alicia on Monty gained first place in the Arena Eventing 90 round at Greenland during the holidays

Coming Events

Cricket: 1st XI home matches: National T20 Round 2 on 5th May (neutral), Cumbria U18 on 14th May, Myerscough College on 20th May, and Bolton School Boys' Division on 26th May

Rugby: 1st XV matches: Gosforth Academy 15th May (home 15.15 pm), Woodhouse Grove School (away) 19th May

Hockey: 1st XI: Rossall School (home) 8th May

Sports Day is on 28th May. Half term begins on Saturday 28th May after conclusion of the sports, and pupils return on Sunday 5th June.

NEWS FROM THE PEWS



*Susan Sharrocks
Tony Reed Screen
Churchwardens*

Although chilly the sun was out on Holy Saturday which was perfect for putting the Rainbow Arch of balloons together. Many hands big and small came to help pump up the balloons. Some folk just came to sit in the sun and enjoy a chat. The resultant colourful arch certainly brightened the churchyard and brought smiles to the faces of passing walkers, cyclists and motorists and indeed the

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congregation as they came to church the following day, Easter Sunday.

The weather determined the arch had to be dismantled on Easter Sunday afternoon. Many balloons were popped with a knitting needle but others went home with children who happened to be in the right place at the right time.

The Tree of Hope and the Easter Trail were both in place before Easter and proved to be successful activities.

Easter Day. The church looking lovely with the altars dressed, beautiful lilies and daffodils on pedestals and displayed in each windowsill. The Garden Tomb represented at the base of the font, the stone rolled away in the early

morning, just as it was 2000 years ago. A beautiful welcoming sight heightened by the sunlight streaming in through the clerestory windows.

It was certainly a joyful congregation who met in church that day, pleased to be able to attend church again following another lockdown. Only the choir are able to sing at present, which they did most joyfully.

The bells are not able to ring out joyfully at present. Just one solitary bell is not a joyful sound by any stretch of the imagination, but it is better than no sound at all sending out a message to remind people that our church is open and looking forward to welcoming everyone in to a service.

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Instructions came from the Central Council of Bellringers that for eight days following the death of HRH Prince Philip the Duke of Edinburgh church bells were to be rung half muffled. Number three bell at St Andrew's was duly muffled on Saturday morning (thank you Andy Denton). Thank you to Angela Wilson who rang for five minutes at noon on Saturday the day after the Duke's death as per our instructions.

Angela also rang for five minutes before the Holy Communion service on the following Wednesday and one of the ringers will ring for part of the hour leading up to 3pm being the time of the funeral at St George's Chapel, in Windsor Castle.

The flag, raised by Adam to celebrate Easter was hastily lowered to half mast by Tony on news of the Duke's death. Climbing out onto the church roof is not the easiest of actions with a fairly new knee replacement but Tony and knee survived!

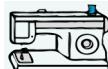
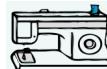
It is good to be back enjoying our services in church and we hope it will not be long before "normal service" is resumed without masks, able to sing and bells instead of bell.

Take care.

CHRISTIAN MEDITATION GROUP

Judith Bush

We have recently started a weekly local Christian meditation group using Zoom. This is open to anyone whether an experienced meditator or not. If you would like to know more, please contact Judith Bush. Email: judithbush@onetel.com



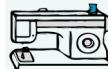
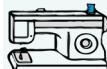
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DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

Hurrah! Meeting in person is on the horizon! Zoom has advantages, whole families can join in, and have, bedtimes worked around and themes made to fit. But there is nothing quite like being there in person.

We continue at the moment with a zoom Bible Study on the 2nd Thur monthly at 8pm, and then on the 4th Sunday monthly at 6.30 pm except this month, May, it's changing days.

The Festival this year kicks off on Fri Aug 6th and continues until Monday, there will be meals, activities, worship and much more and ALL are welcome.

Meantime, we are here, in Dent, if our prayers or practical help can assist you, do get in touch, we are backed up as it were by people from near and far all ready to help.

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SEDBERGH PARISH COUNCIL *Janey Hassam*

The Council held their online conference meeting on 8th April 2021 at 7.30pm. Their next scheduled meeting is Thursday 27th May 2021, commencing at 7.00pm, Sedbergh Parish Council will conduct the Annual Meeting of the Parish, followed by the Annual Meeting of the Parish Council and the normal monthly meeting. The previously scheduled date (13th May 2021) will not take place. Additionally, for information, the following meeting of the Council will then take place on Thursday 8th July 2021, missing the scheduled date of 10th June 2021

due to the close proximity to the newly arranged date for May.

With restrictions easing and the legislations for allowing online meetings expiring on 6th May 2021, these meetings are scheduled to take place at the People's Hall, Howgill Lane, Sedbergh. Additional measures will be in place to allow this meeting to take place, including social distancing, face coverings, hand sanitisation, increased ventilation etc. Numbers will be restricted due to current legislation, if you have any questions you wish to raise at the Annual Meeting of the Parish (or any other meeting), but are unable to attend, please do email/phone or write to the Clerk.

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Highways matters and proposed footpath at Haveras/Howgill Lane/ Highfield Villas.

Members discussed issues that had been raised in and around Sedbergh and had spoken to County Cllr Nick Cotton. Whilst some matters were now resolved (Crosedale Beck/ Howgill Lane), concerns had been raised for various other outstanding matters, including along the Cautley Road, in particular, close to Hebblethwaite Hall. Additionally, Members discussed the potential to consider increased place name signs in the Parish, as missing signs (over the years) were not being replaced by CCC Highways at this time, due to budgeting constraints/priorities of warning/advisory highways signs. Members also discussed the proposal to consider the installation of a footpath from Haveras/Woodside (north) along the boundary of the playing field and through the car parking area at the People's Hall. This would allow pedestrians to walk 'off the highway' along Howgill Lane, joining these residential areas to the Town, and also allowing an improved route to the fell from the town.

Also discussed, was an informal Sedbergh Road Safety meeting recently held with several members of the Community and District Cllr Suzie Pye, where safer routes to school were discussed. This had included the ongoing concerns raised in regard to white lining/requirement of additional yellow lining around Long Lane/Castlegarth (and Station Road) and improvements required at the pedestrian crossings, previously highlighted by Sedbergh Parish Council. The Clerk will attend a meeting with District Cllr Suzie Pye, and representation from CCC Highways, in the near future - giving particular attention to the commonly used routes to schools.

Other matters

Members welcomed a short presentation from the Sedbergh Town Twinning Committee, hearing that it was a critical time for the Group and that more support was needed to ensure its future. Representation was also made by Agents acting for the former Baliol School site, understanding that a planning application was forthcoming. This would see an application for a mixed-use site for housing and employment/business use. Additionally, Cllr Arnold was able to confirm the ongoing support from Sedbergh School (Challenge Week) for various mini projects in Parish later this year, including possible crocus bulb planting/squirrel and bird boxes at Queen's Garden and repairs at Ghylls picnic area.

Correspondence

This month, correspondence included concern raised for the paved area at The Dalesman (members are



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informed by the Highways authority that this is private curtilage), the Council's support for the mini project at the former BT phone box (adopted by Sedbergh Parish Council) at Millthrop, as residents undertake improvements, the bridleway at Toll Bar, fly tipping at Langstone Fell car parking area and an update from the Chamber of Trade following their recent committee meeting. This also included discussions around the future of Late-Night Opening (and who should coordinate the event/volunteers required for the future). Finally, it was noted that Epic Events had a running event planned on 9th May 2021 and the annual Coast2Coast Cycling event was scheduled on 26th June 2021.

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

Please also note that a full reference copy of all documents relating to meetings is held at

72 Main Street in the Parish Council Office, with agendas and minutes available online at www.sedberghparishcouncil.org.uk

TIM'S COLUMN

Tim Farron MP

I have been a bit pre-occupied with elections over the past few weeks.

Because of the plans to move us to a unitary authority, the Government cancelled the elections for South Lakeland District Council that were meant to happen this year but in Sedbergh and Dent you still have the Police and Crime Commissioner election on the 6th May and elsewhere in the constituency we have three by elections. Please do make sure that you take the opportunity to vote for whichever candidate for the Police and Crime Commissioner position you feel will do the best job for this area.

If you haven't got one already then you might also want to have a think about getting a postal vote. I'm sure it will be quite safe if you pop along to the People's Hall to cast your vote but it will be different. Postal votes are so much more convenient, even when there isn't a pandemic going on.

I was really pleased to learn that the Government has at last responded to all the pressure I have been putting on them to help outdoor education facilities and have included



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them on their lockdown roadmap. If all goes to plan by the time you read this it will be possible for schools to take their pupils for single day trips and from the 17th May they can take children for residential trips. That at least gives places like Bendrigg something to plan towards.

However, unlike the Governments in the other three nations of the UK, our Government has not put in place any specific financial support for outdoor educational facilities. I am keeping up the pressure on them to address this.

It was also fantastic that the Government listened to my call for a relaunch of the Countryside Code in advance of the Easter holidays. Natural England, who look after the

Code, have taken the opportunity to make it a bit friendlier and encouraging in tone. What we now need to do is ensure that as many people as possible get to see it. The problem in the past has been people coming to visit our part of the world who have never been before and simply don't know how best to behave.

I have been pressing the Government on a number of other issues which I hope they will respond positively to as they have on the two I have just mentioned. In particular I have been asking them to provide our economy with the support we need. I has appalled to learn that the Chancellor of the Exchequer's constituency of Richmond was being



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given priority for investment when over here in Westmorland and Lonsdale, where the pandemic has hit harder than almost anywhere in the country, we were put at the bottom of the list. I'd like to say I was also surprised but to be honest I wasn't, it is becoming increasingly clear that this Government cares a lot more about looking after its own than doing what is right.

Anyway, as ever, if there is anything I can help you with then please do drop me an email at tim@timfarron.co.uk or give us a call on 01539 723403.

Thanks for your support and please don't forget to vote.

Tim

CHRISTIAN AID WEEK

Anne Pitt -On behalf of the local Christian Aid Committee

Last year we were unable to do anything locally in Christian Aid Week or in the rest of the year. This year we are going to try and renew our activities with a modified programme and hope that some of you might also like to try the organization's online quiz and other nationwide activities. This year the Christian Aid Week runs from the 10th to the 16th May. Previously we have managed to cover most of the streets in our area with drop off and pick up house to house collections with envelopes. Currently it is a bit early to start calling back to pick up envelopes so we are going to try and drop off envelopes which recipients can return to a convenient drop off point if they would like to support the organization's work. However, if we can't get one to you there will be a good supply in the local churches which you can use. Envelopes can be returned to the churches.

Alternatively, some may prefer to donate online by going to the website: www.christianaid.org.uk or use the phone line given lower down for other methods of giving.

The website is full of information about how the organization works to fulfil its aim to help families around the world to overcome poverty and injustice, wherever the need is greatest and gives examples of the kind of people and projects it supports. It works with ongoing and new grass root local community groups internationally with a great variety of self-help projects and is

involved in urgent crisis appeals enabling local people to work their way out of grinding poverty and build healthy communities. It is also highly involved in the vital campaigns to Cancel the Debt, which intends to stop big banks profiting during the pandemic, and also Climate Justice work.

Also on the website are various ways to get involved. There's a 300,000 step challenge to take place through May if you fancy building on your lockdown walk fitness. If you'd rather be more cerebrally challenged there's the online family friendly quiz "Quiztian Aid" on the 8th May. It'll be hosted by special guests Tobi and Prisca Bakare, Rhidian Brook, Kris Marshall, Kate Bottley and Rowan Williams. If you'd rather run your own quiz, there is one you can download.

Beyond Christian Aid Week for those who enjoy music there's a link to join a special event you can listen to on Wed 9th June between 7 and 8pm. It is "Song of the Prophets: A

Requiem for the Climate.", the debut performance of a new orchestral work. There will be an address from Dr Rowan Williams, former Archbishop of Canterbury, and a panel discussion with climate campaigners.

Christian Aid has collaborated with Chineke! Orchestra - Europe's first majority-BME orchestra - and St Paul's Institute, on the performance of a new piece of music based on Christian Aid's climate change work.

