

Sedbergh & District **LOOKAROUND**

June 2020

Issue 388

Donation £1

We've got a number of new advertisers this month, for Hay Baling, Wasp Control, and MH Restorations. Many thanks to them for advertising with us, particularly in these difficult times.

Over the Lockdown we've rolled our existing advertisers forward, and won't charge those who have had to close during this period. We will start to charge again from next month, but will check with everybody first. *Ed.*

SEDBERGH & DISTRICT COVID 19 SUPPORT

HARDSHIP SUPPORT

These are difficult times, particularly for those who have lost their jobs or who have been furloughed.

In financial need?

SEDBERGH UNITED CHARITIES
may be able to help you.

CONTACT IN CONFIDENCE

Myles Ripley

(mylesripley@btinternet.com or via the Covid support phone: 07872 017730)

Tony Reed Screen

(a865@btinternet.com or 015396 21081)

John Sykes

(jmsykes10@gmail.com or 07786 384917)



The Community Cupboard is a non-perishable food & toiletries swap box.

**BRING WHAT YOU CAN,
TAKE WHAT YOU NEED.**

The Community Cupboard boxes are :-

OUTSIDE SPAR

AT ST ANDREW'S CHURCH LYCH GATE

AT THE BUS SHELTER IN MAIN STREET

AT THE BUS SHELTER IN MARYFELL

Order a food bag via the Help Line.

HELP LINE

PRACTICAL HELP AND ADVICE

A FRIENDLY PHONE CALL

COLLECTING PRESCRIPTIONS

SHOPPING

NEWSPAPER DELIVERY

IF YOU NEED HELP PLEASE CONTACT
US ON

07872 017730

(9 a.m.—1.00 p.m. or leave voicemail)

OR EMAIL

CVSG@SEDBERGH.ORG.UK

USE OUR FACEBOOK GROUP - SEDBERGH &
DISTRICT COVID 19 SUPPORT

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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

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



Groups who would like to run a Coffee Morning
please call Pat Allen on 015396 21545



Advertising in Lookaround

For advertisers key points to note are as follows :-

- ◊ We will print an advert supplied by you, or we can design one for you.
- ◊ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer,
- ◊ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◊ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◊ We do not print whole page adverts but will print half page adverts opposite each other.
- ◊ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◊ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◊ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number, your name or reference.

This account is valid from January 2019. No other account details are valid for current payments.

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

Advertising Rates

Single Column 2.56" x 1"	= £7.50
Single Column 2.56" x 2"	=£10.00
Single Column 2.56" x 3"	=£12.50
Single Column 2.56" x 4"	=£15.00
Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

LOCK DOWN INFORMATION

Editorial

We hope that as the government restrictions begin to ease life will begin to return to normal. But as they say 'Stay Alert' – keep yourself and others safe, and stay at home as much as possible.

SHOPS AND BUSINESSES

Some of our local shops and businesses which had to close at the start of lockdown have now reopened. Local enterprises of all kinds are at the heart of our community. As the town centres and larger shops continue to reopen

DON'T FORGET OUR LOCAL BUSINESSES. Please support them when you can. Here is a listing of those that we know are currently open. Details updated as at 25/4/20

Food

JMP Food Services

015396 20296

Food deliveries

Peats the butchers

015396 20431 New hours 8am – 2pm - deliveries possible

Powells

015396 20304

powellsfruitmerchants@gmail.com
Deliveries and at the door - write out your shopping list in advance

Nina's bread available Tuesday and Saturday from about 10am/11am, receipts going to local charity

Sedbergh Wednesday Market

Approx 8.30am – 1pm Wednesday
Green Grocer, Baker (with flour),
Fishmonger, Eggs, Butcher
Nat West bank not attending

Supervised by Sedbergh Parish Council

Spar

Open daily till 10p may close briefly during the day for re-stocking

Essential Shops and Services

Boots the chemist

015396 20270

9am - 5.30pm (lunch 12.30pm-1.30pm) Monday - Friday
9am - 1pm Sat

Buses

NOT RUNNING

Close's Garage

01539620260

Open normal hours for fuel and service but some spares etc not available.

Dawsons

015396 20210

For all normal goods.

Sedbergh Dental Practice

015396 20626

Currently closed for all routine care and treatment.

But open for advice, analgesia and antibiotics, as well as urgent treatment only on a triage basis.

Morphet's

Fuel only 9am – 1pm



07498
870267

*Tuesday drop in coffee mornings
are currently suspended.*

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

Polka Dot Cycles

015396 21615/07887780629

Welcomes new customers for service, repair, spares and new sales to order.

Post Office

8.30am-12.30pm and 1.30pm - 5pm
Monday/Wednesday/Friday
Sat 8.30am - 12.30pm only
For newspapers 8.30am – 10am daily but not Sunday

Rycrofts

015396 20420

Phone to pre order 9am-3pm
Monday – Friday

Takeaways**Al Forno**

01539 634040/07557509370

For takeaways Thurs - Sat 4pm-9pm

Dalesman

015396 21183

Takeaways - please give 2 hours notice

Friday night 5pm – 8pm Main takeaway menu plus fish and chips

Sunday 12noon – 3pm Main takeaway menu plus Sunday lunch

Haddock Paddock

015396 20468

Wed to Friday 5pm - 7:30pm

Orders taken by phone from 3:30pm onwards.

Red Lion

015396 20431 or 077622 05512

Tues to Sunday 12 noon-9pm for takeaways - £1 for delivery

Chinese Takeaway Tuesday/
Thursday/Saturday 5pm-9pm

Santorini's

015396 20000

4pm to 9pm every day except closed on Monday

EXERCISE

We are blessed with an abundance of paths and access land to walk on but there will be tendency to frequent well known routes and paths at routine times. This will increase the chance of encountering other people at kissing gates, stiles, gates, fenced paths etc. Try to vary your walk times and choose less frequented routes. Please try and avoid walking through farm yards wherever possible, it's a working environment and farm workers want to remain as safe as possible too. Similarly take as much care using gates and stiles as you would with doors in a shop.

ASSISTANCE -**SEDBERGH AND DISTRICT****COVID 19 SUPPORT GROUP**

Use the Facebook group - Sedbergh and District COVID 19 Support Group. For those not on-line a phone Help Line is available 9am – 1pm each day (07872 017730) and those who prefer to use email rather than Facebook can contact the group on cvs@sedbergh.org.uk

However, please continue to ensure that your neighbours or friends and friends are well and happy. Make contact with them by



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

2020

Thursday 11th June
Wednesday 8th July



phone or online and check they are okay on an ongoing basis.

See the note by the Sedbergh and District C19 Support Group on page 9 below.

**ASSISTANCE –
CUMBRIA COUNTY COUNCIL
COVID-19 EMERGENCY SUPPORT
HELPLINE**

Emergency Support Helpline for vulnerable people needing urgent help with food, medicines and essential supplies

Cumbria County Council and partners have launched an emergency support service and 6 welfare coordination Hubs for people at high risk of becoming seriously ill, as a result of COVID-19, and who do not have support available from friends, family or neighbours. If they have no alternative support, these people will now be able to call the Freephone number to request help with getting food, medicines, essential supplies and home deliveries.

You can request support by: Calling the emergency telephone support line - 0800 783 1966.

Completing the COVID-19 online support form and emailing your request to COVID19support@cumbria.gov.uk.

The telephone 'call' centre will operate Monday to Friday 9am to 5pm and 10am to 2pm at weekends and Bank Holidays. The service also accepts referrals from members of the public who may be concerned about people in their community

The helpline is there to support those at 'high risk' and includes

people over 70 years old, pregnant women and those with underlying health conditions who should be protecting themselves by staying at home. The majority of these people will already be receiving support from family, friends or local voluntary groups with tasks like shopping or collection of medicines if they require it. But we know that a small number of people will not have this support. The helpline will also accept referrals from members of the public who may be concerned about people in their community.

Cumbria County Council has been working closely with District Councils, CVS, Cumbria Community Foundation, community and voluntary



**THE
MEDITATION
CENTRE**

be still • be inspired • be free

The Meditation Centre remains closed. However, we hope the quote below will inspire you to discover your own inner brilliant light, during these difficult times.

*It is only in our darkest hour
that we may discover the true
strength of that brilliant light
within ourselves that can
never, ever, be dimmed.*

(Doe Zantamata)

To book: email meditationcentrteam@gmail.com

Telephone 07582 017 396

The Meditation Centre, Dent, Cumbria LA10 5QR

www.meditationcentre.co.uk

sector, private sector and military to establish these new arrangements. To support the new helpline every area is coordinating a supply of essential food, medicines and supplies which can only be accessed via the emergency helpline or email. The requests received asking for help will then be matched with local support and supplies being offered by community groups, volunteers, councils and businesses.

Cumbria is already seeing widespread community and voluntary sector support for the response to COVID-19 and informal support, including neighbourhood WhatsApp groups and community Facebook groups, alongside a commitment from existing community emergency

planning groups, local churches and faith groups and formal voluntary sector organisations who are working with the county council and partners including District Councils and NHS.

ASSISTANCE - THE YORKSHIRE DALES FARMERS NETWORK

“FARMERS – WE’RE HERE TO HELP”

The Farm Labour Emergency Support Scheme (FLESS) is now fully operational. Farmers needing emergency labour can link up with potential workers who are willing to go to the farm and ensure continued operation in a worse-case scenario.

Mr Day, Managing Director of the Farmer Network, strongly suggests all farmers should visit the organisation's website at www.thefarmernetwork.co.uk to view the Contingency plan template. "We hope farmers will pick the phone up, talk to the team and make a plan for the worst, in the hope that it won't be needed. Our message is clear, we are here to help".



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**CALL MARK: 01539 821910 /
07476965432 / 07890565223**



The Farmer Network
The Ashness Building,
Newton Rigg College,
Penrith,
Cumbria,
CA11 0AH

01768 868615
info@thefarmernetwork.co.uk

We also have an office mobile for out of office enquiries. Leave a message on 07714 187034

SEDBERGH AND DISTRICT COVID 19 SUPPORT GROUP

Ed Welti

Support Phone Line

Calls to the Support Phone are continuing, though the volume has dropped from over 40 a week to begin with during the last week of March and first week of April to around 20 a week now. Over half the calls are prescription collections, another third are shopping requests, and the others ad hoc items, e.g. paying in a cheque, requests for newspaper delivery.

There are five members of the group who take turns in answering the phone. The person on the phone allocates the jobs requested to volunteers in the pool, or if necessary take some other action to resolve the problem.

Some of the volunteers have established 'rounds' dealing with

people both in Sedbergh and the outlying districts, which could be anywhere in our area. The establishment of regular rounds by volunteers, and of isolators being in contact with their 'own' volunteer, partly explains the decline in the number of calls, as may the gradual loosening of lockdown.

With the decreasing number of calls the group have decided to scale down the coverage of the phone. As we take most calls in the morning, from now on the phone will be answered between 9.00am and 1.00pm. The voicemail service will remain at all other times, you will receive a response when the message is picked up the following morning at the latest.

Facebook Group

The Facebook Group now seems to be used mainly for sharing and publicising information, or for answering queries (e.g. Anybody need elastic for masks?) rather than for putting isolators in contact with volunteers. A lot of information is posted there so it is well worth keeping up to date with it.

Community Cupboard

The main development in past month is the establishment of the 'Community Cupboard', an idea which has been used in other towns and villages in South Lakeland, including Kirkby Lonsdale.

The 'Community Cupboard' is a non-perishable food & toiletries swap box

The idea is simple – 'bring what you can, take what you need'. There are four Community Cupboard boxes :-

- Outside Spar
- St Andrew's Church Lych gate



- Main Street bus shelter
- Maryfell bus shelter

Please drop off any non-perishables in these boxes. Have a look in your own cupboard, and if there are things there, which are still current and that you don't need put them in the box. If you need something, please have a look and take it away with you. You can leave items, swap items, or take items. That way we can share what we have between us as a community. The Support Group will make sure that there is always a good stock of items in the boxes. Please, if you're not able to bring something with you, do still come and pick up what you need.

We have already had a great many contributions – many thanks to everybody who has donated.

We are now expanding the Community Cupboard offering to include delivery of food bags containing basic goods. We will need some details from you - delivery address, how many in the household, any dietary requirements etc, so please contact the Support Group, in confidence, via the phone line (07872 017730) or by email cvg@sedbergh.org.uk.

The Community Cupboard service is being well used and we will be continuing to monitor the situation. If necessary we will continue to expand the services as the situation develops. Please do let us know if you have any ideas which would help us on the phone number or email above.

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www.mhrestorationssandblasting.co.uk

HARDSHIP FUND

JM Sykes

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:

Myles (mylesripley@btinternet.com or via the Covid support phone: 07872 017730),

or

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

Spanish & French lessons
in Sedbergh.

Beginner, intermediate & advanced.
Alan Marcus 07 3754 26095

1 in 3
could be
unemployed
due to
COVID-19.
It's okay to
ask for help.

#Ok2Ask



FINANCIAL PROBLEMS

Karen Evans

"My income has dropped due to coronavirus and I'm struggling to keep up with all of my bills. I rent my house from a private landlord and pay all the usual bills - electricity, water, and Council Tax. How best can I juggle them, and is there any help I can get from the government?"

If your income is reduced because of coronavirus, you should check whether you're entitled to sick pay or benefits. You can check your eligibility for both sick pay and benefits on the Citizens Advice website. If you're already on existing benefits, these might also increase. If you're struggling to pay rent, talk to your landlord straight away. You should explain the situation and could ask for more time to pay, a temporary reduction in rent, or ask to catch up any missed payments by instalments. If you contact South Lakes Citizens Advice an adviser can help you explain things to your landlord. If you can't come to an agreement with your

The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

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⌘ Wedding Receptions ⌘ Dances ⌘

⌘ Theatre ⌘ Discos ⌘ Lectures ⌘

Availability calendar and forms online
at

sedberghpeopleshall.org

Or at Sedbergh Information Centre
72 Main Street

landlord, it's a good idea to pay what you can afford and keep a record of what you offered.

The government passed an emergency law which means landlords have to give you three months notice to end certain tenancy types from 26 March. The court service has suspended all possession action for 90 days from 27 March. This means that even if you have been served a notice for eviction it's unlikely it can be enforced during this time. You can find out more about what to do if you're being evicted for rent arrears on the Citizens Advice website.

If you already claim Housing Benefit, you should tell the council your income has reduced. If you don't claim it already, you might be entitled to help with housing costs from the government. When it comes to your utilities, you should contact the provider as soon as possible. Depending on the type of bill, they may be able to arrange a payment plan, or they may have schemes in place for people in financial hardship. You should also talk to your local council - as your income has changed

you might be entitled to a council tax reduction.

If you're struggling to pay multiple bills, it's important to prioritise energy bills and council tax over credit card bills. This is because the immediate consequences of not paying these things are much more serious. South Lakes Citizens Advice can help you with this.

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

- Call 015394 46464 - this is being staffed from 9:30 – 2pm
- Adviceline: 03444 111 444
- email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444 Sedbergh United Charities Relieving Hardship

Can we help you? In these difficult times have you a financial crisis or a real need for an item which you do not have the wherewithal to buy?

We may be able to help you with a grant from the Charities. If you would like to know more please contact Myles mylesripley@btinternet.com or via the Covid support phone, Tony Reed Screen (015396 21081) or John Sykes (email: jmsykes100@gmail.com or phone: 07786 384917) (*see previous article*).

We are very grateful to Sedbergh School and the Community Trust who are helping us fund this project.

TIM'S COLUMN

Tim Farron

I hope you are keeping safe and well.

I continue to be so impressed by the way we have all come together to help each other through this. I know many of us are finding it tiresome now but most of us are continuing to be sensible and do what we can to avoid spreading this awful disease.

I've been living a very strange life at home, wearing a suit when I need to take part in Parliamentary debates, wearing my more casual outfits around the house and when working in my top floor office and then occasionally letting the Farron legs see the sun when I am taking my outdoor exercise.

We continue to be very busy helping people cope with things.

The past few days have been taken up with concerns people have about the Government's rather badly thought through plans to release us from lockdown. I took to the media as much as I could to persuade people not to travel up to the Lakes and the Dales when the Government was saying people could go wherever they wanted to exercise. As many of you told me, the prospect of thousands of people coming to visit from outside our area when we already face some of the highest levels of Covid-19 of any place in the country is terrifying. We all know that even people with the best of intentions to spend their time keeping away from others when walking on our fells will want to pop



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into a shop to just buy some chocolate or a drink. It can take us long enough to get into these shops to get our groceries without even more people in the queues. Added to which our narrow pavements are simply not designed for people to maintain two metres between each other.

As if that wasn't enough we then had the announcement that primary schools were to open from the beginning of June. What was particularly annoying about this was the way the Government chose to demonise teachers who pointed out the issues attached to this plan. Our teachers have been amazing through this crisis. They've been going into school to look after vulnerable and key worker children, producing and uploading lessons for students working at home, dealing with queries from parents and children at all hours of day or night and often having to home school their own children at the

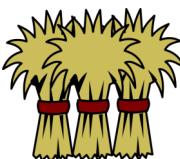
same time. The Government's plan only covered three year groups and even within these groups many parents would, not unreasonably, be unwilling to let their children go to school. As a result, teachers would have to continue providing home schooling material, on top of teaching children, on top of continuing to provide care for vulnerable and key worker children, on top of looking after their own children. That they were even prepared to engage in discussions over how to make it happen was simply heroic as far as I am concerned.

The other thing that has been taking a lot of time has been pressing the Government to support our tourist businesses throughout the year. Many people have told me that without this they will go out of business and there will be nowhere for visitors to go when we are properly able to welcome them to our part of the world.

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

Thanks for all your efforts.

Aaron Troughton Little Hay Baling



07732
288790

COUNCILLOR'S CORNER

Cllr. Suzie Pye

Like many people in recent weeks, I have needed to adapt my way of working in order to comply with social distancing measures. I am fortunate as most of my work can be carried out via phone calls, emails, and online virtual meetings. In fact at the time of writing SLDC is getting ready to conduct its first virtual Cabinet Meeting, which will also be set up to accommodate live viewing by the public and press! So I count myself lucky that I am able to carry on working with some semblance of normality (albeit with three small children at my heels).

I am acutely aware that for many, it is simply not possible to carry on working or to adapt to working from home. They may find themselves furloughed, redundant, or unable to run their business in the current pandemic. This is hugely impactful on people's lives, not only mentally and emotionally, but also financially.

1 in 3 people could be unemployed due to Covid 19, and according to the Department for Work & Pensions, the number of new applicants for Universal Credit is higher in South Lakeland than anywhere else in Cumbria. The current situation is very difficult to navigate financially, and for many, the future is uncertain. Some, who perhaps never before have had to worry too much about day to day finances, are suddenly wondering how they will be paying next month's bills. The concern I have is that although help does exist, some might not feel able to ask for it. They may feel self-conscious, or they may feel

COVID-19 FINANCIAL ADVICE

Visit:

www.cumbria.gov.uk/coronavirus

Or call:

Cumbria Emergency Helpline:

0800 783 1966

#Ok2Ask



there are needier people than them who ought to be helped first. Please: if you are struggling to put food on the table, or if you fear you might be in that situation soon – ask for help. There are many organisations who can advise and help: Citizen's Advice South Lakes, Age UK South Lakes, DWP, SLDC, Action For Children... or you can call the Cumbria Emergency Helpline on 0800 783 1966.

We are also very fortunate to have the Sedbergh United Charities Hardship Fund – this is a fund created by the Sedbergh Community, for the Sedbergh Community. If you have a real need and would like more information on how to apply for this fund, contact Myles in confidence at mylesripley@btinternet.com or via the Covid Support phone number on 07872 017730.

As always do feel free to contact myself at: suzie.pye@southlakeland.gov.uk or on 07584528462 Stay safe, stay well #Ok2Ask

SEDBERGH PARISH COUNCIL

*Janey Hassam - Clerk to the
Council*

The Council held their first online conference meeting on 14th May 2020 at 7.30pm. Their next scheduled meeting is Thursday 11th June 2020 at 7.30pm. Any member of the Public that would like to attend, can be sent an invite to this video meeting. Please contact the Clerk for the joining instructions.

Coronavirus

Members of the Council discussed the current guidance and the ongoing support being provided by the Covid 19 Support Group. Members also discussed the closure of the car parks/public toilets and the playground. Whilst the recent change in restrictions did not affect the playground closure – Members were now in favour of opening the car parks and public toilets, when practical, and when appropriate measures had been implemented.

Millthrop Bridge

Sedbergh Parish Council have been made aware that works are anticipated to commence the permanent repairs at Millthrop Bridge, June 2020. Whilst it was acknowledged that the closure would impact on the local community, it was agreed that completing the work now (while traffic was reduced) was appropriate. Members will liaise with CCC Highways in regard to a schedule of works, including traffic/congestion on Hospital Lanes, appropriate passing places and management of vehicles at west and eastern entrances.

Other Matters

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Members approved the Annual Governance Statement and Annual Accounting Statement. Various other matters were discussed, including Planning, Amenities, Wednesday Market, Sedbergh Tennis Club (court reopening), YDNPA Dark Skies Reserve application, Sedbergh People's Hall and CCC Highways consideration of traffic lights at Lincoln's Inn Bridge.

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

Notice of Public Rights and Publication of Unaudited Annual Governance and Accountability Return will commence from Monday 15th June 2020, to Friday 24th July 2020. Full details will be published on the website and a copy of the notice displayed in the Parish Council notice board on Main Street, Sedbergh.

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.sedbergh.org.uk

APPLEBY FAIR

Dr Gina Barney

You will know that the Appleby Fair is cancelled. The traveller websites, facebook pages etc. have publicised this and have asked for travellers not to come this year.

However, some have been spotted at Devil's Bridge. If any more are seen please tell the Police on 101/ option 1.

Police patrols are in operation as other years and some stopping places have been cordoned/locked off, for example, the Loop Road at Devil's Bridge and Scrogg Bank Field. You will notice that the no waiting and other signs, posts and boulders are not in place this year.

So, STAY ALERT.

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

Term began as usual on the evening of Sunday 19th April with Evensong, read by the Chaplain and the Headmaster with a recording of the Choir singing an anthem. The next morning virtual Assembly took place and school proper began.

The School benefited from the experience earlier in the year of the Rong Qiao Sedbergh School in Fuzhou China which had had to close, and valuable insight into the challenges closure presented was gained.

Following the closure at the end of last term, a system of remote teaching following the normal school timetable apart from Saturday was

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put in place. However, after the experiment of the last week of term, it was decided this involved too much "screen time". The summer term timetable therefore began with six 40-minute periods between 8.30 am and 1.30 pm, with breaks, five days a week (no school on Saturday). The afternoons have programmes of physical activities, academic societies and house competitions. This includes daily physical, academic, cultural and social activities to take part in. Pupils in the exam years 11 and 13 continue working their exam subjects to half term for assessment by Ofqual.

Contacts with Tutors and Housemasters are daily events, and the chaplaincy team, the School Counsellor and Wellbeing Coordinator continue to be available. Daily briefings are given first thing in the morning, and include instructions for daily House competitions, physical challenge, cultural challenge, literacy challenge and social suggestions.

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Contact KEVIN BATEMAN

Similar arrangements have been made for the Prep School

Each Sunday a chapel service is sent out from outside the chapel with the birds singing in the background. It consists of prayers, two lessons, an anthem, a short sermon, and a recording of the School choir singing an anthem.

Many activities took place during the holidays and in the term. George ran his staircase to the equivalent of the Empire State Buildings (112 times) for charity. An OS Pippa Macdonald climbed the equivalent of Ben Nevis and then the Three Peaks for Food4Heroes¹. Another pupil built a scale model of Stonehenge in the garden, others baked "showstoppers". Another boy played Ode to Joy next to a Care Home on the bagpipes. Various Old Sedberghians have given talks on their memories of sport at Sedbergh. Challenges have included origami, photography, code breaking, doing something with a potato, towel art, pancake tossing, calligraphy, minute gardens on things like plates, squats, and many others.

The pupils were given constant running challenges, including running a four minute mile to celebrate the anniversary of Roger Bannister's achievement – by doing it in sections as they liked, e.g. 400 yds, rest, 800 yards rest etc.

Geordan Moss, a member of the town band, played the Last Post and Reveille in the act of remembrance at the fire station, while the school cloisters were used by the town band for some hymn singing after 11am on VE Day. Alexander Curtis played the bagpipes at the war memorial in his

home town of Bonchester Bridge on VE Day and several other pupils played instruments in their home area. Pupils celebrated in many ways – cooking union jack cakes and pancakes, hanging out flags, face painting, tea parties and so on. A special assembly played 28 songs from the 40s. On the Sunday, a special morning prayer was broadcast from the Cloisters.

As part of reading and handwriting week years 9 and 10 sent handwritten postcards to participating Care Homes.

The School started a series of free Webinar sessions at the beginning of May, starting with Strength of Mind, and featured Tom Casson, Carl Fearn and James Docherty discussing the highs and lows of professional rugby. The second was an interview with Alex Macdonald on rowing the Atlantic. Then the experience of professional rugby with OS guests, Josh Hodge, Ali Crossdale and Tom Curtis.

Oscar Ellman and EJ Freeman have won scholarships to the University of Arizona for next year. For the second year running Archie Davies, who left last year, has been awarded Welsh Amateur Golfer of the Year

OS Victor Wild, the entrepreneur behind Betty's Tea Rooms and Yorkshire tea, died aged 96. A former head boy, OS David Russell (1949-54) died from the coronavirus in April. OS Mark Blacklock has published his new novel Hinton. OS William Kinread has published his new novel Luger and OS Dugald Bruce Lockhart his first novel The Lizard. OS Norman Berry has published his book about

The Wilson Run: A Race in Three Centuries 1881-2019

OS Simon Newall is an ambassador for The Country Food Trust which has supplied an extra 350,000 meals to people in need by the end of April.

Old Sedberghian Henry Johnston caught in India by coronavirus has organised a volunteer food delivery in the slums and villages around Rishikesh, Northern India, hit by unemployment caused by the virus

For the second year running OS Archie Davies, who left last year, has been awarded Welsh Amateur Golfer of the Year

Old Sedberghian and former Scottish Rugby captain Mike Biggar was in March confined to a wheelchair and able to manage only 5 steps at a time using parallel bars. He determined to reach 100 steps to raise money for NHS Charities Together and has raised over £20,000

Old Sedberghian Elizabeth Sladden and her family have achieved over 50,000 hits on Facebook singing a version of Take That's Shine altering the lyrics to give key messages about staying home to protect the NHS and save lives.

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Owing to popular demand the Virtual Open Day on 2nd May was repeated on Saturday 16th May. An Open Morning was held by the Prep on 8th May

During the School holidays the School contributed 3200 disposable gloves, 1,300 aprons, some disposable arm covers and marigold gloves to various care homes in Kendal

The School has set up a Hardship Fund which has been generously contributed to and is for the benefit of pupils who might otherwise have to leave the school due to their parents' incomes vanishing almost overnight, and for the benefit of the whole Sedbergh Community. £5,000 has been contributed from the Fund to the United Charities for the assistance of families in Sedbergh in financial difficulties.

The School is also working to support the local NHS and other agencies to provide resources to fight the spread of the virus. The NHS asked for help in production of face shields which the School has been able to do in the Design and Technology labs despite difficulties in sourcing materials.

Sedbergh Red Squirrel Group

Local conservation
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reds or greys,
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sedberghredsquirrels100@gmail.com
www.sedberghredsquirrels.org.uk



POETRY CHALLENGE NO. 4 JUNE

Carole Nelson

Over the next year Sedbergh Literary Trust is challenging YOU to 'make Sedbergh and district more poetic'. Each month we will explain an aspect of the formal 'rules' which poets use to build their poems. We are asking YOU to write a poem based on the 'rule' explained that month. Print it out or write it out very neatly, add your name and a contact number and/or email on the back and post it through the door of Sleepy Elephant, 41 Main Street, Sedbergh or email your entry to booktown@sedbergh.org.uk by the end of June.

There will be several on-line places (Sedbergh Community Forum, Booktown website, Lookaround website) where the poems will be displayed (no contact details will appear), so your work will be available to everyone to read.

We will chose a subject each month which applies loosely to Sedbergh life and hope at the end of the year to have a collection of poems that can be published. June's Challenge is to write a Summer ballad that might be set to music? You could write some original music OR you could imagine your words set to a well-known tune such as the examples below. Don't forget to tell readers which tune you have chosen so they can sing along.

A ballad is a rhyming narrative poem written in a form that can be sung to music. Ballads most often use the rhyme scheme 'abcb'. This means that in a group of four lines, the second line rhymes with the

fourth one. The first and third lines do not rhyme.

Examples:

Barbara Allen (anon)

In Scarlet town, where I was born,
(a)

There was a fair maid dwellin', (b)
Made every youth cry Well-a-way! (c)
Her name was Barbara Allen. (b)

All in the merry month of May, (a)
When green buds they were
swellin', (b)
Young Jemmy Grove on his death-
bed lay, (c)
For love of Barbara Allen. (b)

Or:

Drink To Me Only With Thine Eyes

Drink to me only with thine eyes (a)
And I will pledge with mine (b)
Or leave a kiss within the cup (c)
And I'll not ask for wine. (b)

The thirst that from the soul doth
rise (a)
Doth ask a drink divine (b)
But might I of Jove's nectar sip (c)
I would not change for thine. (b)

**TRICUBES ON THE THEME OF
LEARNING - APRIL 2020**

Sedbergh Poets!

Open eyes
open mind
pondering

listening
wondering
wandering

new person
exploring
this wide world.

Pick up your
left, not right,
your left foot

not that one,
here, let me,
this one. Great!

Beginner's
mind broaches
the rhumba.

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Visual aids

Exploring
Discovering
Great outdoors

Learn indoors
Or outdoors?
Count me out

Learning to Cope
Wash your hands
Stay at home
Two metres



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Buzzing bees
Birds singing

Re-Creation
the Big Bang
was silent
Spirit moved

Adam fell
shamed his Eve
hid from grace

Son and cross
blood and life
start again

Black dog
black dog growls
get-up gone
clouds roll in

friendly call
cheerful wave
rainbow hope

sunshine breaks
fresh air walk
spirits lift

School Day Done ?
Schools silent
Teachers sigh
Parents try.

Garden maths
Kitchen art.
Apart, yet



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Together.
Setting sun
School day done.

Lockdown
Why not try
A new skill
Now you've time?

Write a book
Play a tune
Bake a loaf

Days on end
Free to learn
Something new

Spring
Birds sing, sun

Shines, plants grow.
Life emerges.

Easter comes
With shut doors,
But gardens.

Hills quiet,
Rivers flow,
Spring still springs.

Learning
Encounter
By chance while
In Akay

A beetle
Never seen
Before. So

Ask Facebook.
Friends suggest,
I follow.

Learning
a b c
one two three
x y z

But how to
put these bits
together

That is the
tricky bit
now solve it

**Alice in Hinterland - A Hunger for
Enlightenment during the
Pandemic Pandemonium.**

Falling down
Dali-esque
rabbit hole

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Call: **0800 783 1966**
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Full details can be found online at cumbria.gov.uk

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and running
to stand still
while grasping

for logic:
So are we
all mad here?

Leaving
I can't wait
to escape
From my home

Mum and Dad
drive me mad
always have

Hope I'll find
peace of mind
on my own.

Learning
I tell my
children to
study hard

The future
will reward
their best efforts

Yet I fear
their world will
be much changed.

Who am I?
From childhood
I've learnt to
See my world.

Wolf nurtured
My world would
Be lupine.

Apart from
My learnt world
What exists?



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SEDBERGH'S BIG V.E. DAY.

Nick Cross

The 8th of May was a beautiful day and Sedbergh put on its best to celebrate the anniversary of VE Day, the day 75 years ago when the horrors of World War Two came officially to an end with a German surrender document being signed at 15.00 hours.

Our day began with a small token of Remembrance held at the town's War Memorial at 11 o'clock with a parade of veterans, the Last Post and Reveille valiantly played by members of the Town Band and a two minutes silence. This was followed by a similar act of Remembrance at the Cloisters. Despite a rigid adherence to Social Distancing, these ceremonies provided a moving backdrop to the day that followed.

From early morning the whole town had been swamped by a sea of red, white and blue, Union Flags were to be seen everywhere as people dressed up and prepared their homes and streets in a display of everything that this Community stands for; while



everyone was aware of the pandemic that has engulfed us, people were not going to let Covid 19 spoil the party.

As representatives of the local branch of the British Legion, Lee Harvey and I followed our four doughty judges on the 6 mile trek around Sedbergh, (Yes, 6 miles!), from Thorns Bank to Queens Drive and from Maryfell to Haveras, awarding points for both the garden displays and the Fancy Dress.

Beginning with Thorns Bank at 12 and ending at the Fire Station with the Loyal Toast taken at 3, I was amazed by the efforts that people had made, from the Spitfires suspended over Maryfell to the crazy 1940s street party

on Bainbridge Road. Children too had 'done their bit', we saw Queens, Winston Churchills and a delightful evacuee complete with name tag and gas mask. Neither Lee, nor myself, envied the judges their task but we both enjoyed meeting everybody and admiring their efforts.

What a day! Without exception everyone declared it a huge success, from all sides people told us how

ROYAL BRITISH LEGION

If you or yours have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone).

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.
You do not need to have served in the Armed Forces to be a member.

Membership costs £17.00 - call 20964
email: dmparratt@gmail.com for a form.

For more information, visit our website:
<http://branches.britishlegion.org.uk/branches/sedbergh>





much they were enjoying it and how they hoped that we could hold a similar event in the Town every year. Never fear, early planning for next year has begun and anyone who wishes to help or to offer ideas should keep an eye open on social media for further details. We will have a Cup too, kindly donated by Tony Reed-Screen.

Congratulations to everyone who took part, especially our four judges:

Kirsty Hutchinson, Chrissy Hunt, Gillian Rea, Linda Greensmith And the winners:

RESULTS OF TODAYs V.E CELEBRATIONS

BEST ESTATE- CASTLEHAW

MOST PATRIOTIC GARDEN- Phil Gardener (50 Maryfell)

BEST QUEEN- Jon-Jon Thornton

BEST WINSTON CHURCHILL-

Lilly Richardson

BEST VERA LYNN- Holly Hailey

BEST LANDGIRL- Tina Brookes

BEST EVACUEES- Zak Hall &

Holly Cowin

BEST GIRLS PARTY FROCK- Erin Sykes

FANCY DRESS GIRLS RUNNER-UP - Isla Crawford

FANCY DRESS BOYS RUNNER-UP- Hector Gubbins

BEST EFFORT FANCY DRESS (extra category!) - Pippa Middleton Thanks must also be offered to Andrew Allan for his remarkable commemorative trophy.