Many people in our local communities in the UK are hard hit not only by the devastation of bereavement and reduced health but by loss of income and financial stability. All these factors have sequential impact on all charities which seek to support those who fall through the gaps nationally and internationally. As we are all sadly all too aware, though we are an island what happens even at the most distant point of our planet can affect us here within months if not days. It is

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indeed a small world we live in. We need to enable people wherever they are to have a decent standard of living and access to the necessities of life and move them out of poverty to ensure some stability of life for all. We see daily reports in the news of the devastation of the pandemic in countries where there is easy media access but not in remoter places which are difficult to reach but which Christian Aid does

If you are in a position to help enable the work of Christian Aid, donations can be made via the website or over the phone by calling 020 7523 2226 where you can also be given details for making bank transfers. Currently there is a delay to processing donations by post so these alternative methods are preferred.

As a local committee we'd like to thank all of you who have so generously supported the charity over the years and look forward to the time when we can get back to meeting you face to face again at future events.



PROSPECTS

Georgina Devine

Prospects is a Christian charity in the United Kingdom whose aim is to support learning disabled adults, and to enable them to reach their full potential. It was founded in the mid-1970s by David Potter, a Christian minister, who was drawn to the needs of these adults because he and his wife had a daughter with Down syndrome.

The charity's method of operation is to seek a partnership with a local church before opening a residential facility; this dates back to the original residence, Plas Lluest, near Aberystwyth, which was purchased and established with the help of the Alfred Place Baptist Church in Aberystwyth, with the child of two members of that congregation as the first resident.

Based on the headline over the article Potter wrote and published in the Evangelical Times, Prospects was originally called A Cause for Concern. [1] The name was changed in 1997, at the same time as a reorganisation from a charitable trust into a limited company with charitable status.

Prospects methodology has changed and it now works with around 40 local authorities who fund over 60 services supporting over 300 adults across the UK. The majority of these services are Supported living services with, in addition, a small number of Residential Homes and Day Opportunity services. All Prospects services are regulated by the appropriate bodies in England, Wales and Northern Ireland.

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Prospects vision and mission has been to offer 'Christianly distinctive' services to enable people with learning disabilities who so desire, to live a fully Christian life. This Christian ethos is delivered through the staff and in consequence many posts within the organisation carry a Genuine Occupational Requirement to be a Christian.

In addition Prospects has two projects; Causeway Prospects and International Prospects, which are funded separately and entirely from gift income. These projects work with Churches and Christian organisations in the UK and abroad to enable full inclusion in Church life and personal spiritual development for people with learning disabilities. International Prospects also partners in Christian social care initiatives in developing countries.

A recent service held online but hosted by the Holy Trinity Church at Platt in Manchester can be seen at <https://www.youtube.com/watch?v=4Hx4W1r4Ht0> and Prospects contribution to it can be seen just after 26 minutes into the service.

CUMBRIA WAY HOMELESS SCARF CHALLENGE

pp Anne Carter

A crafter from Cumbria, who has experienced how hard life on the street can be, has been inspired to start a creative challenge to benefit homeless people.

Anne Carter, 50, who now lives in Kendal, said sleeping on the beach or in parks at Blackpool and Preston while homeless was "the longest six months of her life".

She moved to Cumbria last year and set up the '84 squares homeless blanket challenge chat group' facebook page, which is a national project to make blankets for homeless people. But she wanted to do something locally.

Anne said: "We started the Endmoor Community Crafters' group to help with various projects and I began thinking we have a lot of elderly in the community who can't get out and walk the fells, so I came up with the idea of crafting the way."

Anne's challenge is to knit or crochet scarves to equal the length of the Cumbria Way, from Carlisle to Ulverston - a footpath stretching for around 75 miles, requiring a possible 73,000 scarves - but Anne said they want to see how many can be made in a year, with the challenge taking from January 1 2021 to January 1 2022.

Once made she said that the scarves will be going to at least two homeless charities in Cumbria - Manna House, Kendal and Calderwood House in Egremont, adding: "There are always homeless friends around. I used to be homeless

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too for a few months around Preston and Blackpool...and it's cold up here."

Anne has been overwhelmed by the reaction to 'The Cumbria Way Homeless Scarf Challenge' after posting it on Facebook. She said: "Interest in it has just gone massive. There has been interest from 565 people in two days, from all over Cumbria, and some international interest from America and Spain too."

More information on the challenge and how to get involved can be found at: The Cumbria Way Homeless Scarf Challenge Facebook page or email Anne at: endmoorcommunitycrafters@gmail.com

REDEMPTION

Sandra Goldwood

Everyone knew Phyllis for her ready smile and the colourful apron never quite hidden under her slightly too close fitting coat. She and her father Ron lived in rented house next to the local garage. Everyone knew Ron too but for very different reasons. Ron was a mean, and a violent man and most people avoided him. So did Phyllis whenever possible. In the ten years since her long suffering mother had left she'd often had to explain away a black eye or a cut lip. Phyllis would trot out cheerfully that she was so clumsy she had walked into a cupboard door. No one was fooled.

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Phyllis cleaned for Mrs Wells, Mrs James, Oliver Grant, and dear old Mr Dunn. She also cleaned the Parish Church and washed up at the Royal Oak most evenings. At The Royal Oak she got fed too which was a bonus, not that the food was particularly good it was more about the peace she was able to eat it in. Peace was something she did not experience at home. With her twenty-seventh birthday coming up and she felt that it was time to make a break for it. She had applied for a job at the county hospital. Treasuring the hope that if she could get a full time job she could rent a little flat and leave her miserable father to his own company. To this end she had been saving

steadily, keeping her building society book at Mr Dunn's well away from her father. Mr Dunn would keep the book safe in his jacket pocket for her happily encouraging her plans.

Sometimes while walking home in the evening Phyllis would bring the memories of her mother to the forefront of her mind. It would be easier for her to live with this if her mother had said goodbye. Phyllis had cried many tears trying to understand why she had never heard from her mother, not a letter or a phone call in all the years. At first being only 17 she had thought it all her fault, in fact her father had suggested it was. Though as she matured she knew

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only too well whose fault it actually was.

Because of his hurtful and violent behaviour Phyllis spent as little time as possible at the house she shared with her father. Phyllis enjoyed cleaning for others it gave her pleasure to be in homes that were full of warmth and caring. Usually it was late when she crept in hoping that her father would have passed out having drunk his way through the evening. Unfortunately, there were times when he was awake and waiting for her. As she was the only female he could bully he took great pleasure in doing so often pointing out how fat and useless she was. Then he would laugh and block the doorway so that

she couldn't pass him and get to her room. Over time Phyllis had devised a variety of strategies to keep him away from her. She would bring him a bottle of something or a meal from the pub. Cheerfully suggesting that she heat it up for him. Or she would pretend to cry and he would be delighted telling her what a miserable piece of nothing she was. At times unable to restrain herself she would try to fight back and that would end with the lie about the injuries and the cupboard door.

Once a fortnight her father went to the auctions and so knowing him to be out of the way Phyllis had arranged to have her interview at the hospital on this day. Andrew, landlord

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of the Royal Oak gave her a lift to the hospital and she felt like a million dollars riding in his BMW. He dropped her off promising to wait for her in the car-park she thanked him sincerely glad of his kindness. Andrew had said it was no trouble.

The interview was for a ward cleaner and the pay wasn't at all bad and would most certainly allow her to rent a flat and of course her saving would help till she got settled. She blushed with the joy at the thought of having a place of her own. The hospital receptionist gave her directions and a cheery smile and Phyllis stepped lightly along the endless corridors until she found a door marked 'cleaning tech'. She breathed a sigh of relief upon finding that she was the only one waiting. Although she told herself there must be someone inside having an interview already. The door opened and she heard her name called, taking a deep breath and stepped inside.

'Hello, Miss Jenkins, have you come far?'

The person asking the questions was a tall slim and very smartly dressed woman of an indeterminable

age. Phyllis answered, nerves making her voice a little shaky.

'I'm Mrs Longshaw, now don't you be nervous Miss Jenkins, Phyllis, I am just going to ask you about yourself and your work experience.'

Oh Lord thought Phyllis, I haven't had any work experience and a little voice in her head reminded her that she worked all the time.

The interview progress well and a cup of tea was brought in and introductions were made to the other members of the cleaning team. The shift system was explained and Mrs Longshaw asked her when she could start. Phyllis could have hugged the woman but she managed to contain her excitement explaining that she would have to find a place to live first. Leslie, one of the team said she could have the spare room at his place as his son wouldn't be needing it for a year or so he gone on a gap year. Phyllis had to grip the back of the chair to stop herself actually jumping up with glee. She thanked God and then beamed her thanks to Leslie for his kindness.

Walking to the car-park opposite the hospital Phyllis felt lit with an inner happiness at her good fortune. Andrew was waiting as promised Phyllis told him that not only had she got the job she had a room until she could find herself her own place. Andrew was very pleased for her adding that she would be missed.

As soon as she stepped into the house Phyllis realised something was wrong. Ron stood in the hall arms folded and a nasty grin on his face. He took great pleasure in telling her that Mr Dunn had been taken into hospital that day with a stroke and his

daughter had popped her building society book round in case she needed it. Ron began to laugh as he waved the book in her face. Phyllis felt a hole opening up inside her as a tear slid down her face. Ron then laughed even louder when he produced a large wad of cash from his pocket.

'Yeah, it's no good you looking like that my girl, they gave me the money no trouble at all and now it's mine, what the hell did you want it for?'

Phyllis said nothing she was stunned and could not think straight. Her first instinct was to push past her father and get up the stairs to her room. Ron put a stop to that pushing her back toward the front door and then pinning her against it while shouting in her face. Telling her she was never going to get away from him ranting;

'No Phyllis you're not going anywhere, your mother tried that and I soon put an end to it and I'll put an end to you too, do you hear me?'

Suddenly Phyllis realised what that statement meant, she knew in that instant that he had killed her mother. That was why there had been no letters or phone calls and other things he had said over the years began to add up. What could she do? She needed to get away but how. Ron had his arm across her chest pinning her against the door and in his other hand he had grabbed a handful of her hair and was pushing her head hard against the door. Phyllis was finding it hard to breath and she couldn't fight back as her arms were pinned down. Ron knew just what he was doing and Phyllis

feared for her life. He was shouting in her face but his words became slurred. Phyllis at first thought him drunk but as watched his face so close to hers, his mouth began to distort and his grip on her loosened. She knew he was having a stroke. Instantly she took her chance, shoving him away from her and running from the house.

Phyllis ran away from the house but a little way up the road she slowed her step realising that the longer she took the more likely it would be that Ron would not recover. Upon arriving at Constable Robertson's door she explained what had happened and that she believed Ron had killed her mother. Inviting Phyllis into his house his wife gave



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her a cup of sweet tea. Constable Robertson realised the seriousness of what she was saying. Leaving her with his wife he went round to Phyllis' house. At first he couldn't find Ron, but there in the garden, lying face down on the grass was a body. Ron was still and dead from a what looked like a stroke. The body of his murdered wife was later found later buried in the garden.

Some weeks later Phyllis' sat in a packed Church at her mother's funeral. There in the front pew she listened to her Uncle who had come all the way from America to honour his sister. Of course it was a sad occasion but she felt happy inside to know that her mother had been properly laid to rest. Phyllis delighted in the fact that she was the proud owner of a nice neat modern flat and she loved her work at the hospital. She knew in her heart that if she had hurried to Constable Robertson house her father's life might have been saved. Still, she did not regret her action.

Ron's body had been delivered to the Crematorium without ceremony. No one mourned.

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SINGING SLOVENIA

David Burbridge

Despite the pandemic, we've had a terrific year of activities involving our relationship with Slovenia. Not just a great month in the late summer, which we spent singing in Slovenia with a number of different choirs - IRL (in real life!) - but also many meetings on Zoom, with discussions, singing, and chatting with our friends across Slovenia. On some occasions we have combined IRL singing in the garden here at Smithy Cottage, with a Zoom connection where Slovenian singers from our twin town joined us singing the narodni pesmi (Slovenian national folk songs) while we sang in four-part harmony among the bluebells and hawthorn blossom here on the banks of the river Clough.