See you all next year!

And from Facebook the day after by the main mover and shaker Brian Capstick

"Many thanks to everyone who supported the VE Day 75 Stay at Home Street Party. We certainly saw Sedbergh at her best yesterday.

A special thanks to our guests of honour and judges. Recognising that family time is at a premium for our health and care workers, it was incredibly generous of you to give us your time.

To our sponsors, supporters and donors; Al Forno, The Dalesman Inn, JMP, Myles Ripley, Andrew Allan, Tony Reed Screen, Kirsty & Pidge Hutchinson, thank you very much.

If ever a Queen's speech reflected Sedbergh, it was yesterday:

"And when I look at our country today and see what we are willing to do to protect and support one another, I say with pride that we are still a nation those brave soldiers, sailors and airmen would recognise and admire."



V.E. DAY IN SEDBERGH

*from article by Karen Bruce
Lockhart in Historian 2020*

On 5th May the news came that hostilities would cease at 8 am. My grandmother and the Headmaster's secretary went to the Church and were rather surprised to find themselves the only people there. "It is quite bewildering in all it means." She retired back to the House to string flags. The School Houses were decked with flags, there was a concert in the evening, and the boys had a holiday on the fells. On 6th May my grandmother noted: "Saw the horror photos of Belsen, there are no words."

On 7th May there was a bonfire on Winder. My grandmother wrote: "Fire on Winder great feeling of wonder, expectation, almost disbelief that it has come at last". She and the boys hung up all the flags in the morning, and there was a concert in Powell Hall in the evening. During the night the Sedbergh School "kicked over the traces a bit". Churchill announced the German surrender at 3pm on 8th May (VE Day) saying that the ceasefire had actually sounded at 2am the previous night, although officially it was not to happen until midnight.

Killington WI had to put off their meeting to enable members to hear the speech. It rained all day and although it was a whole day holiday it passed quietly in Sedbergh School, except for a light-hearted concert and the King's speech. On 9th May the School organised a "Fun Fair", which my grandmother said she had been urging should be done for days. It was a huge success with the whole

Town joining in. There were about "15 booths at which to lose your pennies." There was an Aunt Sally, bottles to break, model trains, a 1d over 6d in a bucket, rolling pennies, pony rides, darts, hidden treasure, a greased pole, electric ring, balls into buckets, golf game, fortune teller, dancing and a band. In the evening there were fireworks by the Battle School on the rugby field, and the Sedbergh School boys were allowed to go up Winder to watch, lighting the gorse as they went (not that that was allowed). The School Houses had bonfires. At midnight the entire population of Sedbergh met in the market place. The Church was floodlit and the bells were rung. The celebrations ceased about 1.15 am. The boys were allowed to get up half an hour later than usual the next morning. The SRDC later thanked the Headmaster and the Commanding Officer of the Divisional Battle School for their contributions, and was pleased to note that these celebrations had cost the ratepayers less than £10 (£395).

On Sunday 13th May there was a thanksgiving service in the church, and a similar one in the School Chapel.



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FLIGHT SERGEANT JOSEPH EDMUND CAPSTICK D.F.M.

Colin Cowperthwaite

My late uncle, Joseph Edmund Capstick, began his life at Ravenstonedale in October 1921, being the eldest of eight children born to Joseph and Margaret Capstick who ran the village shop. Following farm service on his uncle's farm at Lockholme Hall, Ravenstonedale, Joe joined the RAF in 1940 and was sent for his initial training near Blackpool. On qualifying, he went on to work at various RAF bases throughout the UK, serving in Bomber Command.

In July 1943 he joined 10 Squadron (known as 'Shiny 10') which was based at RAF Melbourne, near York. After serving as a rear gunner in Handley Page Halifax bombers, Joe transferred to wireless operator, possibly a marginally safer position to hold!

In a letter home in September 1943 Joe wrote: "I've had 6 excellent trips over Germany now and have seen many and varied sights, some of which I don't want to see again. It's very interesting, or rather exciting work though, and I enjoy every minute of it. Among the trips I have done are twice to Berlin. It's quite a hotspot with lots of opposition, but on each occasion we started a lovely blaze ! On the second trip there we were hit several times by flak, one piece of which came through my window about three inches above my head. It was rather near, but 'never touched me' as George Formby would say, so that's all that matters. The only other time we were 'winged' was on our first effort at Peenemunde".



By June 1944, 32 operational bombing sorties had been completed by Joe's crew, comprising bombing raids on Berlin, Nuremberg, Frankfurt, Stuttgart and Hanover, including some 'flying bomb' sites. They also performed raids over France in early June 1944 (D Day). In total, Joe was in the air for a total of 172 hours during this tour of operations. This incredible feat prompted Joe's superiors to recommend that he should receive the DFM

(Distinguished Flying Medal). In July 1944, his commanding officer wrote of Joe : "This NCO quickly acquired a reputation for his enthusiasm to operate and for his qualities of cheerful confidence in the air. He has been an outstanding member of a particularly successful crew, and under adverse conditions remains completely unruffled. Flight Sergeant Capstick throughout his operational tour proved himself to be a consistently superior Wireless Operator. On two occasions this NCO detected enemy night fighters before they got into firing range. He gave prompt evading directions to his Captain and successful evasive action was taken each time. I strongly recommend that Flight Sergeant Capstick's fine record of

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achievement, coolness and strong sense of duty be now recognised by the award of the Distinguished Flying Medal". The Group Captain of 10 Squadron added: "Flight Sergeant Capstick has attained a standard of operational efficiency which has been of inestimable value to his captain and crew".

Following the war Joe moved to Bradford, raising nine children, remaining there for the rest of his life. He sadly passed away at the early age of 49 in March 1971. On hearing of Joe's untimely death, his former captain wrote to his family: "Joe was the FINEST Wireless Operator in the squadron, where it mattered - in the air - and we were a crack squadron. All the crew loved him and regret his passing, and we grieve with you".

Although Joe Capstick did not live in Sedbergh, his parents farmed at Garsdale Hall during the war years, later moving to Birks Farmhouse and ended their days at 125 Maryfell, Sedbergh.

The photo on the previous page is of 10 Squadron, with Flight Sergeant Capstick seated first left.

THE DAY THE YANKEES LANDED

Gillian Rea

The ominous sounds emanating from the engine of the Douglas C-47 Skytrain made the men sit up, then a shudder was felt, quickly followed by a subtle deceleration. Alarmed, the men stared at each other, a mood of trepidation rapidly engulfing the aircraft. Instructions were fired out quickly, as they prepared for the next step. In a matter of minutes, with lightning speed and skill, the men from the 82nd Airborne Division were ready for action. No time for thought, just impulse, so they took a leap of faith...

Suddenly it was as if time had been suspended as they floated in the air, surrounded by an azure canvas, their adrenaline fuelled bodies allowing relief to flow through them. As their parachutes opened, the impact made them soar upwards like uniformed rag dolls. The four silhouetted figures gradually made their dramatic landing against a viridescent backdrop, like actors making their entrance, with the sun as their spotlight, beaming through the clouds. This alien

onslaught caused much consternation among a community of cows in the field, who up until this moment had been languidly presiding over their grassy territory, before the arrival of the airmen had awoken them from their peaceful, summer time siesta...

Meanwhile, unaware of this drama but simultaneously adding to the cacophony produced by the frustrated cows which in turn caused every animal on the farm to add their own inimitable sound to make a chorus of barking and bleating, a little, blond pup of a boy, bare kneed with arms spread out at each side, was ferociously imitating the noise and movements of a Spitfire, as he zigzagged down a country lane and into a familiar farmyard, before a precarious landing within his mother's snug and welcoming kitchen. At that point, reality and imagination merged into one for this young pretender. Widening his eyes in wonder and disbelief at this strange alchemy, he saw that the aviation heroes of his imagination had stepped enchantingly from the pages of his Hardy Boy books into his home situated on the Gibsonstown Road, in the village of Templepatrick, nestled in the heart of County Antrim. While his mother and father welcomed the strangers with some good old fashioned Ulster hospitality, these sorcerers of the sky held him in a trance.

A short time later, they sat down to a banquet of my grandmother's freshly baked bread and cakes, accompanied by copious amounts of tea, the elixir they needed to revive their souls. Like the Ghost of

Christmas Present or a less caricatured version of Mrs Doyle, she coaxed the servicemen to indulge in even more refreshments, refusing to take 'no' for an answer. Nobody would go hungry under this lady's supervision! My dad sat shyly beside one of them, his head peering at the others over the edge of the table like a spellbound meerkat, as he watched them nod in appreciation at my grandmother who they complimented on the subject of the 'mighty fine spread'. They wore khaki cotton, uniformed shirts and matching trousers and low quarter, russet brown, leather cap toe boots. Despite their perilous, action-packed arrival, miraculously their neckties were still tucked neatly between the buttons of their shirts, while their garrison caps were placed respectfully on their laps. Their accents sounded strange to the



young boy, as they grinned playfully at him and although he was disappointed that he hadn't seen their spectacular landing, this missed opportunity was less of a tragedy when they kindly offered him 'candy' from their haversacks, while they ruffled his hair.

As evening swiftly approached, the airmen were picked up by the RAF and taken to their air base at Aldergrove in Crumlin which later became the site of Belfast International Airport. They were relieved to learn that the plane they had bailed out of earlier that afternoon, had made a safe landing shortly afterwards at the aforementioned destination.

Awestruck, the young boy watched attentively as they drove out of the yard and disappeared into the pastel haze of the Templepatrick sunset.

Over two million American servicemen passed through Britain during World War II and in a twist of

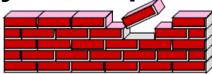
fate, my dad at 4 years of age had been fortunate enough to have encountered four of them in 3D! In 1944, at the height of war time activity, up to half a million were based throughout the U.K with the United States Army Air Forces. Their job was to maintain the extensive fleets of aircraft needed to attack the German cities and industry. Working with the RAF, their aim was to severely weaken Germany's ability to fight. Indeed this was a central part of the allied strategy for winning the war. Their arrival was known as the 'friendly invasion' and their influence on British life was colossal as they profoundly altered the places they inhabited and were fondly remembered by those who had encountered them.

Although the presence of the airmen was transient and their dramatic visit to the Rea household was fleeting, nevertheless their legacy lived on in the dresses and shirts made by my grandmother and my Aunt Margaret, from the remnants of the parachutes left by the Yankees when they landed. Equally my ever resourceful grandfather and uncles used the strong, nylon ropes from the parachutes for various jobs on the farm. They were referred to as paracord or 550 cord since it had a breaking strength of 550 lbs; you couldn't take any chances here! Prior to this, they used silk, but it was in short supply during the war. Often my dad emphasised to me how valuable they were because it was difficult to acquire rope of this kind of strength during that period. A lingering reminder of the 'Yankee invasion' was

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a haversack containing: a water bottle, ammunition pouches, a groundsheet, a mess-tin, some tinned rations, spare socks and some laces. This was gold dust to young Noel Rea who along with his cousin Neilly McBride would use these mementos in the rough and tumble of their play fighting, as they mimicked the actions of the soldiers who lived and breathed in the comics of their boyhood. As they awkwardly stumbled into their teenage years, these props were affectionately packed away and confined to a cobwebbed corner of the dusty, moth-eaten attic where they remained for many years to come.

However, although the small protagonist of this story grew up and adventurously trail blazed his own path in life, these courageous military men had made such a strong impression on him that they would remain in the heart and soul of this young 'whipper snapper' of a boy, my dad, who decades later recounted nostalgically to me the story of four American pilots, who had parachuted into the field of his family's farm, one fine summer day in June 1944.

1945 – A TALE OF DEMENTIA

www.goinggentleintothatgoodnight.com

When we consider people living with dementia we are encouraged to make sure that we appreciate that they still live a meaningful life. The story of FDR below certainly underlines that point and we can only be sorry that he could not celebrate VE day.

While it is well known now that President Franklin D. Roosevelt suffered from partial paralysis from polio (he was stricken with the disease when he was 39 years old) that was hidden from the United States during his twelve years as president of the country, what is hardly known is that in the last several years of his life, President Roosevelt's diastolic hypertension grew significantly worse and he began suffering symptoms of vascular dementia as a result.

Beginning in 1939, President Roosevelt was diagnosed with hypertension, with blood pressure readings averaging between 180/100 and 190/110.

The president's medical team was never able to get his blood pressure consistently lowered, and, in fact over the next six years, it was more normal for President Roosevelt's blood pressure to be in the 230/120 to 300/140 range when it was checked (which, surprisingly, given his condition, was not often).

Before President Roosevelt ran for his last term, signs of vascular dementia in terms of cognitive impairment had already materialized.

In addition to the president's other worsening health problems, he was in no shape for and never should have run for a fourth term as president of the United States.

However, despite the evidence that everyone around him saw and was well aware of, no one stopped President Roosevelt's last election and no one questioned the wisdom of having someone with cognitive impairment manage the last days of World War II.

History has shown that President Roosevelt's cognitive impairment was fully apparent at the Yalta conference with Joseph Stalin and Winston Churchill in February 1945 (two months before President Roosevelt died after suffering a massive cerebral hemorrhage in Georgia).

Many of the factors that should have been addressed with Stalin and

the Soviet Union at this conference by President Roosevelt (as the leader of the world's strongest nation, which the United States emerged as in World War II) were not.

These critical and strategic omissions/concessions directly contributed to the vise-like grip that the Soviet Union – and the spread of Communism – had on eastern Europe after the war and the ensuing Cold War that lasted for almost 50 years.

It is clear in retrospect that President Roosevelt's dementia played a crucial role in how the geopolitical landscape of the world shaped up, detrimentally, for the next half century.

President Roosevelt died at the age of 63 in Warm Springs, Georgia on April 12, 1945. His last known words were "I have a terrific headache." He lost consciousness and was dead within two hours.

MY V.E. DAY

Peggy Robinson

I was 11 years old and lived in Salford. My cousin Harry who was on leave from the RAF was staying with us. So on VE night after a street party, Harry, in uniform, my sister and me decided to walk into Manchester to Albert Square where there was a big celebration.

It took us ages as everyone we met wanted to shake hands with Harry or pat him on the back. He was so 'high' he kept climbing up lampposts and swinging on the arm.

Albert Square was heaving, lots of singing and 'dancing'.

A night to remember.

Staying Safe



We want to make sure that people are safe in their communities. Here are some things to think about if you are offered, or need, support during this time.

Try to use existing and trusted community groups. If not, could a family member, friend or neighbour who you know and trust help?



Not sure? Don't answer the door. If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



Contact us

If you are concerned that an adult is at risk of abuse or neglect please call:

Copeland and Allerdale

0300 303 3589

Carlisle and Eden

0300 303 3249

Furness and South Lakes

0300 303 2704

Out of Hours

01228 526690

In an emergency, call 999

For concerns about a child, report to:
cumbriasafeguardingchildren.co.uk

TRY PRAYING?

Rev'd Andy McMullen, Vicar of Sedbergh

Apparently as the global Coronavirus pandemic increased around the world, the number of people Googling the word "prayer" dramatically increased. This is according to an economist at the University of Copenhagen, who released a report on her findings, titled: "In Crisis, We Pray: Religiosity and the COVID-19 Pandemic."

Perhaps, this is easy to understand. Churches around the world were closing their doors to help combat Coronavirus and services went home and online. Even people who don't go to church, or pray, regularly perhaps thought it worth a try!

Of course, every time there is a disaster somebody pops up to say that God had miraculously intervened to save them from taking that flight, or going somewhere on holiday with an incoming hurricane. It always makes me ask, 'Well why was God so unconcerned about the rest of the people involved?'

Prayer, of course, is never merely an insurance policy against bad things happening, nor a quick fix if and when they do. It's much more about a way of life lived in conversation with a God, who is a present comfort in times of trouble, and a guide and help in times of joy. Amazing things do happen when you pray – just not always the things you thought you wanted!

"Try Praying!" is a little book available from Churches in the area – pick up your free copy, or ask your minister for one.

BLACK BULL FEEDS NHS AND CARE HOMES

Greg Stephenson-press release

Cumbrian chefs deliver first meals after launching a GoFundMe campaign to help feed key workers.

Everybody at The Black Bull, Sedbergh, is incredibly proud of the work our NHS and care home staff are undertaking in our hospitals and care homes to help all of us during the current Coronavirus crisis.

Inspired by the dedication of local NHS and care home staff, Nina and her team wanted to be able to do their bit to keep these superheroes going. Which is why they have decided to dedicate their time (totally unpaid), to preparing healthy, wholesome meals for our valuable frontline carers.

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The team then got in touch with various organisations across South Lakeland, including Westmorland General Hospital (WGH) and Westmorland Care Home and offered to provide meals to the teams.

Providing a warm meal is a relatively small thing but it's means that these amazing people won't have to worry about preparing or cooking food for themselves at the end of a long and exhausting day in the frontline, and can get the rest they need, so that they can continue to carry out their vital work on our behalves.

With all the information they needed James and Nina set about fundraising to buy additional ingredients to use alongside those from their own larder at the Black Bull, establishing a GoFundMe page on 22nd April, which within two days raised over £1,000, as well as attracting a number of generous donations of fresh produce from industry suppliers, including Hodgson's Fish and Caterite Food Service.

With everything in fully in place by 30th April, including putting in place a fully socially distanced kitchen production line volunteer members of

the Bull kitchen team then set about making up batches of fresh meals that weekend; producing fish pie, beef pie and veg chilli so that they could deliver an initial batch of over 90 free meals.

The first batch of meals were delivered by the Black Bull's owner James Ratcliffe on Monday 04th May, to the care teams at WGH and Westmorland Care Home. This was followed by a second delivery of over 100 meals on the 11th May, the team are now gearing up to prepare the next batch of meals in order to increase the momentum and feed even more of our key workers.

All the while volunteer members of the kitchen team are also maintaining the Black Bull's existing bread baking project, which involves them making fresh bread several days a week, and then donating it to a local retailer, who sells the bread on and donates all of the proceeds from those sales to several local charities, so that they can help support people in the local community who need financial assistance.

In the meantime, the entire team at the Black Bull, Sedbergh, want to take this opportunity to thank everyone who has donated so far.

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FLU IN THE FIFTIES.

Susan Garnett

The excellent article by Karen Bruce Lockhart in the May Lookaround reminded me of my own encounter with a past flu epidemic. This was not in the rather more exotic surroundings of an antipodean boarding school but at a day school in Lancashire.

A school friend recently sent me a photocopy of a letter I had written to her in 1957 with a parcel of set work to be completed on her sick bed. No online home schooling then, but there must have been a massive postal bill. I believe our head mistress was a voluntary driver tooling around in her little saloon car delivering packages to her stricken sixth formers. I quote from my letter (in remarkably neat handwriting!).

“Dear V....

Please forgive me for depressing you by sending you work to do. We’re in a sorry state here. 125 away in the whole school (total roll c 350) and only two in for Geography (Eileen and I – dig correct English!)”.

The letter goes on to describe the rather overactive and probably greatly exaggerated social life that poor V.... is missing. Obviously not much social distancing there. The letter ends. “Hope you recover soon – I keep forgetting to go to lessons.”

On a more practical side, we surviving sixth formers were sent out to help in the community. I spent time at a local children’s home and thoroughly enjoyed playing with, feeding and performing all the other necessities for the babies. Another exciting venture for all was taking

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groups of toddlers on the bus to the local park. As long as I counted them all out and counted them back again that didn’t seem to be a problem. Another assignment was at an elderly persons retirement home. We read to or chatted with the residents. I have vivid memories of hearing of first hand experiences living with the horrors of the first World War. Most had lost close family members to the conflict and to the Spanish flu epidemic which raged throughout Europe afterwards.

Not a hint of PPE or any safeguarding anywhere but the 1957 virus just wasn’t in the same league as this particularly vicious and indiscriminate one and we all seemed to be back in class to take our A levels the following year.

Take care and stay safe everyone in our wonderfully caring Sedbergh community!

LOCKDOWN LAMENT.

Sandra Gold-Wood

So here we all are awaiting release, not from jail, purgatory or Police.

No, the escape we desire is from our very own hearth and fire.

First to the pub or to friends, out for something to eat, just a change not a feast

Out for exercise once each day, up the field, down the valley, along river path.

Yes, we can go twice but after eighteen weeks I know every stone and blade of grass,

I've cooked soup and stew, baked every recipe I thought I might one day try,

And I feel so smug when I see loo roll in the Spar, and I can just walk by.

The Queen and Boris have been on the box with speeches to cheer us

Her 'Maj' evoked the VE day spirit while the PM talked of the 5 'R's' was this

just to confuse, I thought there were only three, Reading, 'Riting' and 'Rithmetic'.

Now that its June, will we be busting out all over with dawn raids on garden centres

'Tussles' in the car parks and aisles over the bedding plants, pansies, alyssum or petunia,

hair pulling, slapping and getting in a temper all now obsessed with our gardening

Truth to tell, I'm so used to the peace of Lockdown I might just be in my house a staying!



ARTHUR BRAMHAM

Ed Welti

We'd like to offer sincere apologies to Rosemary for the misspelling of Arthur's (and Rosemary's) surname in the last edition.

ODE TO THE COVID SUPPORT GROUP

Marjorie Fishwick

We were suddenly in Lockdown
And wondered what we'd do.
There was no need to have such
fears.....

A team of willing volunteers
Was quickly formed to help us —
Protect us from the deadly virus.
Bring us shopping, medication,
No matter what our situation.
It's good to live in Sedbergh
With such helpful folk around.

We say a heartfelt Thank you for all
you do each day
And hope you all stay safe and well
and Coronus goes away.



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MEMORIES OF SEDBERGH GALA

Dorothy Blair

About 1973 I worked for Hague and Hague who, at that time, were Solicitors in Sedbergh. Mr. Geoffrey Hague was then the Treasurer for Sedbergh Gala. He said they needed a Secretary and wondered if I would take up the post. Having never attended a committee meeting I said yes. I remained as secretary until 1982, only giving up my position when my daughter was expecting a second baby around Gala Day; she already had a two year old, so we needed to be available for child caring.

The most successful Gala during my time as secretary was when we held a Motorcycle Arena Trial. As my husband was involved in motorcycle trials I knew a lot of the best motorcycle trials riders in the North West. Also, the best riders in motor cycle trials, either nationally or internationally, are from the North West, so I invited a number of them to take part, with no fee payable. It was the most successful Gala in the time I was secretary, and we made hundreds of pounds from the event.

We held meetings at the offices of Sedbergh Rural District Council, which were in Highfield House at the bottom of Bainbridge Road. It was also the Registry Office, where I was married, and also where the Magistrates Courts were held. At one meeting one of our committee members had taken her knitting to do during our meeting. Towards the end of the meeting she asked our Chairman, Michael Dawson, if the

meeting was going to take much longer. He said he was sorry if he was holding her up, and she replied she simply wanted to know whether it was worth starting another row of her knitting.

Of course, the Gala Group Committee members also ran all the stalls and, so, we could run a burger stall. We used dried onions which had to be soaked overnight, guess who got that job, and whose house smelt of onions for days?

The Gala Group also ran Bonfire Night and, at one time, it rained so heavily that the duffle coat, which I was wearing, at the time, took a week to dry out.

Happy days.

PS Yes we really did have our own Registry Office and Magistrates Court and Mr. Hague was Magistrates Clerk. One of my jobs was to type out summonses and, of course, for our own Rural District Council.

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SEDBERGH GALA

*From the programme of first
Sedbergh Gala on 30 May, 1964*

Chairman's Letter

Dear Friends,

This is the first Gala Day the Group have organised and with good weather it is hoped to be able to make a substantial profit which, after the retention some for a Reserve Fund, will be used for charitable purposes.

As there will be no admission fee to the field I hope that that everyone will buy a programme and thus be eligible for the handsome prizes awarded to the five lucky programmes.

May I close by thanking everyone who has given the Group help over the last twelve months, and wishing you an enjoyable day on the field.

Jack Dawson

The Group, 1964

Chairman: Mr. J. Dawson

Vice Chairman: Mr. G Braithwaite

Secretary: Mr. D. Waring

Assistant Secretary: Mr. S.

Haygarth

Treasurer: Mr. G.R. Hague

Executive Committee:

Mrs V. Boyle, Mrs. P. Capstick, Mrs

A. Moore, Mrs E. Walker, Mrs F.

Winder

Mrs T. Winn,

Messrs. G. H. Capstick, J.

Carruthers,

H. Dawson, P. Douglass, C.E.

Garnett,

M. Hartley, T. Harper, T.R. Harper,

J. Hoggarth, E. Morphet, S.

Morphet

S. Short, W. Tomlinson, J.M. Winn

T. Winn and J.S. Woof

The cost of printing the programmes has been kindly donated by named Sedbergh Tradesmen.

Programme included Whippet Racing, Hound Trail, Adult's and Children's Races, Side Shows, Refreshment Tent, Tug of War, Fell Races, Dog Show, Comic Races Etc. Etc.

Procession from Thornsbank to Howgill Lane Playing Field, including Brass Band, Gala Queen (Margaret Bell), Fancy Dress for boys and girls, Decorated Children's Bicycle, Decorated Doll's Prams, Decorated Cars, Vans, Tractors, Trailers etc, and Tableau Vehicles.

Grand Dance in People Hall from 8.30.

Also Souvenir Race Card and Form Guide for The Ladies Donkey Derby. 'The ladies have to induce, drive, ride or otherwise get the donkey across the finishing line. No carrots allowed!'





A FEW ACTIVITIES AND SPECTACLES FROM PAST GALAS



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AND
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Photos and programmes kindly supplied by Linda Winn.

THE CON

Sandra Gold-Wood

Mrs Jean Lacey was packing the last of her special china ready for her move. She was so excited because she would soon be moving to a bungalow on the south coast. Just a small place but all she needed. It had a lovely bedroom with French windows leading on to a secluded patio. She imagined herself sitting there in the afternoons with a pot of tea before the weather turned. It was a dream come true and she felt a little sad that her dear husband would not be sharing it with her. Her husband Jim had passed away 3 years ago and she missed him badly. Oh yes he had his faults but then again so did she. They had often talked about the

day they would move to the coast but now he was gone and she was all alone.

Jean had thought about selling the house before but soon realised she didn't know how to go about it. She mentioned this when writing to her son in Australia and his return letter had made it sound so very complicated that the whole idea frightened her. All those legal things, how would she cope.

She thought about her best friend Rose who lived just round the corner to where her new home would be and a smile lit her face. Rose had lost her husband too so they could be company for each other. She and Rose had been in the Land Army together through the last years of the

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war. Jean felt no attachment to where she lived anymore. The quiet road where she and Jim had chosen to live 30 years ago in 1953 was now a dual carriageway. There was a subway under it which Jean had to negotiate to get to the shops. The subway was dark and smelly and Jean dreaded walking through. Nothing in her neighbourhood was the same; no more neat little shops with staff that took the time to talk. No, there was only a huge supermarket which required so much walking around just to find the few things she needed. Jean always felt worn out and anxious by the time she returned home.

One thing Jean enjoyed about going to the supermarket was all the pretty children and babies she saw there. They reminded her of her grandchildren and as she looked at these unknown children she wondered if her grandchildren Shelley and Raymond smiled in that way or cried and showed off in the way these children did. Of course they did and it made her smile. Shelley was 6 and Raymond was 4 and soon she would be seeing them. Flying all the way to Australia what an adventure.

Jean sighed out loud and hugged herself; she felt so happy and it was all down to that nice young man Mr Thomas who had knocked on her door and changed her life. He worked for a property company in the city and he had made everything so clear. He sorted out her finances and showed her how investing money in various ways would allow her to have all her dreams. The bungalow on the coast, a trip to Australia and no financial

worries for the rest of her days. He had even sorted out her passport for her. Jean felt so important when she looked at her passport; she had never had one before. The photo didn't look much like her but Mr Thomas had said that no one looks like themselves in a passport photo.

Jean scanned her front room to make sure all was shipshape. Mr Grange from her Building Society would come today. He would be bringing her a cheque. She had wanted cash but she had settled for a cheque made out to Mr Thomas's property company instead. Well, she supposed £30,000 was rather a lot of money to have in cash. Jean didn't much like Mr Grange from the Building Society, she thought he had

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LOCAL

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for women and men affected by
Domestic Abuse

t: 01228 515859
e: office@safetynet.org

Gateway 4 Women (Carlisle)
t: 01228 212096
e: admin@cumbriagateway.co.uk

Women Out West (Whitehaven)
t: 01946 550103
e: contactus@womenoutwest.co.uk

Women Community Matters
(Barrow)
t: 01229 311102
e: reception@womenscommunitymatters.org

CUMBRIA

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t: 0300 3030 157 (local)
Mon-Fri 9.00pm and 24/7 Support
Line 0808 1689 111
e: Cumbria.Admin@victimssupport.org.uk

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Copeland t: 01946 598300
Barrow t: 01229 876599
South Lakes t: 01539 73333
Carlisle t: 01228 817079
Eden t: 01768 817817

NATIONAL

LGBT Domestic Abuse Victims
t: 0800 9995428

Mankind Initiative
t: 01823 334244 and
Men's Advice Line
0808 8010327

National Child Line
t: 0800 1111



a funny way of talking and he didn't look at her when he spoke, shifty her husband Jim would have called him.

There was screech of brakes outside and Jean held her breath. The screech was not followed by a crash this time so she breathed again. Screeching outside had often been followed by an almighty great crash and then would come the flashing lights and wailing sirens. Oh she would be so glad to leave Putney behind.

It was Wednesday morning and Jean was in the kitchen putting the kettle on when a knock came on her front door. It was Mr Grange and to her surprise he was not alone. He had two police officers with him. Oh dear she thought, what's this about. Seeing the alarm on her face the

older PC reassured her that she had done nothing wrong. Relieved, Jean showed them into her freshly polished front room. A little flustered she explained that she only had two cups as she was packing to move. Mr Grange told her not to worry. When they were all seated he spoke; saying he was sure that she must be wondering what this was all about. Jean nodded. The older policeman said that they were there to ask her a few questions. Then he handed her a photograph and asked if she knew the man.

It was photo of Mr Thomas. Jean smiled and explained that Mr Thomas was her financial adviser. She told them all about how he had sold her house for her and got her a nice new bungalow. The younger PC looked at



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his note book and asked if Jean had given Mr Thomas any money. She told them she had given him about £10,000 to cover the cost of a survey, solicitor's fees, the deposit on the bungalow; plus, the cost of getting her passport and tickets to Australia. Jean told them excitedly how she was looking forward to seeing her son and grandchildren. Adding that she had given him another £6,000 to invest. All my savings really with the cheque that Mr Grange has brought today which would be the final payment for the bungalow. Mr Thomas would be visiting on Friday to pick it up.

The men exchanged looks and Jean began to feel something was wrong. Mr Grange started to explain; Jean could hear her dreams shattering with every word. It was more than she could bear and a tear slipped from the corner of her eye. A picture of the little bungalow drifted before her eyes. She had stopped listening and holding on to the sides of her chair she tried to stand up. She just wanted to leave the room her mind was in turmoil how could this be. The PC was saying that Mr Thomas was not what he seemed and he had tricked other people too.

Mr Grange seeing that Jean looked rather pale got her a brandy and asked gently what time she was expecting Mr Thomas on Friday. It seemed that they wanted her to help them to set a trap for Mr Thomas. Jean told them that he would be coming for lunch at about 1pm on Friday so she could give him the cheque for the bungalow. And so it was arranged that the police would arrive just before 1pm to arrest him.

After this they left her with a few reassuring platitudes. Alone with her sorrow Jean couldn't hold back the tears when she thought of the little bungalow by the sea that she would never live in.

On Thursday Jean felt a little under the weather and spent her day indoors looking at pictures of her lovely new bungalow. All her things were packed and ready; but she knew she would not be going there. That night she dreamt of her husband. She pictured them in the



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bungalow and she thought how he would have made a lovely garden for them there. Dreaming of Jim had made her think. So on Friday morning after a cup of tea and a biscuit which passed as breakfast Jean called Mr Thomas. He answered the phone and Jean asked him if he would mind coming to lunch at 12 noon instead of 1pm as arranged. He said fine and Jean was a little surprised at how calm she had kept. She went into the garden and cut some roses to cheer herself up. In the shed she found the rat poison. She thought it would be enough. Back in the kitchen she put a bottle of her homemade parsnip wine in the fridge. She would pour it for Mr Thomas when he came for lunch.

At 12 noon on Friday the table in Jean's kitchen was laid with her best china, fish pie was cooking gently in the oven and raspberry trifle was chilling in the fridge along with the parsnip wine. Mr Thomas sat at the table expectantly as Jean bustled round him. She served up the fish pie and watched with a smile as he ate heartily. He was obviously enjoying the parsnip wine too and she poured him another glass. Jean knew he was used to her hospitality and therefore took it for granted. Mr Thomas had found the fish pie rather salty so he picked up the second glass of wine and swigged it down. When he asked why she wasn't eating. Jean explained that she was going out for a meal that evening and didn't want to spoil her appetite. Then she served him an extra-large portion of trifle.

Mr Thomas felt a burning pain in his stomach. His first thought was indigestion. The fish pie had been very salty. With a spoonful of trifle balanced a moment from his mouth the pain gripped him like a vice. He suddenly felt very hot and couldn't seem to get his breath. Confused he pulled at his tie and wondered if it was the heat from the oven. He looked across at Jean, she was smiling calmly. Her image swam before his eyes; He clutched the table bringing it toppling over as he slipped to the floor. Jean stood over him and tore the photo of the bungalow to bits dropping the pieces on to him as his eyes glazed over.

Right on time the police arrived. Jean wondered if they had prisons at the seaside.