We also contributed with songs in Slovene and English to online celebrations at Christmas, Prešeren evening in February (celebrating Slovenia's national poet France Prešeren,) and our own Slovene/Scottish singing event on Zoom, with songs ranging from Prešeren's Zdravljica (the Toast,) to Rabbie Burns' A Man's a Man for a' That.

After a Zoom church service in both languages, David Lloyd, former British Ambassador to Slovenia, wrote to thank us for our singing and said: "I felt a sense of real togetherness as the scenes changed from London to Sedbergh to Slovenia as the Service progressed."

We also sent videos of us singing Christmas carols in Sedbergh parish church while Roger Bush played the organ, in the wintry garden outside Smithy Cottage here at Farfield, and

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out on the fells, as part of a combined Zoom concert. Marcus and Evelina Ferrar, from the British Slovene Society, wrote: "We enjoyed seeing for the first time your church, your home and the beautiful snowclad countryside of Cumbria. The centre of gravity of the British Slovene Society has shifted northwards!"

As soon as coronavirus restrictions were partially lifted at the end of March, we were back singing our Slovenian songs in the garden, and also joined some fascinating discussions on Zoom hosted by the Slovenian Embassy - including one between two generations: HE Matjaž Šinkovec, the first Slovenian Ambassador to the UK, who took office soon after the country gained

its independence 30 years ago; And Kristi Hodak, a young Slovene who studied in London where she has now worked for the past 4 years.

Other Zoom sessions included one where we were able to learn some new songs from Igor Velepic at the Ljubljana Waldorf school, and a combined singing session with singers from 3 different choirs who in pre-covid times have joined us here in Sedbergh on some of our many exchanges.

Our activities continue into the future - with our Slovenian language conversation group talking together in both Slovenian and English on Zoom, and real life singing of our Bee songs in the garden among the bluebells and blossom here at Smithy Cottage

to celebrate the Slovenian World Bee Day on May 20. And, of course, a repeat of last year's highly successful Slovenia Statehood Day celebrations on June 25, where we will again sing many of their national songs.

Some of us have also been learning Slovenian poetry, including the fabulous Ivan Minatti classic, Nekoga moraš imeti rad ("You must love someone, even if only grass, river, tree or stone; on someone's shoulder you must lay your hand so it gluts its hunger with nearness,") and some of these (in both languages) will be recited at our gatherings. They are fabulous poems, reflecting much of that deep connection between nature and human relationships: "O trave, reka, kamen, drevo, molčeči spremļevalci samotnežev in čudakov, dobra, velika bitja, ki spregovore samo, kadar umolknejo ljudje." (Oh, grass, river, stone, tree, silent companions of the strange and lonely; good, great beings who begin to speak, only when humans have fallen silent.)

If you would like to join us in the singing, poetry or learning the language, please do get in touch - I have put recordings of the harmonies for many of our folk songs on my free YouTube and SoundCloud channels, and we also have Zoom tutorials to learn the songs. As always everyone is welcome. Last year, although we were restricted to only 6 in the garden, others were able to join us singing beyond the hawthorn bushes which added a unique quality to the event.

Of course, we also have our singing walks through the Yorkshire

Dales and Lake District singing these beautiful Slovenian songs alongside English folk songs if you would like to join us (organised, risk assessed, social distanced and carefully led walking groups like ours are exempt from the rule of six.) Or we can come to sing in your garden like we did in December. And further afield, in late August, we have planned a return to Triglav, Slovenia's highest mountain, where we will again be singing on the summit alongside many of the Slovenian singers who have been joining us on Zoom - and in some of the mountain huts on the way up and down.

As always, we comply fully with government restrictions (which can change at a moment's notice - so we try to be flexible with our arrangements,) and in all our groups we apply strict covid precautions. But even a world-wide pandemic can't stop our singing together, nor get in the way of our cultural exchanges and the connections that bind our two countries together in such harmony and joy.

"And this shall be for a bond between us: that we are of one blood you and I; that we have cried peace to all and claimed fellowship with every living thing; that we hate war and sloth and greed, and love fellowship....and that we shall go singing to the fashioning of a new world." William Morris

David Burbidge, Lakeland Voice,
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www.lakelandvoice.co.uk

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LIE OF THE LAND

Carolyn Flood & Colin Marsh

Access / Lie of the Land: A Collaborative Artwork

Walking through Millthrop you may have seen a home-made noticeboard on the back wall of a local family's shed with their permission, which displays community notices and, at times, a pop-up show of artwork. During our countrywide lockdown, opportunities to view artwork have not been easy to access. Equally, craft workers, photographers and artists are experiencing difficulty in showing their work publically unless via social media sites such as Instagram, which is not everyone's 'cup of tea'.

In March this year a small display featured our collaborative artwork: we have worked together since September 2004 during the MA Fine Art Drawing course at Wimbledon College of Art, London. Carolyn was asked to assist Colin as he has Arthrogryposis, which affects his bone structure and muscles at major limb junctions impairing their function. This gives him limited mobility and needing a powered wheelchair to get around outdoors. London-based, he draws lying on the floor on his front using his mouth to manipulate his pencil or pen. Access became a central idea for our artwork, a response to Colin's inability to directly experience certain environments.

In 2007, within The Crypt Gallery, St Pancras Church, London, inaccessible to Colin, we produced various works exploring this theme of Access including a work that represented his presence and absence often invisible within the

world of the walker. It was of his outline in his floor lying position drawn with white chalk on the stone below the steps down into the Crypt. Unseeingly, many visitors walked over 'Colin'. Now we are exploring this idea in relation to the Cumbrian countryside where Carolyn lives, specifically Frostrow Fells and its 3 fields, a space Colin cannot access even with an expensive purpose-built off-road wheelchair. One of our project questions is, although unable to visit, can Colin 'feel' that he knows this particular part of the Cumbrian countryside through our ongoing work together? We began with Carolyn photographing this landscape and its maps, emailing them to Colin who responded by choosing which



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photographs to draw from, doing his drawings and emailing them to Carolyn. He describes his thinking as follows: I didn't want to stray too far into anything pretty. I'm trying to see a very undulating landscape through digital photography, seen from the screen of my laptop. If I were Turner or Constable I'd be out there in all weathers trying to capture some kind of truthful representation of what's in front of me. This is impossible for me . . . due to the accessibility of this beautiful landscape . . . or lack of it. (Colin Marsh, 2018).

Our project is ongoing and continues to develop with new drawings and installations. Please follow our project through future displays. If you would like to contact us about our work: Colin's email: camarsh@hotmail.co.uk www.colinmarsh-art.com Carolyn's email: thisweighup@hotmail.com www.carolynflood.co.uk

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

The swifts are back!
They slice the air,
They're back! They're back!
From God knows where,
Navigating mile on mile,
To the very roof,
To the very tile.

This lovely poem by the renowned Pam Ayers in a few brief words captures the excitement of the swifts return from their long migration. It also emphasises the faithfulness of swifts to their nests. While they are away in Africa they rely upon us to make sure they have a nest to return to - that we have not destroyed it in their absence.

It is often their screaming calls, making us look upwards, that first alert us to their return. The first swifts to arrive are the breeding birds, going straight back to the exact same site that they occupied for previous years.



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At the end of May or so they will be joined by younger swifts, the non-breeders - birds aged 2 - 4 years old that are not yet mature enough to breed. These are the birds who we hope will find a partner and nest site for life.

Towards the end of May is when we see screaming parties of swifts, flying close to buildings and rooftops. These are an indication that swifts are nesting nearby and we suspect that it is a bonding activity as swifts are colonial birds, encouraging others to join them. We need your help to spot swifts! We'd really like to hear from you about when and where you see them. For example,

• Where and when did you first see a swift this year?

• Have you seen swifts around buildings? Screaming parties? Darting into a nest site?

• Have they returned to your boxes or nest sites? What's the difference? We're often asked how to tell the difference between swifts and swallows and martins, birds that look superficially similar but are totally unrelated. So here is a reminder:

Firstly - Nesting places:

- Swallows nest INSIDE buildings such as barns or porches, on a ledge, so you can see the nest and chicks.
- House martins make mud cup-shaped nests OUTSIDE

buildings, high up under the eaves, so you can see the nest and chicks.

➤ Swifts nests are HIDDEN and never seen. They nest in crevices on the outside of buildings, often in the eaves, and dart in extremely quickly. They don't go into the building itself, but nest in a space on top of the wall.

Secondly – appearance:

➤ If you see any white as the birds fly around, it's not a swift (which are all dark) whereas swallows and martins have white patches. The white rump of house martins is most noticeable.

➤ House martins and swallows often make 'chattering' calls, whereas the characteristic of swifts is their screaming calls.

➤ A bird on a wire is never a swift – swifts cannot perch.

➤ Swallows have longer tail streamers. Distinguishing birds is often down to the 'jizz'. Jizz is a birding term used to describe a bird's 'vibe', the overall impression and character using shape, proportions, movement etc. and considering the habitat and location. It is their behaviour and how they fly. The term first appeared in print in a Manchester Guardian Country Diary column in 1921: for example, if you see someone walking far ahead of you but cannot recognise their features or clothes, you can often tell who it is by the way



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they walk, stand or general manner. This is their jizz. To identify a bird it can take a while to get the hang of and like most things, with time and patience it gets easier.

It is so exciting to have our swifts back, so let's make the most of their brief stay over here. Their acrobatic flight has always given us immense enjoyment yet we are amazed that many people are oblivious of the screaming parties swooping right above their heads. So look up as you walk around town, and encourage others to do so too.

To Contact SCS: email ta.hoare@btinternet.com or ring 01539 824043

Tanya & Edmund Hoare

NATURE IN MAY

Myles Ripley

A perfect time for spotting beetles - from the cockchafer (also known as the May Bug) to the wasp beetle. But what else happens in May?

Do one thing - Sow wild flower seeds to provide nectar for insects such as bees, hover-flies and butterflies.

What to look for - Across Britain, hedgerows are white with cow parsley and in damp woods carpets of wild garlic and wood sorrel cover the ground. Red Campion and germander speedwell are flowering on sunny banks and hedgerows. In rivers you can spot sheets of water crowfoot . In the west of Britain sea



trout are making their way upstream to breed. Their relatives the brown trout are rising to hatches of mayflies , also prey for metallic green damselflies such as the banded demoiselle. Look out for the frightening (but harmless) cockchafer beetles as they blunder about on warm evenings, especially over farmland. Other insects to look for are the wasp beetle and the cardinal beetle , which sit out in the open protected by their warning colours.

Nightingales sing in southern woods and garden warblers and blackcaps sing in scrub and woodland. Swifts scream through the city streets and bring a touch of the tropics to our lives. At dusk badger cubs emerge from their setts accompanied by their parents. Harder to spot are baby hares crouching in the long grass of open fields.

Did you know? - A baby pipistrelle bat is only about the size of a 50p coin. In May they are unable to fly, but sometimes find their way into unfortunate situations. Don't handle them, call the bat experts: 0845 1300 228 for the Bat Conservation Trust .

Habitat of the month: Hedgebanks

Many flowers are in bloom and insects are busy surviving. Look for beetles, bugs and bumblebees. With their mixture of woody plants and

herbs, hedgebanks are especially good for biodiversity.

Photo opportunity: Hedge and verge flowers

Plants are bursting into flower everywhere. Use a tripod to help keep the lens steady. Go out early and catch the morning dew. Or try the evening – the low sun makes interesting shadows and makes colours appear richer.

Written on behalf of the Sedbergh Supporters Group Cumbria Wildlife Trust

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DALES FARMS START JOURNEY TO 'NET ZERO'

Andrew Fagg

"We are enthusiastic about the changes that can be made to the farm," said Jenny Bowes by the lambing shed. Ghyll Bank Farm near Orton in Cumbria, which she runs with husband Lenny, is one of ten farms in either the Yorkshire Dales National Park or Nidderdale Area of Outstanding Natural Beauty (AONB) about to undergo a full 'carbon audit'.