The End

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

It's wonderful to welcome our swifts once more, and to see that in these days of continued restrictions Nature carries on regardless. Thank you for letting us know your first sightings – the earliest were on May 2nd in Bainbridge Rd and Ingmire Hall, then May 3rd over Sedbergh School grounds, May 5th in Millthrop and May 6th in Guldrey Lane and over Lupton field on Back Lane. These are slightly earlier dates than usual, and according to our colleagues on the national swift network it seems that this is the case over much of the country.

A record for egg laying has been set at Settlebeck school! Both swifts arrived back in one of the boxes on 4th May, within 2 minutes of each other, which in itself is fascinating. We were very relieved because sparrows had half-filled the box with straw over the winter, and we had feared that the swifts wouldn't be able to get in, and also might get their sharp claws stuck as they struggled through the straw. But amazingly, on 12th May we saw that an egg had been laid! This is more than 10 days earlier than we have ever recorded before. A second egg was laid 2 days later, which is the usual interval between eggs. Experienced pairs sometimes lay 3 eggs and it would be very exciting if these did so. We have regularly had pairs at Lowgill that reared 3 chicks.

At the time of writing (14th May) 4 pairs have returned to our nest sites that have cameras in at Lowgill and

there are 2 singletons waiting for their partners. Fingers crossed for their safe return. We are also anxiously waiting for several other pairs to come back.

June is a wonderful month to watch and especially hear swifts, their screaming calls are so uplifting. The younger non-breeders will have arrived to join the breeding birds, so those you see swirling around feeding, high in the sky, will be a combination of both. Eggs generally will have hatched by the middle of the month, meaning that both parents will then be active in feeding the chicks, so giving a better chance of spotting a nest site. Parents go in and out feeding about every 40 minutes on average but like with all wildlife it's unpredictable.

Morning and evenings are a good time to enjoy watching swifts. As we've said before – Look Up as you stroll around! For spotting nest sites, the hour or so before dusk can be best, as the parent birds always go into the nest at night. In late June this can be as late as 10pm. Hopefully you'll see some of the exuberant screaming parties as they hurtle around the rooftops – an indication that swifts are breeding nearby. One good place to see them is in Main St near New Street, and the back of those properties as seen from Back Lane.

We urge you to let us know what you see – screaming parties and nest sites. That's the only way we can keep track of all our swifts. And if you're one of the lucky ones with swifts breeding in your eaves or



boxes, do please let us know about what's happening this year.

Thank you to the many people who have put up boxes. We'd like to hear from you, do please let us know:

- if swifts breed in your house, or neighbours, are they back?
- are swifts prospecting your boxes or have they taken up residence?

The picture shows a swift at the entrance to a Stimpson nest box.

We especially need you to keep a look out on the nest sites in the gym extension at the People's Hall. There are 4 nest bricks built into the rear gable wall, and we'd like to know if all are occupied – for obvious reasons we call them 'top right and left, bottom right and left'.

And we are still waiting for swifts to take up residence in the tower of St Andrew's church in Sedbergh. So do let us know if you see them circling around the west side – ie. facing away from Finkle St.

Here is a reminder about helping the Cumbria Bird Club county-wide swift survey: you do NOT need to be an expert! You could do as little as two or three observations. All you have to do is:

- Choose certain a place(s) convenient for you and
- Estimate very roughly how many swifts you see at any one time.
- Concentrate on certain weeks: 1st week of June, late June and mid-July.
- Dave Piercy is the organiser, and he'll email help sheets and forms to you.
daveandkathypiercy@btinternet.com
017687 73201.
- But if you'd like us to do that for you, just jot down your paper or phone records, get in touch, and we'll do the rest.

Throughout the UK for the last two years there has been a very successful Swift Awareness Week at the end of June, with hundreds of events taking place all over the country. Unfortunately, like most events this year, it sadly has had to be cancelled.

We never cease to marvel at swifts' incredible life in the air. So for now let's make the most of the short time that swifts are with us, and enjoy hearing their screams as they zoom around our town and villages.

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CUMBRIA WILDLIFE TRUST

Sedbergh Support Group
Karen Bidgood

Cumbria Wildlife trust has now reopened its reserves apart from the Eycott Hill and South Walney car parks. Smardale and Foulshaw Moss are open as is Burns Beck Moss which is within walking distance from my house so I have been regularly over the last few weeks. It is looking at its best at this time of year and the regular birds have returned; Cuckoo, Willow Warbler, Sedge Warbler, Grasshopper Warbler to name a few.

Many butterflies have also appeared as have mammals.

Plant life is flourishing;; Marsh Marigold, Wood Anemone , Self Heal and particularly the strong smelling Bog Myrtle.

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Walking trails

There is a level waymarked circular footpath around the eastern side of the reserve with sections of boardwalk and bridges crossing the wet areas (0.9km/0.6miles).

Wildlife highlights

- In spring and summer you can hear and spot wetland birds.
- In summer many types of wetland specialist plants are in flower.
- In this undisturbed place you stand a good chance of spotting mammals such as hare and roe deer.
- Encounter migrant and breeding birds, such as curlew, sedge warbler, willow warbler, grasshopper warbler, meadow pipit and whinchat in summer.
- Enjoy green hairstreak, small pearl-bordered fritillary and small heath butterflies.

History

10,000 years ago, retreating ice sheets created a small tarn where Burns Beck Moss now lies. Plant matter and sediment gradually filled the tarn and peat bogs began to form.

Damage to the site had been caused by deepening and straightening Burns Beck and digging drains in preparation for tree planting, which never occurred.

The Trust has worked to raise water levels, and this has resulted in some recovery of the mires.

What makes Burns Beck Moss so special?

Burns Beck Moss has elements of raised and valley mires. The raised mires are totally dependent on rainfall for moisture, whilst the valley mires receive ground water containing dissolved minerals and nutrients.

Although the nutrient levels vary between the mires, both sustain a variety of plants, and it's this diversity that makes the site so interesting.

Water specialists

The most common species making up the wetland is sphagnum moss which holds lots of water on the mire. Look closely amongst the sphagnum to find sundew - an small, insectivorous plant.

Plant specialities include 16 species of Sphagnum moss, as well as bog rosemary, cranberry, bog asphodel, round-leaved sundew and marsh cinquefoil. In spring bog myrtle is in flower - its crushed leaves give off a lovely resinous fragrance. During the summer you can see plants such as bog asphodel,

sneezewort and marsh cinquefoil in flower. Around Burns Beck look out for yellow water lily which flowers in the summer.

Haven for wetland birds

In places there are patches of willow carr and reedbed and this provides good habitat for a number of breeding birds.

You stand a good chance of seeing a tawny owl, heron and reed buntings. In spring and summer you may see and hear birds such as curlew, snipe, sedge warbler, willow warbler, grasshopper warbler, meadow pipit and whinchat.

Wild and undisturbed

Fox, hare and roe deer love the undisturbed wild nature of Burns Beck Moss. Butterflies too thrive

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here. In spring look out for the green hairstreak butterfly, whilst later in the summer you may see the small pearl bordered fritillary and small heath butterflies flitting about. Look out too for common lizard and frogs.

Restoring the wetland

Before the Trust acquired the reserve attempts had been made to drain the site by straightening and deepening Burns Beck and later by digging a network of drains to prepare the site for tree planting which thankfully never happened. Since we took over the site in 1995 we have reversed the drainage and installed a large number of dams which is enabling the site to hold water and become a wetland once more.

Getting here

By car:

Burns Beck Moss is located 9km/5.5 miles east of Kendal. Access is most easily gained from the A684 Sedbergh road. From junction 37 of the M6 head towards Sedbergh and turn right after about 0.7km/0.4 miles. Follow this road for 4.5km/2.8 miles until (passing Killington Reservoir) you reach a quarry where cars may be parked. (Grid Reference SD 596 881).

APRIL WEATHER

Brian Wright

Who would have imagined that we would have had yet another drought, especially in April? Well we did! With a lowly 0.71 inches (18mm) of rain it must be the driest April on record. It certainly was mine. Temperatures varied throughout the month with a low of 29.5F (-1C) to a very pleasant high of 79.5F (29.5C). Wind chill only took the temperature down to a low of 21.7F (-6.3C). A maximum gust of 28.87mph (46.46kph) was recorded. In the balmy weather we had many days with little or no wind and plenty of midges. Where do they hide?

With the pleasant weather everything seemed to turn green quickly, with hedgerows leafing up early. Shrubs in the garden have had early blossom and generally plenty of it, too. Tulips have put on a good show this year. Some very dark maroon ones we bought in have been

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excellent. I have had to water pots fairly regularly.

Many of the birds seem to have disappeared from the feeding station. As in previous years, I assume they have gone somewhere else to nest. We haven't seen the long tailed tits for several weeks, and the number of sparrows and bluetits are down. Thrush and blackbirds are singing away so, hopefully, they have mates somewhere. There has been activity in the shippon with wren, robin and blackbirds investigating sites and singing away. Let's hope they are successful. I have found a robin's nest, an empty one, for the last few years when I come to feed hay in the winter, squeezed in between the bales. The cock swallow was late this year arriving on 25th of the month. The jackdaws are so cheeky and bold they are in the goose shed, after the feed, before I get out of the run. There have been a few butterflies around on the milder days, particularly, orange tips. The rats have obviously had a successful winter with young ones running around now. So far I have only trapped two. Some of the youngsters are obviously still not heavy enough to set off traps but can take the bait!

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FAMILY MUSINGS

Sarah Woof

Where would any of us be without the chance to muse about life, the general one, and the more personal variety that we live each day? Writers, painters and many others will have plenty to share after Covid 19 has gone, everyone has been affected in some way, and for some the recovery will be long and hard.

I love being at home, but during this unusual time, I have really missed the daily interaction or banter with friends and family, and the visits by them, too. Yes, some of us have sat in the garden, at the required distance, had a catch up, and grandchildren's hands on mine on the window pane was very poignant. It's not the same, but I am enjoying the company of Mitts, my cat, and Honey and Sparky the hens, the glorious weather and all the help from hubby. He has really become my other hand. It's quite mind blowing how helpless you become when your main hand is out of use. Having it in plaster gave some support but, knowing how easy it is to do too much, I did very little with it, but found new ways to get by. John came home to find jars and tins to open, high things to get down, and various other extra jobs. Buying in meals helped keep our strength up, as we did not want to waste away.

With more time to read, not write, as I can't do that, I have been investigating our family tree and tracing down a line or two. Our elderly relation at Hull celebrated her 102nd birthday last month, and shows no sign of fading. What a great age. Enjoy your 'age' even if like me you don't always act it!

RED SQUIRREL!

Pete and Linda Goddard

A red squirrel appeared in our garden a couple of weeks ago in Garsdale and it's been coming back every day since. It's buried a whole bag of peanuts in our garden. Now we realise they are not that good for them so we leave out grapes and carrot instead. We are half way up a hill so we don't worry about it getting run over, but we do worry as we have a pair of nesting buzzards in the derelict barn above our garden! We have some lovely photos that we might enter in the Cumbria Wildlife competition.

We've been here just over a year and have been amazed at the wildlife both in our garden and the surrounding areas. We have two hares running through the garden every day and throughout the night. We had a deer on our wildlife camera last year throughout summer and we have two tawny owls hooting and 'kee-wicking' every night. We also have numerous birds and their young at our feeders. The only disappointment is that we haven't seen a hedgehog yet this year.

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SEDBERGH WI REPORT

Moira Folks

Since the Covid-19 Lockdown had curtailed all our WI activities for May, I appealed to our members to help fill an article for Lookaround. With the Victory in Europe Day 75th anniversary very much on our minds this month, even though the official Sedbergh celebrations had been cancelled, I asked for contributions, including memories not just of VE Day itself, but also about family stories showing how members' families were affected by the war. This would include where families were during the war, and means I can include many of our members who have settled in Sedbergh over the last 60 years or so. Sandra Gold-Wood, who had given us a talk last year about 'Women in War', kindly gave me a copy of the part of her talk relating to World War 2, for which she had interviewed Marjorie Fishwick, Rosemary Mason and Jenny Dawson, a former member of our WI, who sadly died earlier this year aged 98. I'm indebted to Sandra for this background, to which I've added more recent quotes from Marjorie and Rosemary.

Marjorie (Fishwick), from Garsdale, and Rosemary (Mason), from The Green, Frostrow, who were both farmers' daughters, and just about 7 when the war broke out, remembered the way the farm was put to work. Both of them remembered that Prisoners of War worked on their fathers' farms. Soldiers were billeted at Baliol and often went out on night manoeuvres on Frostrow Fell. There were often other kinds of manoeuvres

outside the Green, where Rosemary lived, with the girls brought in to work at Farfield Mill!

Rosemary felt that Sedbergh was livened up and bustling while the war was on, with lots of shops including 5 shoe shops. Queuing for tomatoes could be a long job as the queue went right down Finkle Street! Threshing was an exciting time, too, as huge machines and tractors were brought in and everyone helped out with the job of threshing and bagging. The trouble was that the people who came with the machines all had to be fed; it could take a couple of days or, longer, if it rained and it was quite hard feeding everyone on rations.

Marjorie heard that war had broken out when attending the Sunday Service at Garsdale Foot Chapel. She didn't understand but she could tell something was wrong. She also remembered her cousins who lived in Liverpool and were killed by bombs as they slept. Part of her future father-in-law's farmland was at Ingmire. Soldiers were barracked there and it was also a fuel dump, so family

members needed a special pass to be allowed on the land. Lots of socks and balaclavas were knitted. Everyone joined in.

'I was 7 when war broke out and living on a farm in Garsdale – really a very safe place to be,' writes Marjorie. 'There were evacuees at the village school from Bradford, Whitley Bay, Preston and Coventry. I didn't realise at the time how traumatic it must have been for them. We were all issued with gas masks and used to have air raid practices, putting desks together and getting underneath them! My dad was in hospital in Kendal in 1940 and I remember my mother being very anxious when Barrow was being bombed and German planes returned over this area and, I think, occasionally jettisoned a bomb. I used to knit arm bands for an uncle in the RAF. I only remember hearing of the VE Day celebrations in Sedbergh later, as I just lodged in Sedbergh during the week to go to secondary school, Queen Elizabeth School in Kirkby Lonsdale, so would have gone home to Garsdale on VE Day.'

Rosemary said that she didn't notice much difference in life after war began at first, except for the darkness with everything being blacked out. She said it was quite a surprise when the evacuees arrived and she remembered one girl called Jean whose father, unexpectedly, turned up at the National School one day. Jean was so excited that she ran across the class room and gave him a great big hug shouting, 'Daddy, Daddy!' Rosemary, like Marjorie, later



Marjorie and Rosemary celebrating V.E. Day

went to QES in Kirkby Lonsdale for secondary schooling.

Rosemary writes: 'All I remember of VE Day was in the evening when, with my parents and younger brother, we walked up into Sedbergh from The Green. Approaching Finkle Street from Back Lane was when I heard the noise of clapping and shouting. Outside the church gates, and surrounding them was a mass of people, including a lot of soldiers. I have never seen as many people in Sedbergh before or since. The climax of the evening for me was when a group of soldiers climbed onto a parked van with beer glasses in their hands – dancing, singing and laughing! I can still see the joy in their

faces...it was something to behold! A night to remember!'

Jenny Dawson had been working at Jacksons in Sedbergh earlier in the war, but was then sent to Farfield Mill to make aircraft parts. She also spent some nights as a telephonist in what is now Loftus Manor, often with the Luftwaffe bombers flying overhead. Later, she was sent to nurse at the Beaumont Fever Hospital in Lancaster. She told Sandra Gold-Wood that they had a party in the nurses' home at Lancaster when the war ended but she was not allowed home until 1946, as she was still conscripted. She married Jack in 1947.

June Mudd, who lived on the Garsdale Road, 9 miles from

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Sedbergh during the war, and Eileen Stavley and her older sister, who lived on a farm a mile from Dent, have no memories of VE Day celebrations there.

Jean Jones, now 93, who has lived mostly in Sedbergh since 1983, writes: 'I was 12 at the outbreak of war and at one of York's grammar schools, and 18 when it ended. My family had lived in York for generations. As York was an army town and surrounded eventually by airfields we were well aware of events, but until April 1942 not much involved. York was then bombed in one of the so-called Baedeker raids. My school was badly damaged and most of the air raid shelters demolished. The school was equipped to be a 'rest centre' for bombed-out families and we, older pupils, helped to move countless mattresses, pots and pans to an undamaged building, and for the next few days spent hours in the kitchens, mainly washing up and peeling potatoes! The run-up to exams was spent in a battered building with no windows or doors and leaking ceilings. Only the 5th and 6th forms were there, the rest of the school part

-time elsewhere, and the staff cycling from one place to another! News of war in Europe ending came to us at Guide camp near Patterdale. I suppose it must have been the end of the Easter holidays. I was back in York for the Victory Tea, which took place in my parents' small garden as the busy road outside couldn't be closed. There can't have been more than 15 or 20 people there – no photos, I'm afraid. We did have a visit from the Lord Mayor and it WASN'T RAINING!'

Jean Mitchell was also brought up in Yorkshire, and moved to Sedbergh in the 1960s. She was 8 when war broke out. 'Although the part of Leeds where I lived didn't have many bomb raids, we still went out to the air raid shelter, shared with our next-door neighbours, in our garden, every night. Once, when I was suffering from measles, I wouldn't go into the shelter, so I was left inside to lie under one of the beds, for safety. I also remember going to school every day during the 5 years, carrying my gas mask in its little cardboard box.' Jean remembers going to a Victory tea party in her local Methodist schoolroom after the war ended.

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Jill Dale, one of our newest members, tells me that her mother, very young at the time, was evacuated to Brighton, and later Eastbourne, from industrial Bradford to escape the bombing. Jill's grandfather served in the forces and used to send beautifully illustrated letters home from the war: these are still highly prized by the family.

Caroline Clarke's mother was very young in 1945. Her parents had a farm in Somerset so would have been working the land. Caroline says that one of her favourite topics, when teaching, was World War 2 because the children loved learning about it and dressing up as evacuees. However, there would always be one child who would ask her where she had been evacuated to during the war... and Caroline (one of our youngest members) would try hard not to look too offended! This reminds me of being asked many decades ago, 'Did you live in the olden days, miss?'

Anne Symons and Rosemary Blanchfield, who live in the Kirkby Lonsdale area, joined our WI as dual members several years ago after going on several walks with our walking group. Anne told me: 'I was born in Barrow in Furness and had just turned 9 on VE Day. I remember a lot about the war, lying in bed watching the searchlights roaming around the night sky. I remember barrage balloons, and the sound of sirens panics me to this day! My bedroom window was blown out in the blitz on Barrow in 1941. The only thing I remember of VE celebrations was sitting on someone's shoulders

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above the enormous crowd in Ramsden Square watching a huge bonfire. It was very exciting and the atmosphere was overwhelming.' Rosemary Blanchfield writes: 'I was a mere babe in arms on VE Day, and my brother, 6 years older, only remembers a bonfire. We lived in a village in the Ribble Valley at the time and I think street parties were more of a town event.'

Sandra Kemp was born in Harrow, Middlesex, and was just 4 months old on VE Day, so has no personal recollections or knowledge of her family's involvement in the war. Four years later she moved to Buckinghamshire. She moved to

Sedbergh from the south a few years ago.

It's a well-known fact that, though many couples and families were split by the war, others were brought together in wartime romances: here are some of our stories.

Angela Dixon is another recent arrival from the south and too young to have any personal reminiscences of the war, but can tell us about her parents' experiences. 'They were both born near a place called Kennington in south London. They met towards the end of the war in Essex, where Dad was based with his unit, and Mum was crop-picking during a holiday from her job at the Ministry of Works. At the start of the war, Mum was evacuated to Gloucestershire and lived in a cottage next to the railway with the station master and his family. Mum stayed in touch with them for many years, and I remember visiting them. Dad told lots of stories about his time in the army. He was the only single man in their unit, and as such, was the first on the list for mobilisation. Somehow, this never happened, as they kept sending him away on courses, and whenever he returned, one of the other drivers had been deployed.'

The next story comes from a member who wishes to remain anonymous but, no doubt, voices deep feelings which others will share: 'My mum and dad were engaged and both lived 8 miles north of Liverpool. My dad was in the 7th Battalion of the Parachute Regiment and was part of the advance party to secure Pegasus Bridge. My mum helped with the children evacuated from Liverpool,

before they were sent on to other families in the rural area. My dad never spoke of the war. It was only towards the end of his life that he started to mention it. My brother and his wife and myself and my husband went to the 75th anniversary of the D-Day Landings last year in Normandy and we were so proud and it was so emotional. I was proud of both my parents. I was always proud of my dad even if he hadn't been part of this but we realised what he must have experienced at such a young age along with millions of others.'

Short and very sweet! A story from Chris Williams: 'Phyllis was a clippie on the buses as the bombs rained down on Plymouth, aiming for the naval yards. Every day, Alf got on her bus in order to get to work. They struck up a friendship or, as she put it, "He gave me a lot of sauce." He



Phyllis and Arthur Williams on their wedding day in Plymouth 1943.

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also began giving her money to look after, to stop him spending it. This eventually amounted to rather a lot and she told him she wanted to return it to him. "Let's buy a ring," he said... I married their son.'

Moira Folks was 6 days old on VE Day in hospital in Cairo with her mother, who wrote from her hospital bed to her in-laws in Glasgow that she could hear people celebrating in the streets, and longed to be able to wear a pretty dress again (no fashionable pregnancy wear in 1945!). Why was I born in Cairo? My parents had met and married there in 1943. My mother had gone out to Egypt from Northern Ireland in autumn 1939 to teach in a mission school in Suez, her departure

delayed by the outbreak of war, travelling through France by train. My father, a Baptist minister in Scotland, volunteered as a chaplain and sailed to South Africa in 1941, eventually ending up in Cairo and in 1942 taking part in the Battle of Alamein, after which he spent several weeks recuperating from jaundice in Cairo. My parents met at the Homely Club in Cairo, run by the Egypt General Mission for which my mother worked, a social club for Allied soldiers as well as missionaries doing language courses in the capital (my mother was studying Arabic). I think they had only met 8 times before they got engaged but had written dozens of letters – which my father later typed up, probably leaving out the more

personal messages, and presented to us, along with his war memoirs, based on the letters he had written home to his parents and kept safe by his mother: quite a legacy! In August 1945 I returned to the UK with them to meet my grandparents in Scotland and Ireland for the first time.

Pam Drower talks a little about her family's war experiences and reflects on war stories brought to light during the recent VE Day commemorations: 'My parents were both in the RAF – my dad a Flight Sergeant and my mum working in the Stores. I know my mum gave birth to my brother in a nursing home in Melksham in 1943 and my sister in a nursing home in Stratford-on-Avon in 1945. I arrived as a bit of a surprise in 1961! I know that my mum didn't want to live in married quarters during the war, and they ended up in a room on a farm with mice playing in the hearth, then in a caravan with no furniture, so my dad made some out of orange boxes. As my mum was pregnant with my sister on VE Day and living in a caravan or rented room, I can't imagine what she would have been doing. I wish I could turn back time and find out more about my parents!

Pam continues: 'I think that people's stories of hardship and incarceration in POW camps have struck me the most about this year's commemorations, along with the many sacrifices and hardships that people endured during the war years. It does slightly annoy me when people try to compare the lockdown we are going through at the moment with the horrors of the war years. I

feel very lucky to be living in a beautiful, safe place, and I know some people are not so lucky, and the VE Day stories have served to reinforce this feeling.'

Stefanie Downes is our youngest member. She arrived in Sedbergh from York with her young family about 3 years ago and has no personal memories of the war but she wrote to me with recent memories, summing up her time in Sedbergh, including lockdown, and giving a flavour of what Sedbergh WI has meant to her: 'Not quite VE Day-linked but I wanted to share just how much I've valued the friendships made through Sedbergh WI. Moving to a new area is hard, being the new girl, knowing no-one. Sedbergh WI gave me a hugely warm welcome and offered me friendships with wonderful ladies I may, otherwise, only have said hello to in the street.

The mixture of ages, backgrounds, experiences and warmth helped me to feel I belong here in my beautiful new town. Meetings always offer something new, and usually giggles too, not to mention cake! During lockdown I've chattered across front gardens, roads and in queues. Kindness and compassion have been plentiful. I so look forward to when our Wednesday evenings are able to continue, but until then enjoy updates from those who email rather than walk out and I love the photos sent too.'

I can't think of a better way to end this report! We're all looking forward to the day when we can meet together again...



KILLINGTON WI

Wendy Fraser-Urquhart

Here is the up to date report for the non meeting!

As we continue in Lock Down getting together continues to be impossible. However, we find new ways of keeping in touch. I have just returned from my daily sin. When I go to any shop in Sedbergh, for essential stores, I allow myself to drive home "the long way round", and see how the countryside is progressing. When I see someone I know, I draw up and have a socially distant chat, which brightens up my day. Does it brighten theirs - you may well ask? Today, I had three chats. I have not taken my metre rule out with me, but I think that the spaces marked out locally are more like one and a half metres.

In the absence of our revered Madam President, our Secretary and Treasurer are keeping us up to date and in touch, as are all our members. Elspeth recently e-mailed us with this information about VE Day "Churchill announced the German surrender at 3pm on 8th May saying that the ceasefire had actually sounded at 2am the previous night, although

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officially it was not to happen until midnight. Killington WI had to put off their meeting to enable members to hear the speech". We like quality speakers at our meetings!

Sadly, our June meeting has had to be cancelled, so I shall have to find something else to witter about next month. I am glad to report that Sarah has now had the plaster taken off her broken wrist but has painful, socially distant, physiotherapy to undergo. Please report all broken bones to me for inclusion in next month's report. I am sorry that I cannot find my ancient Journal at the moment so you will have to wait for next month's installment.

Look after yourselves, and, like me, be grateful that you live in such a wonderful community.

Thank you to all the splendid people who are continuing to keep everything functioning.

CORONAVIRUS & TENNIS IN SEDBERGH

*James Palmer. Sedbergh Tennis
Club*

The amazing weather over the past six weeks has been a significant temptation to get outside and keep healthy but sadly tennis has been off limits for five of them. Thankfully there is now the chance to play but with some pretty strict rules in force to ensure social distancing.

These LTA rules run to four pages and will be posted at the club, but I've summarised them for simplicity. Here they are:

1. Check latest government and LTA guidance before playing <https://www.lta.org.uk> as it may change.

2. Follow all 'usual' guidance on face touching, coughing, sneezing etc.

3. Singles tennis only (unless all four doubles players are from the same household).

4. Wash your hands before leaving home and as soon as you get back.

5. Take minimum equipment (including balls for your own service game), don't share equipment and do clean it after use.

6. Take hand sanitiser with you and travel on foot, bicycle or by private car.

7. Do not hang around the courts waiting for them to clear; plan your play to arrive after the last players have left. Using the Sedbergh Tennis Whatsapp group will help this*.

8. Avoid touching hard surfaces such as gates etc if possible. If you cannot avoid so doing, use sanitiser immediately.

9. Tennis balls should not be shared with other courts or even your opponent! Mark your own clearly or use balls of a particular colour. Do not pick them up to check them.

10. Maintain social distance at all times and do not put others at risk by your proximity: Stay alert, stay safe! Enjoy your tennis and keep fit and well, physical health is important for mental and emotional wellbeing and tennis can be played by all ages!

You can play as a casual member by paying cash into the honesty box but given the current situation it would be better to join the club. To do so please contact any playing member of the club or arrange payment by contacting Mrs Audrey Carr on 07974 330492

*To join the WhatsApp group you will need a smartphone with the WhatsApp 'app' loaded. Please contact the author on 07887780629 for more details.

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1896.....OR 1877?

David Lord

It has long been believed that Sedbergh Golf Club was founded in 1896, by seven Masters of the hostel of Sedbergh School. Indeed, SGC celebrated its centenary in 1996, and a fine commemorative plate, given by the English Golf Union, hangs proudly on the wall of the clubhouse Fairway Restaurant.

But wait a moment! It comes to light via that most respected journal, The Field, (14th April 1877), that 'Sedbergh School GC' became the first in England to introduce golf as one of the school games, thanks to one Alexander Hamilton Doleman (1836-1914). Doleman was an Assistant Master at Sedbergh School from 1876 to 1879, during which time, having laid out a nine hole course on The Riggs, he organised the first competition for prizes on Wednesday April 4th 1877.

Ten players teed off, Thompson winning with 60 strokes, followed by Toppin 64 , Hinde 66 and Prescott 68.

Was this effectively the formation of the golf club in Sedbergh?

Doleman himself was no mean golfer, having previously won a medal at Cambridge University GC, later becoming a member of both Royal Liverpool (Hoylake) and Royal Musselburgh, having finished an amazing 9th in the Open Championship at Prestwick in 1870!

He was also involved in 1886, in the founding of Lytham and St. Anne's GC, now also given Royal status, becoming Captain of the Club in 1888-9.

Golf developed and was clearly well taught at Sedbergh School, for in

1896, a former pupil by the name of Wigham, won no less a tournament than the American Amateur Championship, and in that same year another Old Sedberghian, one Freddie Tait, (Evans House), won the much coveted English Amateur Championship. Both had played and learned their golf on the Riggs.

The evidence of a golf club in Sedbergh in 1877 would make SGC the oldest and first club in Yorkshire, but at the moment this remains speculative.

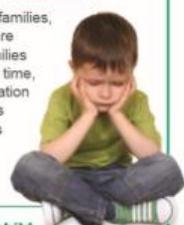
In putting together this article, I am obliged to Dr Donald Cameron, Cambridge University, and to the late K.C.Bishop Esq., formerly of Sedbergh School.

Cumbria Safeguarding Children Partnership 

Are you concerned about a child?

We are all living in unprecedented times, it is really important that we look out for each other and support each other in our communities.

This will be a difficult time for lots of families, and they may be making different care arrangements for their children. Families may experience added stress at this time, with added financial pressure or isolation from support networks. These issues can add a great burden onto families and children and young people could be at increased risk of harm during these times.



If you are concerned about a child or young person who you believe might be at risk of harm, please contact:

The Multi Agency Safeguarding Hub on 0333 240 1727 or NSPCC 0808 800 5000.

If you believe a child is at risk of immediate danger dial 999 and speak to the Police.

cumbriasafeguardingchildren.co.uk

HOWGILL HARRIERS **(Cumbria's Friendly Running Club)**

*Michael Harrison
HH Sedbergh Rep*

Welcome to our June update for Howgill Harriers. At the time of writing we are still in Lockdown and taking the Government Guidelines very seriously whilst performing our exercise.

During the month of May, Howgill Harriers has been running a series of Virtual runs in Sedbergh, Kirkby Stephen and Tebay to give runners an opportunity to focus their running whilst at the same time trying to create a sense of fun during these difficult times.

We are intending to continue this format through June and we are looking to encourage Members/Non-

Members, runners, joggers and walkers to have a bash and add their activity to the run of their choice. There is a small prize which is randomly selected as the emphasis is on FUN.

Details and all relevant guidelines along with Maps can be viewed on the interactive Virtual Races Tab on the Howgill Harriers Website and via the HH Facebook Page.

<https://www.howgillharriers.co.uk/>

Traditionally Howgill Harriers has probably been regarded as a Fell Runners Club and why not with the amazing Off Road running available in the Howgill's. As a Road Runner I would like to take the opportunity to promote the fact that Howgill Harriers is also a Road Running club and for the first time in 2019 ran a Club Championship for Road events as

A VIEW FROM THE FELLS



"THIS IS AN OPPORTUNITY", THEY SAID, "TO THINK ABOUT TAKING UP A NEW HOBBY"

well as the Fell Race Championship. We currently have a great group of members from all age groups and levels who participate in many Road events (as well as off road) and run locally for the pure pleasure of it. We are therefore reaching out to any potential club members that may feel it is predominantly a Fell Running Club and take advantage of some amazing runs that are shared regularly within the membership.

I look forward to updating you in July, where hopefully, if we all keep following the guidelines and keep everybody safe, things will have improved. So, keep running, observe social distancing, be respectful of farm land and stock (keep to the paths and close gates) and remember to sanitise hands to avoid contaminating gates and styles.

WHAT'S ON AND WHAT'S NOT

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WHAT IS CLOSED?
WHAT OPENING HOURS ARE ?
WHAT TAKEAWAY MENUS
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**Thanks to the extremely hard work of
Mike Clarke**

CORONAVIRUS CYCLING

James Palmer

Cycling is fun, great exercise and in the five weeks of dry weather we've had there's no better way to get the fresh air and sunshine we need during lockdown. It's heartening to see that it is encouraged by the government as sustainable transport for work as well as for sport. We are blessed with some of the most beautiful scenery and loveliest roads in the country. Now is the time to explore them on your own or with members of your household but do stick to routes which don't bring you too close to those who might be shielding; avoid bridleways that go through farms for instance!

Remember to give walkers and dogs a wide berth, they may not hear you and will be grateful for a friendly "Hello!" or a 'ding' on your bell as you approach. If you encounter other cyclists, give them a wide berth or stay several yards behind them to ensure social distancing. Stay out of the gutter to avoid punctures and allow drivers to see you from well back and if this is your first time back in the saddle for a while don't overdo it.

A short four mile round trip on flat roads will start getting your confidence back. head up the Cautley road and turn at Burnt Mill and you'll have a slight downhill start on the way home and (in the current weather pattern) the wind behind you. Other short trips from Sedbergh are down to Millthrop, along to Frostrow and then back into town over Straight bridge. Up to Dent and back via Gawthrop or down to Barbon and back through the

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lanes to Middleton. Those of you who are regular cyclists wont need my advice on this!

Take a small rucksack with a puncture repair kit, some simple tools, a drink and a snack and don't forget your pump! If your bike has not been used for ages pump up the tyres, check the brakes work, pop a drop of oil on the chain and head off on a test ride first.

Polka Dot Cycles, your local bike business based between Sedbergh and Millthrop is open as usual for servicing, repairs, spares, wheel building and sales of new bikes (to order). Just call 07887780629 or email polka.cycles@hotmail.com and get back on the road!

500 CIRCUITS FOR THE NHS

Dr Ashley Kent

Eloise Dandy, 8, of Rawthey

Gardens Sedbergh wanted to say 'thank you' to NHS workers 'on the front line' so began to ride 500 laps on her bike round her neighbourhood close. She has only just learned to ride with confidence but that has not stopped her! Last week she completed the 500 laps!

Her Mum , Karen, set up a JustGiving page for her....EloiseDandy500...so people can contribute online. Neighbours and family have generously donated £200 and the amount is growing! I am one of her neighbours and we think she is rather marvellous!