Contractors from Farm Carbon Toolkit will visit each of the ten farms over the next few months to make a detailed assessment of feed, fertiliser, slurry and diesel use together with an assessment of possible carbon sequestration. Even smaller details –

such as the type of fencing posts and wire being used – will be looked at.

Plans will then be drawn up to identify actions that could be taken to make the farms more sustainable and put them on a path towards achieving 'net zero' carbon dioxide emissions.

Jenny and Lenny Bowes became tenants of Ghyll Bank Farm last year and run 1000 sheep, 70 suckler cows and six sows, as well as turkeys for Christmas, on 600 acres of grassland. Mrs Bowes, originally from Hunton in Richmondshire, said: "We want to know how we can reduce our carbon emissions, and how we can do that while maintaining and improving the business. We are concerned about the future of the environment and we just want to

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make it better. We are enthusiastic about the changes that can be made to the farm.”

The Bowes already have a pasture-fed system and have been stitching in herbal leys and wildflowers to the grassland to deepen roots and improve soil structure. They have planted trees by Rais Beck and Tarn Syke and are planning to begin restoring three traditional wildflower meadows this year.

Lenny Bowes, from lower Wensleydale, said: “We try to farm quite regeneratively but we need to get a better understanding of what we do and how it affects our carbon footprint. We’re hoping that by next year we’ll have the information we need to put together an action plan to make changes. We are looking for data written down in a form that other people can make use of.”

The Nidderdale AONB half of the ‘Farm Carbon Project’ is being funded by Yorkshire Water, while the National Park half is being funded by the National Park Authority. The project has also received a £5,000 contribution from the North Yorkshire and York Local Enterprise Partnership

Yorkshire Water is the second largest landowner in Yorkshire and aims to reach carbon ‘net zero’ by 2030. The water company’s Land Strategy focuses on ‘delivering exceptional land for Yorkshire, for good’. As well as reducing operational emissions, it supports its tenant farmers through its ‘Beyond Nature’ land management scheme, where sequestering more carbon from the atmosphere is one of the goals.

Nidderdale AONB Beyond Nature Farming Officer Neil Pickard said: “Farm businesses can’t manage their carbon dioxide and other greenhouse gas emissions without first understanding and measuring them. Gathering the necessary data can be daunting for farmers, because there is always so much else to do - particularly at this time of year, with lambing and calving taking place on many farms. We hope this project can support farms to make informed decisions.

“The overall aim is to encourage and support farmers to reduce their greenhouse gas emissions, increase their farm energy resilience and in

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doing so improve their farm business efficiency and profitability."

A total of 14 farms are participating in the project. Ten farms will undergo the full carbon audits, while four farms that have already had an audit will also be supported to develop action plans.

YDNPA Member Champion for the Natural Environment Ian McPherson added: "Farming is central to the Yorkshire Dales National Park's scenic beauty, cultural heritage and economy, but it is also responsible for 60% of greenhouse gas emissions in the National Park. This project is a first small practical step in helping local farmers to reduce their carbon footprint and improve the viability of their business. "The farms that are participating in the Farm Carbon Project are spread across the Yorkshire Dales and Nidderdale AONB and cover the main types of farming – dairy, beef and sheep. There is excitement among all the project partners about what could be achieved. Farming needs to find a way towards 'net zero' and this project is going to help us chart the path."

FAMILY MUSINGS.

Sarah Woof

Does anyone "May Gosling" anybody on 1st of May? My Dad always managed to play some trick or other onto mum or me, like April Fool's day and only until 12 noon. I'd rather be a 'gosling' than a fool any day of the year!

Recently as I have been sorting out photographs in readiness for a display for our Ruby Wedding Anniversary this month, I came across various memorabilia about the family business in Dent. In particular, the 'sample books' for wallpaper, Formica, carpet and fablon. People could take them home and decide which they wanted to buy and then Dad would go and measure up and work out how much, or how many rolls were required.

We always stocked rolls of white lining paper, a small selection of washable paper for kitchens and bathrooms, also a couple of choices for a bedroom /living room paper. There must have been a lot of houses in the dale with the same wallpaper!

When Formica arrived it was often in one large piece, especially if for a



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kitchen table, and had to be very carefully handled so it didn't split. Vinyl for the floor came in rolls which needed to be carefully moved around. Dad would go off for the day armed with the required tools and the Formica/ carpet/ vinyl and have quite a pleasant day fitting it and being fed and chatted to by whoever lived in the house. Sometimes I went with him to 'help', usually to empty houses, which I enjoyed exploring.

Photos bring so many memories don't they? Sad ones and happy ones. As we chat about the events they record or the people, this leads us on to other people and occasions. Looking at our wedding photos of 40 years ago, and those of the house

being renovated so much comes to mind...the friend who scrubbed the house clean and glared at anyone who dared enter in muddy boots. the men who fitted the kitchen and declared never again would they put kit packs together! The shock when the Mother of the Bride arrived at the chapel without a hat... (special request of the bride who only ever saw her in a sun hat!) the local kids sat on the graveyard wall awaiting the scramble. Dusty Bin at the reception (a Woof family thing, I had no idea what or who or why!). all the love that sent us on our way. And here we are 40 years later!

Mitts, my beloved cat who came 17 years ago as a feisty little spitting

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kitten and who, for her first 'present' brought me a very much alive baby bunny with one-foot missing, Mitts was very proud of herself. I managed to rescue it from a very annoyed pussycat, so it died in peace and not in jaws. Mitts who would follow me up the road, once waiting at a footbridge for me to come back from carol singing (I went to find her), welcoming me home from work, guiding Cleo our dog back in from the garden as her sight worsened, talking to me with a meow here and there. Darling Mitts who died in early hours of Easter Monday having been found in the garden and brought inside for cuddles and strokes. Now buried in the garden she loved and held in my heart for ever. Some loved ones have skin others have fur, all very special in their own little way. And now the birds are coming back, and who knows maybe baby bunnies are safer! Our 2 hens have become much more adventurous but that's another story...

Treasure your pet's folks, and especially each other.

JOHN STAVELEY 1932-2021

Sam Scarr

Many of you will remember John in his grey mini van, registration JJM 387 with his loyal Alsatian Simba by his side, patrolling the banks of the river Lune.

John's job was to ensure that fishermen held the correct licence and to seize all illegal nets and instruments, salmon and trout, fish or eels which had been suspected of being taken illegally.

Just by listening John knew what was going on in and around the river and as senior bailiff he would hold poachers accountable, taking them through the courts.

John did his job with the upmost honesty and integrity, not once divulging the names of those he took to court, he also worked at Middleton hatchery, collecting, stripping and fertilising the hen, using the cock fish and returning them to the river.

The eldest of eight siblings started his working life on the family farm at High Hall Beck Farm Killington alongside his devoted sister Emma and brother Thomas and as a builder and labourer for Ingham and Lambert before embarking on his career as senior bailiff.

Devoted husband to Margaret, brother to Emma, Thomas, Marjorie, Heather, Hazel, Matthew and Henry.

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MARCH WEATHER

Brian Wright

As usual for this month we had quite a variety of weather. Precipitation came in all forms with a total of 202mm (7.9"). A good part of this fell on just 2 days with 46mm (1.8") on one and 21.6 (0.85") on another!!

Temperatures also varied widely from a high of 19.5C (67.1F) and a low of -1C (30.1F). Winds were variable, as to be expected in March, with average wind speed of 17m/s (38.3mph, 61.5kph) and a maximum gust of 25.3m/s (56.6mph, 91.6kph).

After the white of snowdrops last month we had yellows of daffodils, forsythia and primrose with red, pink and green of the hellebores together with almond blossom. Bird song is increasing as we move into summer-time. We have our 'resident' thrush back singing at the top of his voice. We have seen odd glimpses of the tawny owl. I now know where she nests!! The highlight of the month for me was when I saw a red squirrel, with a mouth full of straw, run up a large Christmas tree in the paddock.

A SELECTION OF WALKS AROUND SEDBERGH

Colin Cowperthwaite

In my possession is a copy of the ninth edition of 'Jackson's Guide to Sedbergh, Dent and Surrounding District'. Along with lots of historical information and old advertisements this book, dating from the 1930's, includes several local walks around the district. I thought I would share this one which features a walk from Sedbergh into Dentdale. For those of us who are familiar with the routes described, it is remarkable that little has changed during the intervening 80+ years.

A convenient short cut into Dentdale is by the way of Millthrop Bridge and across the golf links to a stile giving access to a rough lane. One descends to the main road by a small wood about 1 ½ miles from Sedbergh, or by following the lane along the hillside one comes out beyond the mansion of Gate, a mile

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further on. The main road from Sedbergh to Dent is exceedingly beautiful, but even more attractive, though with inferior views, is the narrow lane on the south side of the dale approached either from the common above Abbot Holme or by the right turning to Rash Mill Bridge some 2 miles out of Sedbergh. Some magnificent timber is to be seen here and in the woods above the road on either side of Brackengill. The lane passes Corn Close and Baines, and becomes liable to flooding before it reaches Gawthrop and joins the main road a little short of Dent. A very picturesque but terribly stony lane leads out of Dent village alongside the deep and wooded cleft of Flintergill, becoming a grass track between walls intersecting the allotments for miles below Dent Crag.

Beyond Dent, on the south side of the dale, a very beautiful lane leads past many old farms to the foot of Deepdale, where the site of a Roman fort has lately been revealed on a green knoll. A little further on, among fine trees, stands the derelict (and haunted) mansion of West House. Through Deepdale a lane leads over the pass between Whernside and Dent Crag into Kingsdale, and comes out at Thornton-in-Lonsdale. The track of the Craven Way can be followed from Deepdale Foot over the shoulder of Whernside towards Ribble Head.

Dent village is 5 ½ miles from Sedbergh. An interesting return to Sedbergh can be made through the lanes past Hakra and Hole House, across the allotments behind the Helm, emerging on Frostrow Fell

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whence a lane leads past some notable old houses to the Garsdale road near New Bridge. In its sylvan beauty, rich flowery meadows, wealth of byways and outlets through side valleys (Barbisdale, Deepdale, Cowgill and Artengill), Dentdale compares favourably with Garsdale, but the latter, curving between the huge unbroken ramparts of Rysell and Baugh Fell, has a certain sombre grandeur. Mallerstang displays some of the savagery characteristic of Norwegian valleys, but Cautley takes the palm for its lovely river scenery and its magnificent outlines of fell that were once thought worthy to be the frontier of England.

SEDBERGH TENNIS CLUB

Martin Lewes

Sedbergh's tennis courts at Guldrey Lane are now open again after the latest lockdown and in regular use.

Singles and doubles games are allowed, but you should still observe all the social distancing rules, staying two metres apart as much as possible, and no high fives or handshakes. You can find full details on the Lawn Tennis Association website.

We will also be offering coaching this summer, six Sunday sessions for juniors and seniors starting earlier than usual on Sunday May 9 because our coach, Michael Cartmell, has prior commitments in July.

Juniors under 11 can sign up by searching for Sedbergh on the LTA website, older juniors and seniors can contact Michael direct on cartmelltennis@gmail.com More details are on the club's Facebook page.

The club committee had its preparatory meeting on March 17, agreeing the subs would be unchanged for the coming year at £10 for a student/junior, £30 for an adult, and £50 for a family.

The courts are public, but the club plays a key role: Most recently it was instrumental with the parish council in getting them resurfaced, and members of the club make sure for example that there are nets to play over, so the sport can continue in Sedbergh. Visiting players say they are some of the best in the county.

There's also the chance for seniors to play in the local league, and pretty

much a guarantee of a game if you come along on Sunday afternoons or Tuesday evenings, which are the two times in the week when members have priority.

Please do join – the more people involved the more we could organise in the way of social activities and the like, and once the coach, Michael Cartmell, has finished with the juniors, he's available to improve the game for seniors as well. If you fancy a game at any time, but have no partner, there's a social network where you can put a call out.