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THIS IS TIMELESS

Catherine O'Meara

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone
prayed,
Someone met their shadow
And people began to think differently
And people healed
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and
heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed

NANCY RECIPE

Ed Welti/Nancy Murdoch

In the early days of Lookaround Nancy Murdoch regularly published recipes. In 1991 some of the recipes were compiled into a little Recipe Book, which was sponsored by, and sold in, local outlets. We published one of the recipes, for Churchwarden's Loaf, last month. If you would like a copy of the Recipe Book please let us know and you can have one for a small donation.

Alternatively you can pick one up from the box on the corner of Winfield Road and Joss Lane! This month is a biscuit recipe.

Gypsy Creams

Ingredients

4oz Margarine
2oz Caster Sugar
½ Tspn Vanilla Essence
Pinch of Salt
4oz Self Raising Flour
1oz Drinking Chocolate
3oz Cooking Chocolate

Method

Cream the margarine and sugar, add vanilla essence. Work in the flour and drinking chocolate and a pinch of salt. Divide the dough into small balls, walnut size, place on a baking tray and flatten with a wet fork. Bake in a slow oven 150C, 300F, Gas 2 for about 15 minutes. Leave on tray for few minutes to crisp. Cool on a cake rack. Melt the cooking chocolate over a pan of hot water then carefully pour a teaspoonful over half the biscuits and sandwich together with the remaining biscuits.

Do not over bake the biscuits. If too dark the flavour will be spoilt.

"RESTAURANT" REVIEW

MP Ripley

While clearly restaurants are closed at present, I wanted to "review" and commend the activities of several of our restaurants in this period of Lockdown.

There is a separate article about the activities of the Black Bull in this edition, helping to feed NHS and care home staff in the area. Meanwhile not only have the Red Lion, Dalesman and Al Forno been carrying on a popular takeaway service but they were all involved in various ways in supporting the VE day celebrations on May 8th. Providing prizes, supplying cakes, keeping the judges fuelled on pizza – to say nothing of inspiring people to paint the church railings. Many congratulations and thanks to them.

I wanted to also bring to your attention a less local supplier – "Salute the NHS" funded by The Dennis Foundation have persuaded Tesco and Yodel to provide and deliver meals all round the country. Two of the Sedbergh First Responders have been involved in the distribution of these meals at Westmorland General Hospital and at Furness Hospital in Barrow. Occasionally we have had the chance to try the meals which are the same as you can buy in Tesco – they seem pretty tasty to me. Triple cheese Mac, Chicken Korma, Salmon and Asparagus etc.



THE HELLIONS

Garth Steadman

The Hellions were a group of enthusiastic Sedbergh and Kendal teenagers who got together to enjoy making music. We were all beginners and we all lived for our music. We were one of many such groups gripped in the early 1960s by the modern sounds that were happening on the music scene.

We were inspired by artists like Buddy Holly, The Shadows, Chuck Berry and many others who inspired us in the early days. We practiced every Monday and strived to perfect new material every week. The Hellions members were Garth Steadman Lead Guitar, Alan Steadman Drums, Carole Haygarth Bass Guitar, Dawson Douglas Rhythm Guitar, and Peter Day Lead vocals and Harmonica. We all progressed together and were gradually influenced by the Blues, groups like the Yardbirds, Rolling Stones and the Kinks were some of our favourites.

Our first gigs were at Sedbergh and other local village halls. We practiced very hard and improved steadily. We then started to get bookings farther afield and progressed to a regular Wednesday booking at the Pavilion at Keswick where we were supporting group to many of our heroes like the Paramounts later to be known as Procol Harleum, the Kinks and many other famous bands at that time.

For transport we used to borrow dad's meat van to carry all five of us and our equipment and I remember after many Wednesday evenings loading up at Keswick at 1.00 am and travelling back to Sedbergh, before

the days of motorways, arriving home about 3.30 and having to unload all the equipment as the van and I were needed at 06.30 to set off up the Dales delivering meat.

We used to play alternate Saturdays at Appleby and Sedbergh and were one of the many Cumbrian bands playing at packed Friday or Saturday Village hall dances. We had never heard of Discos in those days and all musical entertainment was live.

We managed to get a regular booking on Friday nights at the Floral Hall at Morecambe and were fortunate to play alongside many different famous groups who appeared each week. One night, In December 1965, when we were playing with the Hollies we had a problem with some of our dated equipment and were surprised when the Hollies allowed us to use some of their "state of the art" gear. Our equipment at first was basic with homemade column speakers, using old radio speakers and even a homemade bass guitar which was

fashioned from a piece of beech, well-seasoned as its previous life was a butcher's block. Alan's first set of drums were old fashioned, with a huge bass drum and in the early days when he was only fourteen and not very tall we could hardly see him behind the Bass drum.

As we started earning money from gigs we saved up for new equipment. On several occasions Dawson and I went to London to browse the many music shops in search of new equipment. We never did anything else but browse and try equipment from dawn to dusk.

We were getting better as we practised and we boasted that on a Friday gig, when we were the only group appearing, that we could play from 9.00 pm to 1.00 am without repeating one number. Pete was an ardent Rolling Stones fan and he had a pen pal in America from whom he managed to get a copy of the Stones latest release in America that was not yet on sale in England. It was called "Get off my Cloud". We learned it and were playing it in our area as it was



released in England and it later became number one in the hit parade.

Our practice room was behind my shop and every Monday we practiced together. One night there was a knock on the door and in walked Derek Quinn of Freddie and the Dreamers fame. They were staying at the White Hart Hotel and had heard us playing. They came regularly to Sedbergh, as they were friends of the chef at the White Hart Hotel. They always came to our practice nights and taught us some of their latest releases.

We became friends with some Sedbergh School boys who were also keen to get a group underway and we let them use our practice room on a Saturday night, when we were always

playing at a gig, as that kind of music in those days was frowned on by the School. One of those boys was called Ben Crossland who has made a good living from music ever since playing Jazz. www.jazz-cat.com

When we had a free night we tried to go and hear other groups. Wee Willie Henry and the Wanderers, The Rythmics, Ray and The Teenbeats and Marshal Scott and the Deputies who all very good Cumbrian groups.

The Yardbirds were one of our favourite groups. Eric Clapton was their lead guitarist when we saw them and we were bowled over by their talent. Chart topping groups like The Who and The Rolling Stones also used to come to Morecambe and we used to love to listen to them and learn of course.

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We hired a recording studio and recorded 9 of our songs which are now transferred to C D. Unfortunately, the quality is not very good and we could only afford one take for each song. I am glad we made the effort as we have lots of good memories and the records are some of our favourite songs and they will always be there.

In the mid-sixties Carole, who was then my wife, stood down as she was expecting our first baby so we took on bass player Mike Jones from Kendal who stayed with us until we agreed to separate in 1968 when we all needed to move on.

I by then had a business and a wife and son. Dawson's job was now at Preston, Pete, Mike and Alan joined some Kendal musicians and became "Front Room Blues Band". Pete still plays occasionally with some Blues musicians in Kendal although he now lives in Newcastle. Alan has now been playing drums with various bands since he started with the Hellions at 14 years old in 1961. He has lost count of the number of bands that he has performed with but is now playing drums for "Moonlight Shadow" a Kendal based group who are worth hearing as they are very talented.

What of the Hellions now! I had my own butcher's business in Sedbergh and am now in my seventh year of retirement. Carole passed away in 2019 as a victim of cancer. Mike Jones moved to London and joined John Mayall's Bluesbreakers and toured America with them but unfortunately died shortly after returning to England. The rest of the group are in happy retirement

On November 25 2006 The Peoples Hall at Sedbergh celebrated its 50th Anniversary. My father used to play an accordion in an old time dance band and was fortunate to play at the Peoples Hall on the opening night. They were inviting people who had performed there and are part of the Hall's History. What a surprise when the Hellions were invited. We got together about 16 years ago to play three numbers at Alan's 40th Birthday party along with a number of musicians that Alan had played with in the past. Apart from that one evening it was 38 years since we performed together. Unfortunately, we did not get the opportunity to practice for the gig but It was no problem "We brought the house down!"

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A RIDER OF RENOWN

the late John Cowperthwaite

It was the early 1930's. Deep depression enveloped all the North of England. Dales farmers were almost being driven out of existence. Sheep wool was being sold at 3d a pound, outgoing ewes making five shillings each. Fresh butter was going into sheep dip or selling at 8d per pound. Eggs were worth 9d a dozen.

A new calved young cow might bring 12 to 15 pounds, a good cock chicken 1 shilling to 1/3d.

Nothing the farmer had to sell was worth anything. The young men were emigrating to Canada. Desperation, despair and debt were the order of the day.

At Lindsay Fold in Garsdale, between Sedbergh and Hawes, Richard Wilson Cowperthwaite - better known as Dick - decided he could carry on no longer. Something had to be done. A new way to live must be found. The landlord could not have the rent. The local provender merchant's patience was at last exhausted.

Helped by his brother, an unemployed Durham miner, he decided to utilise his hard-earned Army experience to advantage. He would take in and break young horses for other farmers to use.

During the First World War he had been attached to the American Cavalry as a horse wrangler where he had absorbed new methods. The Cowperthwaite family also had a long record as horsemen.

Soon they were handling a dozen horses at a time, the country lanes and winding roads being ideal training



grounds for driving young horses out in long reins. One of Dick's training aids was to stuff his army uniform with straw, place an old hat on its head, making a dummy figure. He used to tie this on the horse's back until the horse was used to it, before mounting the horse himself.

On seeing this for the first time an elderly lady neighbour remarked: "I don't know who that soldier is, but he sure can ride!"

Between them the brothers soon worked up a reputation as being the best in the business. Spoiled horses, killer horses arrived, Dales ponies, Clydesdale work horses, thoroughbreds, and jumpers. It was Dick's proud boast that he never had a horse which beat him. The ordinary work of the farm was taken over by his wife, the children helping out before and after school.

Each weekend his brother used to cycle home to Ferryhill, County Durham with his wage, then cycle back on Monday morning. After breaking the horses to ride they would be harnessed in a sulky, a light two wheeled gig. Not content with breaking horses for other people, he began buying young unbroken horses, then selling them after

breaking them in. During one of these transactions, he bought a young colt in Swaledale which, later, was to become quite famous as a stallion, known as Stanhope Purple Heather.

It was love at first sight. From the moment he brought the horse home he knew it was the best Dales pony he had ever seen. After breaking in the animal, an easy task due to the horse's co-operation and amenable character, he decided to give up horse breaking and take Heather on the road as a stallion.

The two were inseparable. Dick would spend hours grooming Heather and shining him. His daily intake of corn, linseed oil, hay, oats and a dozen raw eggs made him a model of fitness. He would leap from his stall on hind legs only. On Monday mornings they would leave Garsdale for a week's working through the dales, putting up at pubs and farmhouses along the way. The



groom's fee was 2/6d, with a further 3 pounds when a mare was proven to be in foal.

For two years they travelled the area, then when the season was over Heather would be used to pull the mowing machine and hay sweep.

Meanwhile the depression deepened. It was becoming ever harder to earn money. Dick was unable to collect his fees. Farmer customers could not afford to pay. His wife's health was suffering under the double workload. A painful heart-breaking decision had to be made.

Purple Heather had to be sold to make ends meet. Their travelling season was over. The horse was taken from the grass cutting machine and paraded before prospective purchasers, finally being sold to Mr. J. Dalton of Stanhope, County Durham, an understanding and co-operative person who promised to take good care of Heather.

He went on to win many honours, first prizes and premiums at the Royal Show, Newcastle. He sired many sons and daughters, some of whom became quite famous in the horse world. For Dick, it was the end of a wonderful dream.

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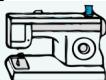
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PEPPERPOT – AN ISOLATION HOUSE

Katy de la Riviere

For over 100 years Pepperpot near Akay woods has represented isolation. It was built in the early 1900's by the owner of Akay House, Charles Taylor. Sedbergh folklore tells that when Charles' daughter Annie contracted tuberculosis he built Pepperpot so that she could live in isolation, close to her family in nearby Akay House, but self-isolating to prevent her spreading the disease to others.

Pepperpot is a small building. The ground floor is around 3 metres in diameter and the first floor is smaller still. The entire floor space is less than a third of the size of the average U.K. hotel room. The logistics of supporting someone self-isolating in Pepperpot would have been complex. How to deliver much needed food, medical supplies and water, removal of any waste created and providing

care while safeguarding the carers would all have needed consideration.

Many of you will currently be living in similar restrictive settings, physically isolated from friends and family, in some cases even isolated from others in your own household. There are daily logistical challenges to work through. But these times will pass. Sedbergh is with you now and will be with you once this crisis is over.

Below is an excerpt from the poem 'Sedbergh Revisited' by Tim Birdsall who was a pupil in Evans House from 1949 – 1954.

'Let me stand again on Winder, in the magic summer breeze,

Feel once more the stones and heather, watch the bracken and the trees,

Let me see again the river, and the fields and walls and farms,

Sedbergh, let me feel you near me, let me take you in my arms'

SEDBERGH REVISITED

Let me sit here in the sunlight, let me rest awhile and sigh,
let me dream and so remember how the years have hurried by;
leave behind the city's splendor, all its mad disease and pain;
close my eyes and feel my boyhood live within my heart again.

Let me stand again on Winder, in the magic summer breeze,
feel once more the stones and heather, watch the bracken and the trees;
let me see again the river, and the fields and walls and farms,
Sedbergh, let me feel you near me, let me take you in my arms.

Here I lived, and laughed and loved you, when the world was fair and new;
in your heart I lie forgotten, yet I still remember you,
Crock and Quaker, Dent and Dovecote, Llymerr, and Wild Boar Fell,
Calf and Killington and Caudley, I remember you so well.

There the rugger posts are standing as they stood so long ago,
and those ancient, solemn buildings where the scholars came and go;
there the church, and there the chapel in whose peace I learned to pray,
where the ghosts of hymns still linger in the shadows cool and grey,
where I hear my boyhood calling, calling to me soft and clear,
with the beauty, with the freshness of a soul that is sincere.

Here I learned of Truth and Honour, grew to cherish and obey
all those fine ideals of Goodness which are gone from me today.
here I dreamed my dreams of Greatness, built my castles in the sky—
now that they are wrecked and ruined, let me rest awhile and sigh.

Let me call you, my companion, call you back to me, and find
if you too are changed, and different from the boys we left behind;
laugh with me once more, remember all the happy things we knew,
sigh with me those golden mem'ries which I buried here with you.

Are you there, and do you listen as I lightly call your name?
Will I know you still, and love you, will your face be still the same?
Do you sigh with me in sorrow, do you brush away a tear
as you seek in vain those treasures, old and infinitely dear?

They are dim, and dark, and dusty, for the years have passed them by,
here amid the evening sunlight let us find them, you and I.
I remember other evenings in the summer, when we'd climb
on the sleepy side of Winder, and would laugh away the time.

Shout and sing in exultation with the fresh and fragrant breeze,
run and jump among the bracken, twisted hair, and dirty knees,
flying limbs and sparkling laughter, and our happy faces shone...
We were happy! We were happy! -- We were young, and we are gone.

We are vanished, and forgotten in the mists of many years,
dead the vital surging spirit, fled the hopes and dreams and fears
But the heart can yet remember, as the gentle shadows fall,
and softly in the stillness hear the voice of Memory call,
calling, calling, in the sunshine, in the mind, and in the rain:
"come you back, come back to Sedbergh! Come and find your youth again!"

THIS LOCKDOWN FEELING LIKE DEJA VU

Wendy 7713

I knew there was something familiar from the start of this strange world appearing, but couldn't quite put my finger on it until playmates started to talk about it....the feeling of isolation, abandonment, confusion, missing people.....all words and phrases being used in the press.

Then it came to me. This is how many people with dementia feel when diagnosed. That feeling of isolation, of loneliness , as friends fall by the way side, often out of fear, not knowing what to say; the abandonment we feel when services are none existent; the confusion of not knowing how to deal with a

diagnosis because clinicians fail to tell you it's not the end. Having to come to terms with a new way of living, of adapting to this new life.

Our diagnosis representing the beginning of lockdown. The terror, the panic we felt, the finding of a new life, adapting once again to this new strange world. But of course, I'd been there before when diagnosed. The similarities so striking. Not everyone copes with a diagnosis, just as not every playmate is coping well with the lockdown. This is just my story once more...

At the beginning of this lockdown, I was in panic mode, depressed, just as I was when diagnosed. I feared the end of the lockdown. Would I lose the skills I held onto so tightly to be

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able to travel all around the country by myself? Just as I had panicked when diagnosed, concentrating on the end stages, because no one told me there was a beginning and a middle....

The old me is helping this gregarious alien I've become, to survive the lockdown. I used to be an immensely private person, who probably would have found it comparatively easy to survive the lockdown without seeing people. It's as though the old me is showing me how to adapt. How to survive alone, yet embracing technology to help me 'meet' and 'be' with people when the need arises.

My mood can take a huge dip out of nowhere, just from hearing or seeing something sad. It can then spin around and I can suddenly be immensely happy....no longer do I stay sad, and when I see my daughters I'm just instantly happy. Emotions have been even more heightened lately, the extreme sadness turning into happiness in an instance.....