And finally the committee has now dwindled to the point where we need more members – it meets roughly once a month, usually for no more than an hour or so, and there's a real chance to make a contribution to tennis here in and around Sedbergh. You can call the chairman, James Palmer, on 07887-780629, or the secretary, Audrey Carr, on 015396 21163



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DENTDALE W.I.

Thelma Belfield

Spring has officially arrived and the gardens are bright with daffodils, the Covid vaccination programme is progressing well, lockdown rules are easing and we are beginning to make plans for the future.

For our virtual meeting in March, we held a Quiz Night which proved to be a very popular event. Our quizmaster was Jock, husband of our treasurer Kate. Jock very kindly put together the questions and coordinated the Quiz from the comfort of his armchair. One section of questions formed a 'wipe-out' option for which 2 points per correct answer were awarded and many of our brave members took up this option. There

were some fiendish questions and the outright winner was Gill Newport with Anne Steele in second place. It was a very entertaining and enjoyable evening and a pleasant change from our usual format.

In March also we provisionally discussed plans for our fundraising events this coming year and shared ideas for our Summer outing. Now in April we are able to put some firm plans into operation. Our recipient this year – The Rawthey Project - will stay the same, as opportunity to raise funds last year were so limited. A mini market selling home baked goods, crafts and plants on the 29th May 2021 will be held outdoors on the village green with the appropriate Covid awareness rules maintained. It



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feels very satisfying to be working towards our normal activities. Plans for our Summer outing remain undecided but the idea of an outdoor event in June is popular, to be followed by one or may be more outings further afield later in the year, once there is a more settled position when the Covid restrictions are formally lifted.

The Federation have been holding a number of interesting, virtual meetings and the Spring Meeting was no exception. Catherine, Chris and Thelma attended the meeting. Charles Hanson of 'The Antiques Road Trip' fame was the speaker and he gave a very amusing and interesting talk on his life in the world of antiques. Beginning when he was

given a gift of a metal detector when he was young and he found an old coin which he still has today. A phrase he used several times was 'You never know what's lurking' and then went on to share an anecdote about a piece of breakfast toast Prince Charles left on the morning of his wedding to Diana which many years later sold for £800 at auction. His watchword was be careful what you send to the charity shop, it could be worth a small fortune.

The Federation are having to manage their budget very carefully as many of our Institutes are doing too. Earlier this year we were notified that the Institute portion of the annualized subscriptions would in future be set by individual Institutes who would



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have the freedom to reduce the amount members pay if this was financially viable. In consultation with all our members it was agreed that we would all continue to pay the full amount to help support our current funds.

Although we have enjoyed some bright sunshine recently, night temperatures are dropping to sub zero which inhibits gardening plans and our Green Issues activities have had to be reined in. Members have done some swapping of surplus plant pots, canes and plant supports. Our plans to involve the school children in planting seeds has had to be delayed and we are still awaiting permission regarding planting flowers in public

areas. It has been said that the growing season in our part of the world is very short given our unpredictable weather but we persevere and our reward is seeing flowers blooming through the summer and harvesting vegetables in the autumn.

We gave a warm welcome to Kerry Darbshire at our April meeting. Kerry, whose home is in Cumbria is a poetess and much of her work is rooted here in Cumbria. She has published two collections 'A Lift Of Wings' and 'Distance Sweet On My Tongue'. Many of her poems are memoir based and have appeared in magazines and anthologies. She has won and been shortlisted for several



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prizes including Bridport 2017. Her third collection of poems (again a prize winner) will be published in 2022. Although writing poetry is her first love, following the death of her mother she developed a need to understand more about her mother's life and subsequently wrote a book entitled 'Kay's Ark' and it was this that formed the basis of her talk 'Making Sense of My Mother's Life'.

She began by telling us that writing a book was much harder than writing poetry for her and having started researching her mothers life story she resorted to taking a Creative Writing Course which proved to be a huge help. Her research for the book included finding letters, diaries and mementoes her mother had kept throughout life. This was a highly emotional process for Kerry, still grieving for her mother and also experiencing feelings of guilt, she found that the more she discovered the more questions there were. Her mother had not talked much about her past life and so Kerry was able to put together a memoir that not only encompassed basic information about her mothers schooling in Switzerland, attending the Royal Academy of Dramatic Arts and touring with a Repertory Company until the commencement of World War two but also a much more personal account of her mother. How she attended parties, drank champagne, wore beautiful ball gowns and had many boyfriends whilst at RADA. Ultimately how her mother following the breakdown of her marriage had moved to the Lake District and managed a very



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successful bed and breakfast business. How she loved walking the Fells with her dogs and her great love of animals in setting up an Animal Rescue Centre. Kerry told us writing the book took many years, beginning in 2007 and finally being published in 2016. It was an exceptionally emotional process initially but as the work progressed she realised that 'things not told are lost forever' and the book provided a comforting tribute to her mother. In conclusion she expressed gratitude to all the people who had contributed to her research, friends, relatives, proof readers, editors, photographers and finally to Liz Nuttall of Handstand Press who published Kay's Ark. Her final comments were to encourage any of us who had felt the urge to write to take the plunge and do it, as she said 'everyone has a story to tell'.

At this point in our meetings we traditionally have a cup of tea, one of Marjorie's delicious biscuits and a chinwag, sadly virtual meetings don't allow for this but we are getting closer to returning to 'normal' and if all goes well with the government's plan it won't be too much longer until we can all meet together again.

Our competition this month was to nominate our favourite poem and why. Poetry does not appear to be of great interest within our group as there were only two entries. Kerry having judged both, declared a tie, commenting that each poem had great merit with very similar themes reflecting on how we live our lives despite there being a gap of two hundred years between the two poems and each being writing in a different style.

I always like to end on a positive note. This morning whilst finishing off this report, from my window I spotted a red squirrel happily filling its belly with seed from the bird table and totally ignoring the special squirrel feeder attached to an adjacent tree. A colourful cock pheasant strutted below the feeders picking up stray seeds, the daffodils are in full bloom and the sun is shining. Life could be so much worse!

If you would like to join our group you will be most welcome, our Secretary's telephone number is listed in LOOKAROUND we look forward to seeing you.

SEDBERGH W.I.

Moira Folks

Mid-April has brought sunny though cold days, a welcome change from the rain and wind of February: just the time to turn our thoughts to what is going on in our gardens and plan for the summer ahead. The speaker for our zoom meeting on April 14th, Beth Curl from Underbarrow WI, helped us on our way, showing us photos of her wonderful garden, developed over many years from a building plot which had virtually nothing growing on it except meadow grass. She attributes her love of gardening to her father who had a talent for colour and for growing herbaceous perennials, who lived to 98 and in his final years was able to enjoy Beth's new garden, which developed from 500 pots of

cuttings she brought with her to Cumbria. Not only did Beth inspire us with her enthusiasm, but we can also take advantage of the project she has been running for 3 years or so, namely a plant stall outside her home, where she sells plants created from her own seeds, cuttings or subdivision in aid of a charity dear to her heart: the Winterberg School in South Africa. This explains the title of her presentation: A Passion for Plants supports Winterberg School. This school was founded in 1994 by farmers in the Winterberg area concerned about the primary education of their workers' children, and it has become a vibrant community with school buses serving a wide area. It helps keep families and communities together and

a helping hand



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

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

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

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

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

provides valuable jobs for women. Children educated here are now going on to secondary school and college, some even returning to work at their old school. The coronavirus pandemic has created special challenges which are being faced carefully. The school costs £100,000 a year to run so Beth's contribution from plant sales is very welcome. Ellen thanked Beth for her inspiring talk and arrangements will be made for several of us to visit Beth's plant stall and contribute to her charity!

Carlisle Library's Borrowbox system failed to provide the book club with enough online copies of Ellen's chosen book, 'Sweet Caress' by William Boyd, so some of us managed to buy cheap copies from World of Books. It was well worth

paying for! Nine of us met by zoom on April 15th to discuss it. Written in autobiographical style, it tells the life story of Amory Clay: in fact, the subsidiary title is 'The Many Lives of Amory Clay'. Amory was born in 1908 and became a photographer working in London, Scotland, France, Germany and Vietnam, covering many troubled times. The book also includes over 70 photos illustrating some of those times. The character portrayals were convincing and insightful; there was humour and there were poignant episodes. It was a story of a life well lived and a real page-turner. The average score we gave was 8, varying from 6 to 9/10: a very enjoyable read for most of us.

Apart from those two main meetings, the Tuesday Club Coffee

The advertisement features a photograph of various glass jars filled with dry goods like rice and beans, set against a backdrop of autumn leaves. Overlaid text includes:

- The Zero Pantry** (in yellow)
- SPRING TIME HOURS** (in blue)
- Monday 9am - 5pm
- Tuesday 9am - 5pm
- Wednesday 9am - 5pm
- Thursday 9am - 5pm
- Friday 9am - 5pm
- Saturday 9am - 5pm
- Sunday - CLOSED
- plastic free shopping that not only saves the planet but saves the pennies as well** (in large black text)
- 6 FINKLE STREET, SEDBERGH, LA10 5BZ
- TEL: 015242 59233

and Chat and Craft and Chat groups continue to meet fortnightly on zoom, and the walking group will be starting to meet in groups of 6 socially distanced walkers from April 22nd. As weather permits, we hope to start mini garden meetings again from May, for up to 6 members.

Our next WI zoom meeting will take place on Wednesday 12th May at 7.30pm. This will be for a discussion and vote on the National WI Campaign Resolution for 2021. A zoom link to this meeting will be sent to all members prior to the meeting. New members are always welcome: if you are interested in joining us, please contact our President, Ellen Morrison, on 07702 919745.

KILLINGTON W.I.

Not WFU! but Elspeth and Marion

The April meeting was held under the zoom umbrella. Twelve members attended.

Susan Sharrocks reported that Dawn Stephens died in March in Sedbergh. She had been an energetic member of the WI for several years, winning prizes for her craft work. She had been ill for the quite a few years. A very small funeral was held at the crematorium on Tuesday 31st March. Dawn had not wanted a big event. Paula Day had composed a poem for the occasion.

Sandra Goldwood of Sedbergh WI has had it confirmed that there is no memorial at the national arboretum to the “munitions workers” from the two



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OPENING TIMES

M-FR 9AM—5PM

SAT 9AM—1PM

SUN: CLOSED

world wars. She is starting a campaign to correct this omission. Further information to follow.

The star attraction of afternoon was Margaret Denton's Quiz. The quiz consisted of five different categories with eight questions in each. We were given a chance as several were true or false, multiple choice, yes or no. There was interesting category of whether cartoon characters have eyebrows or not? Although non-competitive in nature, Barbara Mauder had the most correct answers but some of had rather less.



DEMENIA ACTION WEEK

Myles Ripley

Dementia Action Week is a national event that sees the public coming together to take action to improve the lives of people affected by dementia. In 2021, the week will take place on 17-23 May. 34.5 million of us know someone living with dementia in the UK. Together we can bring about change.

One in three of us born in the UK today will go on to develop dementia in our lifetime, and there will be one million people living with dementia by 2025 making dementia care one of the greatest challenges facing our society. With few existing treatments, it's social care not the NHS that people affected by dementia rely on.



People with dementia represent the majority of social care users, so it is vital that the care system is made fit for purpose.

A new system we can be proud of
We need a system that means every person living with dementia, and every carer, can get the support they need to stay happy, healthy and independent for as long as possible. This means quality care that is right for them, free and easy to get, no matter where you live - like the NHS. Alzheimer's Society won't stop until everyone can access the dementia care they so critically need, now and in the future.

The Sedbergh Gardener

Garden maintenance and planting design

Rebecca Wheten BA.Dip. Landscape Architecture
mobile. 07792285357

e-mail thesedberghgardener@gmail.com
instagram. [thesedberghgardener](https://www.instagram.com/thesedberghgardener/)

How can I take part in Dementia Action Week?

Whether you'd like to get involved individually, at work or as part of your local community, no action is too small. Just put a card or poster in your window? Go and visit someone you know who lives with Dementia? Come and visit our market stall in Sedbergh on Wednesday May 19th when we will have lots of resources for you to access.

Where can I get dementia support and information?

If you are worried or need support, please call our Cumbria Alzheimers office in Carlisle on 01228 819299, cumbria@alzheimers.org.uk or via their Facebook group Alzheimer's Society - Cumbria You can also join the conversation with other people affected by dementia in our online community, Talking Point.

The Alzheimers website has in-depth and up-to-date support and guidance on coronavirus and dementia www.alzheimers.org.uk

SEDBERGH PEOPLE'S HALL

Dr Gina Barney (015396 20790)

Elections for the Police and Crime Commissioner

The Sedbergh People's Hall will be open on Thursday 6 May 2021 to permit residents to vote for the Police and Crime Commissioner. Please enter by the front door, vote and leave by the car park side door. No congregating in the Hall and obey the instructions of the Electoral Presiding Officer.

Re-Opening of Sedbergh People's Hall

The Hall will re-open on Monday 17 May 2021 (provided the government confirms this date). During the various openings and closures the Hall Committee has kept the Hall in good order and even carried out improvements such as re-tiling the roof.

Attendees can be more relaxed as we are all safer thanks to the over 40s and priority groups being vaccinated. The Hall will continue to apply sanitisation, face covering and spacing plus other precautions until told otherwise. Some relaxations are possible, for example, freer use of the space, providing food, please enquire.

Bookings are now being made and if you have an event in mind please contact;

booking.peopleshall@gmail.com

See the availability at: <https://www.sedberghpeopleshall.org/>

New hirers will need to talk to Dr Barney on 015396 20790 about a COVID risk assessment.

AGM held on Monday 12 April 2021

The AGM of Sedbergh People's Hall was held on Monday 12 April 2021 by Zoom.

The meeting received and approved the Minutes of the AGM held on 6 April 2020 (by email), the financial report and the Chair's report. All Trustees were re-elected for a further year and are: Steve Longlands (Chair), Sandra Gold-Wood (Vice Chair), Dr Gina Barney, (Secretary/Treasurer), Pam Drower, Ian Hutt, Sandra Longlands, Stuart Wetherell, Chris Wood (Booking Secretary), Keith Wood and Bill Lewis was co-opted. There is one vacancy for a new Trustee and any user organisation can apply to offer a representative to serve on the Management Committee.

People's Hall Roof

The re-tiling of the Hall roof has been finished replacing that of 1983. This was necessary to make the Hall watertight so that internal improvements can be made without the risk of damage and spoiling. The back of stage wall was deteriorating due to significant water penetration. White asbestos was found in the 1983 tiles and this has had to be disposed of safely at an additional

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expense. Plans are being made to replace the heating of the Hall and improve the lighting, decoration and floor of the main hall. When this is carried out the work that started in 2013 will be complete and should see the Hall through to 2056 when the lease expires.

COVID-19 arrangements after 21 June 2021 at the earliest

The government intends a considerable relaxation after 21 June. Some are known, but are subject to change. The proposals are for "Large events can be held, eg concerts, and no legal limits on social contact". A People's Nightclub maybe— a first for Sedbergh! It will be clearer in early June 2021.

ENERGY BILLS

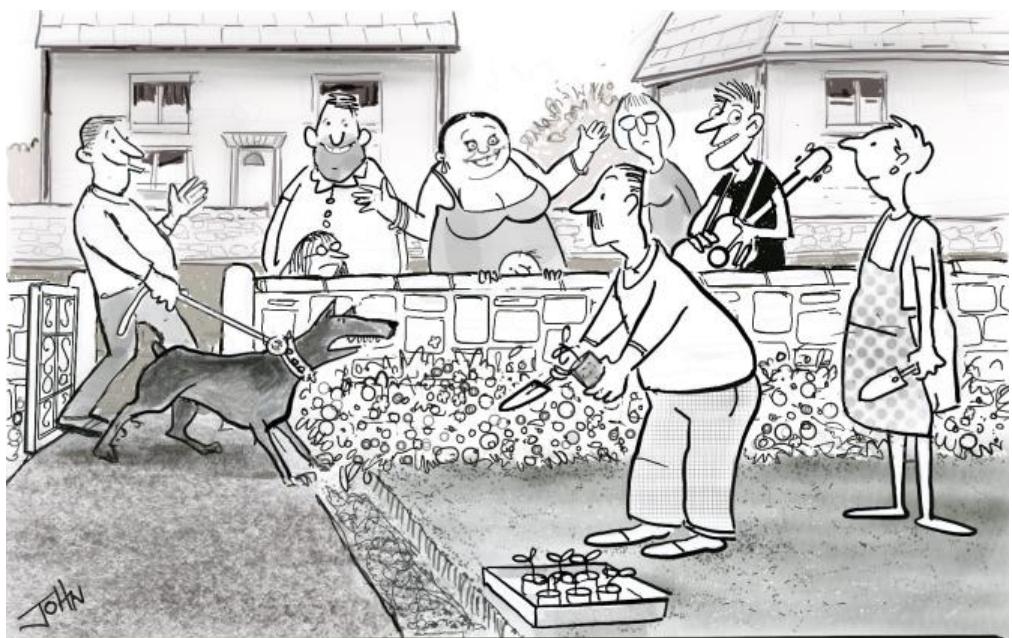
Karen Evans, Citizens Advice

If you feel your energy bill really shot up last month, don't feel like you used any more heating or electricity than usual, and are worried about being overcharged but have not been able to contact your energy supplier for support, (no one ever seems to answer the phone or respond to emails) What should you do?

It's normal for your energy bills to change depending on the time of year and how much gas and electricity you're using. But if your bills seem strangely high, then it's important to investigate why.

Firstly, check your meter is working properly and your usage has

A VIEW FROM THE FELLS



ISN'T IT GREAT THAT WE CAN NOW HAVE MORE THAN SIX PEOPLE IN A PRIVATE GARDEN
IF ALL PEOPLE GATHERING ARE FROM NO MORE THAN TWO HOUSEHOLDS!

definitely not gone up, even accidentally. Also check what heaters you have and whether you're using them correctly. Night storage radiators and immersion heaters in particular can cause very high bills if used incorrectly.

There are a few things worth looking into. It could be that your bill is an estimate, in which case you need to give your supplier a new meter reading. If it's not an estimate, check your last meter reading to see if it matches the one on your bill. If you still don't have an answer, your supplier might have raised their prices. In any case, you're doing the right thing to contact them.

Customer service varies between suppliers and unfortunately we hear of many bad experiences similar to yours. We also know the problem has worsened during the pandemic. If you're struggling to get through to them, you could make a formal complaint. We offer advice on how to do this and things to consider first. We publish a comparison table every three months which rates suppliers' customer service, based on things like telephone wait time, email response time and the accuracy of their bills. Have a look for yours to see how they fare against others. If they're low on the list, consider switching to a different one.

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South Lakes Citizens Advice, your local charity, is here for you. How to access:

- Call 015394 46464 - this is being staffed from 9:30 – 2pm
- 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

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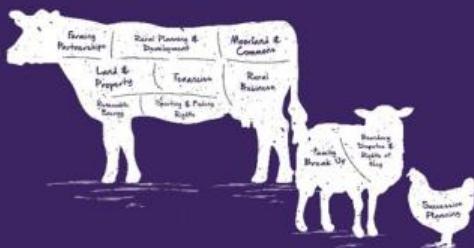
Nick Cross

Lockdown has been eased and as we emerge from our burrows blinking in the light of our new freedoms, spare a thought for those who offered their lives for this country and feel condemned to suffer out those lives carrying a burden of memory through a life filled with unfathomable uncertainties.

Living with the mental wounds of combat can often lead one to feel incapable of dealing with those things that many of us take within our stride: We can deal with call centres (mostly), we can read letters from the local authority or the Bank without wishing them away and leaving the problems to escalate and importantly

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being able to access help when it is needed. This is what the Royal British Legion is all about, we want to help these often isolated ex-service people and their families before irreversible decisions are taken. We have been there for 100 years dealing with the scars of war and the people who fought to preserve our freedoms by making them aware that they need not struggle alone.

We in Sedbergh have a very active membership and as the premier service charity we are proud to work closely with Brian Capstick and the Rawthey Project.

We need your help to do this work. Please consider joining whether you are ex Service or not, it only costs £18 per annum and you will become a valued member of an organization dedicated to help those who gave of themselves, but are now lost in pain and anguish because of their Service.

For more information, contact the Legion direct on www.britishlegion.org.uk



DENTDALE MEMORIAL HALL

Sarah E Woof, Chair of DMH

Work is going on behind the scenes and plans put in place to hold actual meetings, in person, in our Hall. We are allowed to meet inside, as we are a voluntary organisation, a management committee, and even in lockdown, we need to 'manage' our property.

The Annual General Meeting is planned for Tuesday 18th May 7.30pm in the Hall. We will be socially distancing and all the rest of it, and hope it will be possible to welcome members of the public. Please see posters in Dent for final information.

We need local organisations to appoint a representative for our committee, and many have and, in some cases, the same people have served for a long time. There are, however, some organisations which do not have a representative or have 'doubled up', which is not ideal. Please contact me if you need any more details.

Our main fund raising event on August Bank Holiday Monday will be discussed along with future plans, and how to hire out the spaces as restrictions ease.

My telephone number is 25212.
 Thanks to all.

B4RN

Douglas Thomson

As I write this I very much hope that I am not going to have to eat my words! It is now very likely that the installation of B4RN into Sedbergh will shortly start in pockets of the town. Six years in the planning but hopefully at last

PERSONALLY PLASTIC FREE

The Zero Pantry

Kim Bradshaw

Kirkby Lonsdale and Sedbergh

When we think 'plastic free' we sometimes just assume that this only refers to food packaging or cleaning bottles. Have you ever taken a good look in your bathroom and noticed how many things come in plastic? It is frightening! From the bars of soap that come in plastic wrappers to the hundreds of different types of shampoo and conditioners that we use daily. From disposable razors to every single piece of makeup that we use. Our toothbrushes are plastic, our toothpaste is plastic and even the dental floss is plastic.

There is an alternative to every single item in our bathroom and sometimes you just need to look a little bit harder for some rather than others: Shampoo and Conditioner: Replace your bottles of shampoo and conditioners with bars. These are becoming more and more popular and come in all different shapes and sizes, but all will clean your hair just as well as traditional liquid shampoo. There can be a transitional period and it is recommended to allow at least six weeks for your hair to acclimatise but it is worth it in the end just to get rid of the hundreds of bottles on the side of the bath. Shampoo bars also last longer than their bottled cousins, whilst conditioner bars will last months at a time!

If you find that there is a build up of residue on your hair, just apply a simple vinegar rinse which will clear it all away.

Just don't like the idea of shampoo bars or they just don't work for you - then there are always refillable options available at your local refill (zero waste) shops. Shower Gel: Plain and simple - swap it for soap. And while you're at it, swap that plastic shower scrunchie with a soap saver bag. These two work in perfect harmony with each other. Just pop the bar of soap into the bag and wash away. The bag acts as an exfoliator and when finished, just hang it up to dry. This will preserve the soap ready for your next wash. Again, soaps come in a variety of colours, smells and ingredients.

Oral hygiene: Did you realise that every plastic toothbrush ever made is still on the planet today! What a frightening statistic. By changing your plastic toothbrush to a wooden one think of how many you will be saving going forward. Have an electric toothbrush? Never fear, there are recycled alternatives to replace these as well. See, they have thought of everything.

Remember the days of brushing your teeth with powder? Yes folks it is making a come back. Toothpaste now comes in a variety of different forms - toothpaste, toothpowder and also tooth tablets. It really is just down to personal preference as to which you prefer. They also offer fluoride and non fluoride options as well.

Deodorant: Get rid of that unsightly roll on or spray canister - both of these are doing more harm than you think. Instead use a natural deodorant which can be applied with your finger tips or comes in a handy cardboard tube if you prefer the roll on option.

Or go one better and use a crystal, and yes they really do work and in some cases will last up to three years! How's that for value!

Make up: Possibly the biggest amount of plastic in your bathroom will be in your make up drawer. The industry is coming along in leaps and bounds but there is still a long way to go to make this sector completely plastic free. However, until that happens there are alternatives out there, you may just need to look a little harder. Many companies may offer a refillable option on certain compacts. In the meantime, why not change your cleanser to a soap bar (yes you can wash your face with soap) or there are also natural cleansing scrubs available. Stop

wasting your money on disposable make up wipes and go for washable ones instead. You will save a small fortune and do a little bit to save the planet at the same time.

Shaving: Disposable razors - YUK! Traditional razors have been around for years and now come in some pretty funky colours and designs. Match it up with shaving soap instead of foam and away you go - plastic free shaving.

Periods: Not often a subject that is discussed openly but there are alternatives to the traditional tampons and disposable pads. We have an amazing company right on our doorstep that offers cloth sanitary pads who deserve a mention. Honour Your Flow is based at Mansergh,



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Kirkby Lonsdale so please check them out if you want to find out more. There are also period pants, moon cups and sponge options to name a few. Again, this is very much down to personal preference but you need to know that there are options and PLEASE discuss this with your daughters as they may not know there is a choice.

The list really is endless and with a little bit of research you can find a plastic free alternative to almost everything. The initial cost can sometimes be more expensive than your plastic option but you often find that the natural products last longer which save you money in the long run. At the end of the day though, this isn't all about money. It is about doing what we can to help save the planet - one plastic free item at a time.

Please remember to pop into The Zero Pantry if you would like help on your plastic free journey. We not only stock food but also a large selection of plastic free options for the home and personal use. You can find us at 6 Finkle Street, Sedbergh and 8 Main Street, Kirkby Lonsdale.

ZERO WASTE SEDBERGH

Becca Gilbert

Sedbergh Food Club Update:

For the past few weeks, we have begun to invite members back to collect their food bags from Cornerstone Church – it's been good to see everyone again and welcome new members. A huge thank you to all those who helped to deliver bags whilst we were in lockdown 3, it was brilliant to be able to continue with the club during a really difficult time and we were able to deliver over 100 bags each week to members.

Following a few weeks where we received low stock, we now seem to be receiving consistent amounts of food – perfectly good food which would otherwise be going straight to landfill! – that can be shared among our 130 members. We are also looking forward to a time when we can meet indoors to pick our bags ourselves, enabling it to be a social event too. However, we recognise this will not be possible for a few months at the very least and we wait to see how things develop in time.

It's often fun (or a challenge!) to decide what to cook with a celeriac or

PEOPLE'S HALL HIRE RATES

Main Hall

Session	Z	A	B	C	D	All day
Local Hirers	£10	£20	£20	£15	£36	£90
Other Hirers	£15	£30	£30	£22.50	£54	£136.50
Commercial	£20	£40	£40	£30	£72	£182

Committee Room

Local Hirers		£15	£15	£10	£15	£55
Other Hirers		£22.50	£22.50	£15	£22.50	£82.50
Commercial		£30	£30	£20	£30	£110

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a couple of bags of sprouts, but members are great at sharing recipes on our Facebook page. Here's one recipe from last month to use if you have a glut of radishes, which we enjoyed a couple of week's running!

The recipe was suggested by Catherine Hartley - thanks Catherine!

Garlic Roasted Radishes

Ingredients

500g radishes

1tbsp of butter

1/2 tsp sea salt

1/4 tsp of pepper

2 or 3 cloves of garlic, crushed

1/4 tsp of dried parsley/dill/chives

Method

Preheat oven to 200c. In a bowl combine radishes, butter, salt and pepper and toss together. Place in a large roasting tray and bake for 20–

25 mins, turning every 10 mins. Then add garlic and dried parsley and bake for a further 5 mins until golden brown and cooked through.

Sedbergh Community Cupboard Update:

Alongside Sedbergh Food Club, we also run Sedbergh Community Cupboard. In fact, having the Food Club enables us to not only distribute food that would otherwise go to landfill, but it also supports the provision of food for those who need a little more support each week. It acts in the same way as a Food Bank, and we are able to discretely support local families and individuals who may be struggling financially, by providing food and toiletry packs. Any money which is left over from the Sedbergh Food Club subs is used to stock the Community Cupboard, but we also rely on food and toiletry donations from the public, so a big thank you to those of you who have been donating to our bin in Spar – as ever, thank you to the Spar shop staff for accommodating our donation box by the entrance.

Finally, thank you to all of you who are members, volunteer, donate, deliver and support Sedbergh Food Club & Cupboard in a variety of further ways, so generously!

Suzie Pye & Team
07833534710



COVID CRISIS INFORMATION.

Suzie Pye/Ed Welti

Sedbergh & District Covid Support: 07872 017730.

The local Covid Support Line is still operational, please call if you need help with shopping, prescriptions, advice or just a chat. The Support Line will close in June unless another wave appears.

Covid 19 helpline: 0800 783 1966

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

Citizens Advice South Lakes 03444 111444 / 01539 446464

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

Winter Warmth Fund 01539 728118

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

Credit Union (Affinity) 01900 65723 / 01946 817508

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

Council Tax relief 01539 733333

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

Housing 01539 733333

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

NHS Mental Health Crisis line 0800 953 0110

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

Sedbergh Community Cupboard 0783 353 4710

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

Joss Lane & Loftus Hill Car Parking Charges

1 hour = £1.00	4 hours = £4.00
2 hours = £2.00	5 hours = £5.00
3 hours = £3.00	One week = £10.00
Annual Resident Permit, Day = £40	Annual Resident Permit, 24h = £60

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

Treadwell Flooring

Established Family Business since 1999



*Contract & Domestic
Extensive Range of Floor Coverings
Carpet, Vinyl, LVT and Wood
Carpet Cleaning Service Available*

F: 015396 21175 • M: 07795 598 913

DENTDALE COMMUNITY CUPBOARD

A Dentdale Resident

This is continuing in the bus shelter and seems to be well stocked at weekends, although it is worth keeping an eye out at other times too!

Many thanks to all who use it, by putting in or taking out, it really is for everyone.

How long it stays really depends on how long it is 'used', but it will certainly be there until the end of June.

I have been asked to 'thank' whoever added the hot chocolate sachets, the crisps, and the cereals, all were very appreciated especially over the Easter holidays!

SEDBERGH AND DISTRICT COMMUNITY TRUST GRANTS

Tony Reed-Screen

After a difficult year the Charity Shops are back in business and we will be in a position to start making Grants again. The next closure date for awards is Friday 14 May and application forms are available on line through the Town web site or in hard copy from the Information Centre. We will not be in a position to make major awards but the Grants Committee will consider minor awards up to £500. We hope we will be able to make larger awards in August.

HARDSHIP FUND

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

If you are in financial need or have a real need for an item which you do not have the wherewithal to buy, then the Sedbergh United Charities may be able to help you.

Or, if a friend or neighbour is in need of financial help, then please let them know about us.

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

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

or

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

All applications will be treated in confidence.

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

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

PERSONAL MESSAGES

JEAN MITCHELL

Jean Mitchell would like to thank everyone who enquired about her during her recent 4 week stay in hospital. She is now back at home. She would also like to thank everyone who sent cards and good wishes for her Ninetieth Birthday.

JOHN FEARNHEAD DRY STONE WALLING

Field Walls and Bespoke Garden Walls. Mobile: 07932577520. Email: jfearnhead1@gmail.com

DOG POO

To the person who left a small black plastic bag of dog poo twenty yards from the top of Winder on the 15th of April – do you think perhaps you are missing the point?

Hrrrrrumph.

Robert Powell

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.

EDITORIAL

Our July edition will be the 400th Lookaround. I wonder whether Dennis had any idea that Lookaround would get to 400 editions, and that he would responsible for most of them. I remain hugely impressed with his staying power, I've compiled 26 Lookarounds, there is no way I'm ever going to get to 10 times that number, let alone the rest.

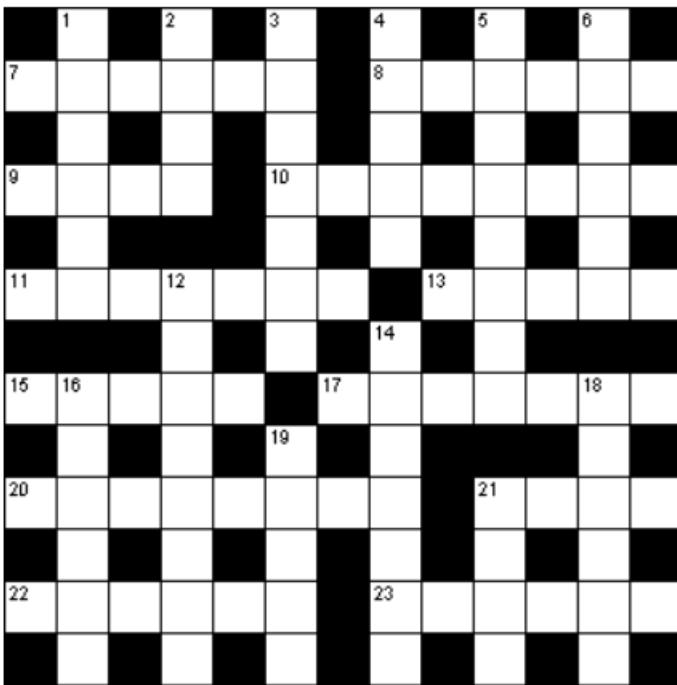
We'd like make number 400 in July, a special edition, so send us lots of articles and photos of Sedbergh and District, past present and future. I'm intending to review the Lookaround back catalogue and republish some historic articles. Is there anything you can remember that you'd like to re-read let us know and I'll dig it out of the vault. I'll be giving you another reminder in June.

By July we may even be back to something more like normal. This month we have our first event advert (for the Memorial to the Munitions Workers on page 1) for a while. I'm hoping we'll get lots more as the Spring and Summer progress. Do let us know if you are organising an event. Even if you don't give us an advert we can put it in the diary.

I'd urge everyone to get out and get their vaccinations as soon as they are invited. As far as I can see vaccination is the only realistic chance we have of controlling the situation. Undoubtedly the pandemic would burn itself out naturally in time - but who knows how long. Spanish flu took 4 or 5 years. Bubonic plague took 300 years or more.

Ed Welti

PUZZLE 1 (SOLUTION ON PAGE 89)



Across

7. Live here, adores idea essentially (6)
8. Country rearranged on a tin (6)
9. Sounds like a naked animal (4)
10. Somewhere hot, slow pace mostly, endless choice and unfinished beer (8)
11. Corresponding to parts of the alphabet (7)
13. Repulse renegade with change of heart (5)
15. Taste starting off is plentiful (5)
17. Serving of wine and wild animal first off (7)
20. Pro icons with disorienting sting in the tail (8)
21. Replace pawn with bishop in animal friends wagers (4)
22. She ate dinner warmed up a little (6)
23. Mythical beast to last too long (6)

Down

1. Calm essential in wiser enemy (6)
2. Sounds like a searching look or landing (4)
3. Greet us with a sign for a change (7)
4. Not off electrically charged particle can make your eyes water (5)
5. Loud step mid-evening Tango (8)
6. Find security device mostly consumed (6)
12. Put up with confused toe alert (8)
14. Ripped commotion windstorm (7)
16. Replace secured middle England with taunted central Denmark (6)
18. Stirred up potion is a possibility (6)
19. Replace beginning of February discoveries with weekend varieties (5)
21. Craft found in a limbo atoll (4)

PUZZLE 2 (SOLUTION ON PAGE 90)

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

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

addressed to the editor rather than as the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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 £27.50 for an Annual Subscription, or anywhere in the world for £6.00 per issue.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 20/03/2021
 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.

MAY 2021

03	Early May Bank Holiday	
03	1400 Munitions Heroines tea party (8,1)	PH
06	800 PCC elections (68)	PH
07	Parish Council Casual Vacancy Deadline (Apr)	
10	Christian Aid Week (33)	TBA
12	1915 Dentdale WI Calvert Trust	zoom
12	1930 Sedbergh WI meeting (63)	Zoom
16	Christian Aid Week (33)	TBA
17	People's Hall Reopening (Apr)	PH
18	WI Lune Valley Group meeting Barbon	TBA
18	1430 Alzheimer's Society Virtual Café (Mar)	Zoom
18	1930 Dentdale memorial hall AGM (72)	DMH
19	830 Dementia Action Week market stall (66)	JLCP
29	Dentdale WI Market (58)	Dent Villa
31	Spring Bank Holiday	

JUNE 2021

05	Country Fest tbc	TBA
06	Country Fest tbc	TBA
09	Dentdale WI summer outing	TBA
09	1900 A Requiem for Climate (33)	online
15	1430 Alzheimer's Society Virtual Café (Mar)	Zoom

JULY 2021

10	Finkle Street Party	
14	1915 Dentdale WI Pudding is served	DMH
17	Book Fair	PH
20	1100 Lancashire CC v Cumbria (24)	SS
23	1100 Lancashire CC v Sussex (24)	SS

AUGUST 2021

06	Dentdale Christian Fellowship Festival (Ap	TBA
06	Dentdale Christian Festival (28)	TBA
09	Dentdale Christian Fellowship Festival (Ap	TBA
09	Dentdale Christian Festival (28)	TBA
11	1915 Dentdale WI Wonders of Wax	DMH
30	August Bank Holiday	
30	Dent Gala	TBA

SEPTEMBER 2021

08	1915 Dentdale WI Owls	DMH
09	Westmorland County Show	TBA

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
WHC	White Hart Club
WID	Women's Institute, Dentdale
WIHF	Women's Institute, Howgill & Firbank
WIK	Women's Institute, Killington
WIS	Women's Institute, Sedbergh

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



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Phil Johns	07807 909860	
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dignity in Dementia *	02/21	Diane Smillie	07771 682378	
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566	
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	04/19	Mrs Lidiard	07734	699723	
Lunch Club	03/18	Mrs I'Anson	Sed:	21757	
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com			
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Gym	12/19	membership@sedberghgym.club			
People's Hall	07/19	Tourist Info Centre	Sed:	20125	
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196	
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Red Squirrel Group - Sedbergh	09/19	Mr Hopps	sedberghredsquirrels100@gmail.com		
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	10/20	Mrs Gold-Wood	Sed:	20147	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sedbergh United Charities	09/19	Mr Sykes	07786	384917	
Senior Golfers	01/20	Mr Braddon	0330	1138850	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Mickleshtwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	12/19	Sedberghswimclub@gmail.com			
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339	
Tennis Club	04/19	Mr Lewes	Sed:	20052	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/19	Mrs Morrison	07702 919745		
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

* = Latest Amendments

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

PUZZLE 1 SOLUTION



Lookaround Editorial Team

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

Editorial Team members annotated with (T) are also Trustees.
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

PUZZLE 2 SOLUTION

25	A	14	L	1	W	25	A	16	Y	8	S		9	J	12	U	19	N	23	T	25	A			
2	M			25	A			25	A			4	F		19	N						18	P		
6	B	3	O	5	X	20	E	17	R			14	L	3	O	7	Z	20	E	19	N	24	G	20	E
20	E					10	D				12	U		13	I							25	A		
17	R			15	Q	12	U	25	A	22	C	21	K		18	P	20	E	22	C	25	A	19	N	
				12	U			24	G		20	E					11	H			12	U			
8	S	2	M	13	I	14	L	20	E	10	D		18	P	13	I	15	Q	12	U	20	E	23	T	
18	P			22	C					25	A			14	L		17	R							
11	H	3	O	21	K	12	U	2	M		2	M	20	E	14	L	3	O	19	N			19	N	
13	I					3	O				12	U		19	N							3	O		
19	N	20	E	17	R	26	V	3	O	12	U	8	S		20	E	22	C	14	L	25	A	23	T	
5	X					17	R				20	E		8	S		13	I			20	E			
		10	D	3	O	12	U	8	S	20	E		25	A	8	S	22	C	20	E	19	N	10	D	

1	W	2	M	3	O	4	F	5	X	6	B	7	Z	8	S	9	J	10	D	11	H	12	U	13	I
14	L	15	Q	16	Y	17	R	18	P	19	N	20	E	21	K	22	C	23	T	24	G	25	A	26	V

BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

S1 Saturdays - Kendal Shuttle

Western Dales Bus

Dent Station - Dent - Sedbergh - Oxenholme - Kendal

From Saturday 21st December 2019 until further notice

<i>Trains to Carlisle</i>			1048			1815	1944
<i>Trains to Leeds</i>			1041			1732	1938
Dent Station	1053	1737	1947R
Dent Village	..	0820	1108	..	1505	1752	2002R
Sedbergh Maryfell	..	0835	1123	1315	1520	1807	2017R
Sedbergh Library	..	0837	1125	1317	1522	1809	2019R
Sedbergh opp. Morphets	..	0839	1127	1319	1524
Killington M6 Bridge	..	0847	1135	1327	1532
Oxenholme Station	..	0857	1145	1337	1542
Kendal K Village	..	0902	1150	1342	1547
Kendal Blackhall Road	..	0908	1156	1348	1553
Kendal Morrisons	..	0913	1201	1353	1558
Kendal Morrisons	..	0923	1223	1403	1608
Kendal Blackhall Road	..	0928	1228	1408	1613
Kendal K Village	..	0933	1233	1413	1618
Oxenholme Station	..	0938	1238	1418	1623
Killington M6 Bridge	..	0948	1248	1428	1633
Sedbergh opp. Morphets	..	0956	1256	1436	1641
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855S	..
Sedbergh Maryfell	..	1000	1300	1440	1645	1857S	..
Dent Village	0815	1015	..	1455	1700	1912S	..
Dent Station	..	1030	1715	1927S	..
<i>Trains to Carlisle</i>		1048			1815	1944	
<i>Trains to Leeds</i>		1041			1732	1938	

BUS SERVICES

S4 Fridays - Kirkby Stephen Connect

Western Dales Bus

**Dent - Sedbergh - Cautley - Kirkby Stephen Station
Kirkby Stephen Co-op - Brough**

From Friday 20th December 2019 until further notice

Dent Village	..	1017	..	1454
Sedbergh Spar	..	1033	1300	1510
Sedbergh Dalesman	..	1034	1301	1511
Sedbergh Maryfell	..	1036	1303	1513
Cautley, Cross Keys	..	1043	1310	1520
Fat Lamb	..	1050	1317	1527
Kirkby Stephen Station arr	..	1057	1324	1534
<i>Trains to Carlisle</i>		1106		1501
<i>Trains to Leeds</i>		1146		1546
Kirkby Stephen Station dep	..	1106	1324	1534
Kirkby Stephen Town	..	1111	1329	1539
Kirkby Stephen Co-op	..	1113	1331	1541
Brough Clock	..	1121	1339	1549
Brough Clock	..	1131	1349	1559
Kirkby Stephen Co-op	..	1139	1357	1407
Kirkby Stephen Town	..	1141	1359	1609
Kirkby Stephen Station arr	..	1146	1404	1614
<i>Trains to Carlisle</i>		1106		1501
<i>Trains to Leeds</i>		1146		1546
Kirkby Stephen Station dep	..	1151	1404	1614
Fat Lamb	..	1158	1411	1621
Cautley, Cross Keys	..	1205	1418	1628
Sedbergh Maryfell	..	1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	..
Dent Village	1007	..	1444	..

DENT RAILWAY STATION TIMETABLE

Valid from 18th January 2021 until further notice

Northbound to Carlisle For Garsdale times, add 5 minutes		Southbound to Leeds For Garsdale times, subtract 5 minutes	
Mon-Sat	Sun	Mon-Sat	Sun
09 16	10 34	09 38	10 40
12 17	13 55	12 10	13 40
14 43	15.53	16 04	16.33*
18 15	17 48	17 32	18.41
	20 25		20 26

* Through train to Leeds, Sheffield and Nottingham

BUS SERVICES

S5 Thursdays - Kirkby Stephen Shopper Western Dales Bus

**Sedbergh - Kirkby Stephen - Ravenstonedale -
Newbiggin - Kendal Bus Station - Kendal Morrisons**
From Thursday 19th December 2019 until further notice

Sedbergh Dalesman	0900
Cautley Cross Keys	0910
Kirkby Stephen Station entrance	0924
Kirkby Stephen, Market Square	0929
Kirkby Stephen Co-op	0935	1145	1435
Kirkby Stephen Market Street	0936	1146	1436
Kirkby Stephen Station entrance	0941	1151	1441
<i>Trains to Carlisle</i>	0934	1106	1501
<i>Trains to Leeds</i>	0920	1146	1455
Ravenstonedale Kings Head	0947	1157	1447
Newbiggin on Lune	0950	1200	1450
Tebay Roundabout	0958	1208	1458
Killington M6 bridge	1008	1218	1508
Kendal Castle Green	1017	1227	1517
Kendal Blackhall Road	1022	1232	1522
Kendal Morrisons	1027	1237	1527
Kendal Morrisons	1038	1328	1538
Kendal Blackhall Road	1045	1335	1545
Kendal Castle Green	1050	1340	1550
Killington M6 Bridge	1059	1349	1559
Tebay Roundabout	1109	1359	1609
Newbiggin on Lune	1117	1407	1617
Ravenstonedale Kings Head	1120	1410	1620
Kirkby Stephen Station entrance	1127	1417	1627
<i>Trains to Carlisle</i>	1106	1501	1703
<i>Trains to Leeds</i>	1146	1455	1717
Kirkby Stephen Market Square	1133	1423	1633
Kirkby Stephen Co-op	1134	1424	1635
Kirkby Stephen Market Street	1636
Kirkby Stephen Station entrance	1641
Cautley Cross Keys	1655
Sedbergh, Library	1705

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 10.30

Wednesday 12.00

Church Wardens:

Tony Reed Screen 21081

& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00

Holy Days 19.30

Parish Priest Kendal

Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street

Sunday 10.30

Rev. David Crouchley Tel: 20329

worship@peopleshall
1st Sunday each month 10:30 am
Rev David Crouchley Tel:20329

SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

Janet Chetwood (Comms Clerk)
Tel: 21715

Sally Ingham (Business Clerk)
Tel:07939 569559

DENTDALE
CHRISTIAN FELLOWSHIP
Rhumes, Dent LA10 5QJ
Every 4th Sunday 1900
Sarah Woof Tel: 25212

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

CHURCH OF ENGLAND

Cautley & Garsdale

Church Wardens:

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

PIONEER CHURCH

Becca Gilbert

Email: becgilb@gmail.com

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Combined plans for Western Dales Mission Community - May 2021						
	Time	2 nd	9 th	16 th	23 rd	30 th
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service	MP	HC	FS	HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Zoom service	Zoom service	Zoom service	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HCx		9.30am MP-NC		2.30pm Taize
St. John's, Garsdale LA10	10am	Lambing		SH		MP
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service	
Garsdale Street Methodist Chapel LA10 5PQ						
All Saints, Killington LA6 2HA	2pm					
Holy Trinity Howgill LA10 5JD				10.30am Lambing		
St. John's Firbank LA10 5EF	2pm					
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC	2.00pm Lambing			
Dentdale Methodist Chapel LA10 5QJ	2pm	Service		Service		Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom service				
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
Sedbergh Christian Centre, The People's Hall, Howgill Lane, Sedbergh LA10 5DQ	6pm	Currently meeting live on YouTube				
	Wednesday	5 th	12 th	19 th	26 th	
St. Andrew's, Sedbergh LA10 5BZ	HC-BCP					
Please note that these services are subject to change due to coronavirus. For details of weekly Cornerstone/Anglican worship by zoom please contact Rev. David Crouchley 015396 20329 or Rev. Becca Gilbert 015396 25166, for the Friends Meeting House weekly worship by zoom contact Correspondence Clerk Janet Chetwood 015396 21715, and for Sedbergh Christian Centre contact David Hendrickse 015396 28151						

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery

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

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery

Currently cancelled due to Covid-19

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

Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic

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

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

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

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

Location of Public Defibrillators

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

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

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

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

DENT LIBRARY Main Street 01539 713520

Tuesday	0900 - 1900
Saturday	0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

December 2020