Back then, when diagnosed, I came out of the depression, realising that I had to solve these problems as no one else was going to solve them for me. I began to realise it wasn't the end. That adapting was the key to survival. Just as now, I've realised not to think of the end and instead embrace today, to enjoy what I have today. To appreciate the village I live in. My new routine, because I still must have a routine, being to trundle round undiscovered village lanes. To post pictures on the village Facebook page and connect with locals like never before....

All this a repetition of the diagnosis process.....who would have thoughtbut at least I knew what to do this time.....eventually...

Maybe people with dementia have been well equipped, because we've already gone through this pandemic of chaos. The difference is, you will come out of it and normality will resume, we will continue to live in it....and ours won't go away. We've always been living and continually adapting to a new norm. As our dementia throws more challenges, we stumble until we hopefully 'find a way'. Find a way of adapting, of outmanoeuvring a new challenge

And just the same as before....if today is a bad day, then tomorrow may be better. Coping one day at a time...

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**COGS
Community Orchard Group
Sedbergh**

Ann Parratt

Please visit the Community Orchard but remember to heed Government guidance and observe the two-metre rule!

Blossom time in the Community Orchard!

Our twenty original apple trees are now five years old, and after careful winter pruning they look in good shape. Our warm dry spring has helped them come into flower about two weeks early, and by mid-April, most trees had masses of tight pink and white buds. There's now more apple blossom than ever before. For the first time, there are also a few flowers on the Westmorland damson trees, and our single cherry tree is in full flower for the first time. This beautiful tree was kindly donated by our friends in Zrece, Slovenia, to celebrate fifteen years of twinning.

There have been lots of bumblebees, honey bees and mason bees about in the warm weather, so we hope they've been working hard to pollinate all these flowers. Fingers crossed that the current cool windy

weather doesn't set the trees back, and we'll enjoy a good crop of fruit in the autumn.

Work at the Orchard

Although COVID restrictions have prevented orchard work groups, a lot has been achieved by individuals spending time in the fresh spring air. The benches have been freshly rubbed down and oiled, and we have more raised beds, this time for blackberry and rhubarb. Many thanks to Malcolm Townson for keeping the grass under control, while leaving the bluebells to flourish.

The cordons next to the raised beds

The three-year old Yorkshire apple trees have grown well. The cordon posts have been fitted with wires, onto which the growing trees have been trained at an angle. This method means that more trees can fit into a small area.

Herbs and berries

The two raised beds near the Orchard gate have been planted with herbs in one bed and berries in the other. All the plants are thriving. Alongside them is a splash of colour from Cosmos, Verbena and Nasturtium. We hope these bee-



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friendly plants will attract pollinators to the Orchard.

Q: Why are there herbs in the Orchard? So you can go down and pick what you need for the kitchen! Help yourself to fresh sage, mint, rosemary, marjoram and chives, and why not try some fennel or sorrel too.

Q: Any berries yet? Not yet, but by early July there should be gooseberries, blackcurrants, strawberries and blueberries ready for you to pick.

Q: How can I join COGS? If you would like to support the Community Orchard, you are warmly invited to join COGS with the following benefits, subject to COVID restrictions:

- Meet other orchard enthusiasts
- Quarterly newsletter
- Attend free pruning and grafting workshops run by SLOG



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COGS Membership: Individual £5
Family £7

Further information from:
Ann Parratt 015396 20964
Jacqueline Smith 015396 20760

SEDBERGH & DISTRICT HISTORY SOCIETY

Richard Cann

Because of problems due to Covid-19 the publication of the Sedbergh Historian 2020 has been delayed. It is now intended to post it to members along with the Newsletter in September.

WESTMORLAND APPRENTICES WORK THROUGH LOCKDOWN

Andrew Fagg, YDNP

Four young people apprenticed in countryside management in the Westmorland Dales are finding ways to practise their new skills in their gardens or family farms – and are continuing to be tutored via video conferencing.

Rebekah Allison from Penrith, Billy Capstick from Kendal, Sarah Clarke – who moved to the Dales from Cheshire to take up the apprenticeship – and Abbi Woof, from Sedbergh, spent the first eight months of their work-based courses learning skills such as drystone walling, willow spilling and tool maintenance.

With the onset of the Coronavirus 'lockdown' last month, the apprentices have had to turn to more book learning – but have kept their saws, spades and string lines in use. Recent home work has included walling, making garden gates, clearing out field drains and surveying flowers and birds.

Next week's tutorials – to be delivered online – will be about insects. An officer from Cumbria Wildlife Trust will speak about bee monitoring; an Eden Rivers Trust worker will teach about aquatic invertebrates; and an officer from the National Park Authority will demonstrate how moth traps are used during survey work.

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Bookings advisable for both rooms and restaurant reservations.

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The apprenticeship scheme is part of the Westmorland Dales Landscape Partnership project, made possible by the National Lottery Fund.

Apprentice supervisor, Belinda Lloyd, based in Tebay, said: "The Westmorland Dales Landscape Partnership apprentice team have settled into the new normal, far away from the world they inhabited only a few weeks ago.

"It's a great opportunity for them to knuckle down to college work, something their usually busy schedule rarely allowed. But this is still an apprenticeship so once a week the team do a practical job in their own gardens or farms such as drystone walling or making bird boxes.

"The glorious spring weather has also provided a fantastic opportunity to learn wildlife identification skills and surveying methods, practising in their local areas. Through a lot of 'zooming', online tutorials and self-study they have come far."

'Skills for the Future' will provide eight work-based apprenticeships over the course of the Westmorland Dales Landscape Partnership project, and a further apprenticeship in cultural heritage.

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CHEF GETS BAKING FOR COVID 19

Greg Stephenson

Multi-award-winning head chef Nina Matsunaga from the Black Bull, Sedbergh, has decided to roll up her sleeves and get her bake on to help raise funds for a local charity to be able to help support those in need.

Ordinarily Nina would be busy baking bread on a daily basis to keep her two businesses the Black Bull and Three Hares Café supplied, but in light of the current exceptional circumstances both businesses are closed in line with government restrictions and are not trading.

After a little time taking stock and thinking how best to use her skills and above all else keen to do something to help the local community during the current situation Nina decided to dust off apron and utilise her baking skills to create a range of fresh breads that people would be able to buy locally.

Nina will initially be baking a selection of healthy artisan made sourdough, wholemeal and rye



breads, which will be available to buy from Powell's Green Grocers, Main Street, Sedbergh, two days a week on Tuesday and Saturday.

All of the money raised from bread sales will then be donated to the Sedbergh United Charities Fund to assist those in need locally during the current health crisis and beyond.

Sedbergh United Charities, a local charity, provides assistance to residents of the Parish of Sedbergh for a variety of reasons; including those who find themselves in need of financial assistance.

Nina Matsunaga, co-owner of the Black Bull commented: "We are all faced with significant problems at the moment and none of us quite knows how the current situation is going to unfold. But despite this I wanted to try and put something back into the place I live. Sedbergh is all about community, a community that has wholeheartedly supported my businesses and in turn my family. As a result I decided I would utilise my skills and give a little something back to help out during the current crisis and hopefully beyond, which is why all of the proceeds from the bread I

make and is sold at Powell's will be donated to Sedbergh United Charities to provide them with additional funds to support vulnerable members of the local community longer term."

B4RN BENEFITS BUSINESSES

Douglas Thomson

Businesses around Sedbergh are now benefiting from Broadband for the Rural North's hyper-fast broadband service.

Wholesalers JMP who have been connected for a year now have staff working some of their time at home – a double benefit during the coronavirus outbreak. Manager Shaun Atherton said: "As more of our business goes online, it is important to be able to update large amounts of images online and having a hyper-fast broadband connection is vital to the smooth running of the company and B4RN provides us with what we need".

At Dawson's, the arrival of B4RN has provided them with development opportunities. The whole yard has been 'ducted' in readiness for fibre when required. Michael Dawson commented: "B4RN's broadband has allowed us to develop the site with confidence about our future".

The Roofbox Company sell mostly over the internet and hence is heavily dependent on a good fast broadband connection. At 1 gigabit (1000 Mbps) both upload and download speed B4RN provides what is needed. Owner Martin Gray said: "B4RN has been something of a godsend for us, especially as many of our team are working from home during the coronavirus outbreak, and some of us

also have B4RN at home. We can work on our office systems from home, as fast as if we were in the office, e-mailing and talking to suppliers around the world, and e.g. giving FaceTime support to customers."

B4RN is not unaffected by the coronavirus outbreak but planning and some field work is being done. As opposed to many organisations much of B4RN's work is done by individuals on their own in the fresh air and sunshine of the countryside. If you have received a survey form please complete it when we are allowed out again even if your reply is negative. Negative replies whilst disappointing do help us plan for those who do want B4RN's service.

MEALS ON WHEELS

Colin Cowperthwaite

During these troubled times it might be useful to remind everyone that our local twice-weekly Meals on Wheels service is still very much up and running in and around Sedbergh.

Hot and tasty meals are still being supplied by the catering staff at Queens Hall, Sedbergh School. Meals are available each Tuesday and Thursday lunchtime. They are delivered directly to the door by our small but dedicated team of volunteer drivers, who are of course currently taking extra precautions to avoid any possible spread of infection. The price of each 2 course meal is just 5 pounds. This service is available throughout the year, including during



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school holidays, apart from a short break over the Christmas period.

Meals on Wheels is supported by Cumbria CVS (Council for Voluntary Service), although here in Sedbergh it is very much a locally self-organised and self-funded service. CVS have commented 'We are convinced that the benefits are much wider than people just getting a meal; there is the social contact, gentle checking up that people are OK etc'.

Throughout the country the uptake for Meals on Wheels is unfortunately in gradual decline, and as a result our number of recipients here in Sedbergh and district is slowly diminishing. We would therefore be



delighted to welcome any new customers.

If you, or anyone you may know who is finding it difficult or uneconomic to make their own meals, also indeed those who are self-isolating and would like to take advantage of our service, please do not hesitate to contact Colin Cowperthwaite on 015396 20659 or 07961 925003. Please leave a message if I do not answer, and I shall get back to you as soon as possible.

There is no age limit or any other criteria for using this service, neither is there a long-term commitment to receive meals each time, only on those days which might suit you best.

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NEIGHBOURHOOD WATCH AWARENESS WEEK 7TH - 13TH JUNE

Cheryl Spruce

We have changed the theme of this year's Neighbourhood Watch Awareness Week to recognise and celebrate all acts of kindness and neighbourliness, no matter how large or small they are. Throughout the flooding and the coronavirus crisis Neighbours across the UK have shown compassion and resilience and are doing incredible work to help everyone in their communities cope with challenges presented to them. We invite our members and supporters, partners, charities, organisations and all members of public to celebrate neighbourly kindness, whether it was a coordinated community response or a simple friendly chat over the fence. Through the course of the Awareness Week we will be shining a spotlight on the amazing COVID-19 response, to make sure that the huge community effort does not go unnoticed. We also want to give neighbours opportunities to come together, both online and through collective action. There's a range of things you can do to take part. We will publish on our website engagement ideas and resources, so keep your eye out for it.

We would love to hear more of your community response stories – save them at the link below.....

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SUSPICIOUS EMAILS

Joe Murray QPM

These past few weeks have been a great strain for many people during the 'Lock Down' especially for those who have lost loved ones. In addition we have seen a huge increase in the way that criminals are looking to add more misery to our lives by the increase in scams etc and with this in mind I'd like to share the following information with you in the hope it may prove to be of some use.

The National Cyber Security Centre (part of GCHQ – the Government's cyber and security agency) has launched a suspicious email reporting service to take phishing scams down – all you have to do is forward

suspicious emails to its report@phishing.gov.uk email address.

Cyber criminals love phishing. Unfortunately, this is not a harmless riverbank pursuit. When criminals go phishing, you are the fish and the bait is usually contained in a scam email or text message.

What is phishing?

Phishing is when criminals try to convince you to click on links within a scam email or text message, or to give sensitive information away (such as bank details). Once clicked, you may be sent to a dodgy website which could download viruses onto your computer, or steal your passwords

The criminal's goal is to convince you to click on the links within their scam email or text message, or to give away sensitive information (such as bank details).

These messages may look like the real thing but are malicious. Once clicked, you may be sent to a dodgy website which could download viruses onto your computer, or steal your passwords.

Have you spotted a suspicious email?

If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk

The message might be from a company you don't normally receive communications from, or someone you do not know. You may just have a hunch. If you are suspicious, you should report it.

Your report of a phishing email will help us to act quickly, protecting many more people from being affected.

In a small number of cases, an email may not reach our service due to it already being widely recognised by spam detection services. The vast majority of reports do reach our system so please keep reporting any suspicious emails you receive.

If you continue to have problems then please contact us so we can investigate it further.

As a result of your reports, 395 phishing sites* were successfully removed from the internet within a week of launching. Thank you to everyone who has helped and please keep reporting suspicious emails to report@phishing.gov.uk.

Kind regards and stay safe

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ST ANDREW'S PARISH CHURCH

Tony Reed Screen

We would like to thank Nick and Claire and their team of volunteers for the splendid job they have made painting the railings on the South and West sides of the churchyard. We have now sourced paint for Finkle Street which by the time you read this should also be pristine.

In these difficult times when we have been forced to close the church, a haven of peace and comfort in the middle of the Town, it is very encouraging that the community is helping to maintain the fabric. Once again many many thanks to all those involved in the painting.

HOLIDAY CLUB

The Holiday Club Team

We are sorry to announce that, due to Covid-19, we will not be running Holiday Club this year. However, all being well, we intend to run the club next year from Monday 19th July to Friday 23rd July, with a special service on Sunday 25th July. We look forward to seeing everyone then.

THE NOTHINGNESS OF TIME

Wendy 7713

Time used to be sooo important to me pre this strange world arriving... I'd spoken about the importance of time to help me stay connected with reality..

My playmate George and I often write similar blogs at similar times, as though our transition through this strange world is following a similar path and last week he wrote about Time too and taking off his wrist watch....

Now time seems to be irrelevant. Because I don't feel hunger like most, even my stomach doesn't tell me the time. Instead I've built in my own routine, my own 'Time'the Time in a morning when I wake my brain with my daily games, the trundle around my village, followed by lunch of sorts when a get home, knitting squares for my DEEP hug blanket....and so the day continues, going to bed simply when my eyes are drooping...

Days, dates, months all now irrelevant. It was hard to know which one it was when we were in the old world, but my calendar told me, my train tickets, my outline for the day. Now I no longer look at my calendar. I have a weekly zoom calendar on my fridge instead, alarms going off to tell me to log in...

I know the time of day from the noise outside, the first person passing my house in a morning, fetching their daily newspaper, hitting the point in the pavement that signals someone passing....always 7am.....10 pm at night when my neighbours go quiet and turn their music or TV down, as they know I go to bed early; I

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reciprocate in the morning, never mowing the lawn before 10am as they're later rises.....

I know days have passed when my seeds have grown leaves, next when two more leaves appear.....natures time....

I know it's spring with the lambs in the field, with fields being ploughed ready for this seasons crops.....

So at the moment there's no need for me to know the time. The clock is redundant and that's rather nice. No need to hurry, no need to worry about the time.

I'll let the image that greets me as I open my bedroom curtains each morning, tell me each day what sort of a day it's going to be as one thing will never disappear, the weather... always there in one shape or form. Never lets me down. The view outside my window is the same yet different every morning. Different

clouds in the sky, different birds flying around, sometimes still, sometimes, blustery.....each day unique.

The sun in the sky tells me the time. The sun in the front garden means it's evening, in the back, it's the day.....what more do I need to know right now,,,?

So really, the actual time is meaningless at the mo holding no restrictions, no confinement of time. The only confinement we have is the micro world around us and I'm loving mine. Even though I have sad days, sad events around me, I can cope so long as I have the view of the trees and birds outside my window.....i know it's not the same for everyone and some are finding it very hard, so I'm, once again, very lucky.....

BARBON & DISTRICT SHEEP SHOW – SAT, 22ND AUG 2020 - CANCELLED

Due to the current pandemic situation and uncertain times ahead, we have had to take the unfortunate decision to cancel this year's Barbon District Agricultural Show and Sheep Dog Trials, that were due to take place on Saturday 22nd August 2020.

We would like to thank you everyone for their ongoing support for the show and we look forward to seeing you all in 2021.

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.

PERSONAL MESSAGES

JANE FRENCH

Richard, Katharine and Alison would like to thank all those who sent us cards of Condolence when Jane passed away last month. We hope that we will be able to hold a Thanksgiving Service whenever the current conditions allow.

=====

BARBON SHEEP SHOW

Cancelled - see announcement opposite

=====

ELOISE DANDY

Well done to Eloise who has completed 500 laps for the NHS. Read more on page 66.

=====

GEORGINA DEVINE

Have a very happy birthday on 19th June Georgina .
With very best wishes from all your friends in Sedbergh

=====

POWELLS

Powell's would like to thank all its customers for their continued business during lockdown and to inform them that all lines are now back in stock with the exception of certain bread flours.

EDITORIAL

Well, another bumper edition, and we are very happy to be able to help celebrate Sedbergh and District's magnificent celebrations of V.E. Day. Despite the lockdown the organisers did a superb job, and everybody in the area responded accordingly.

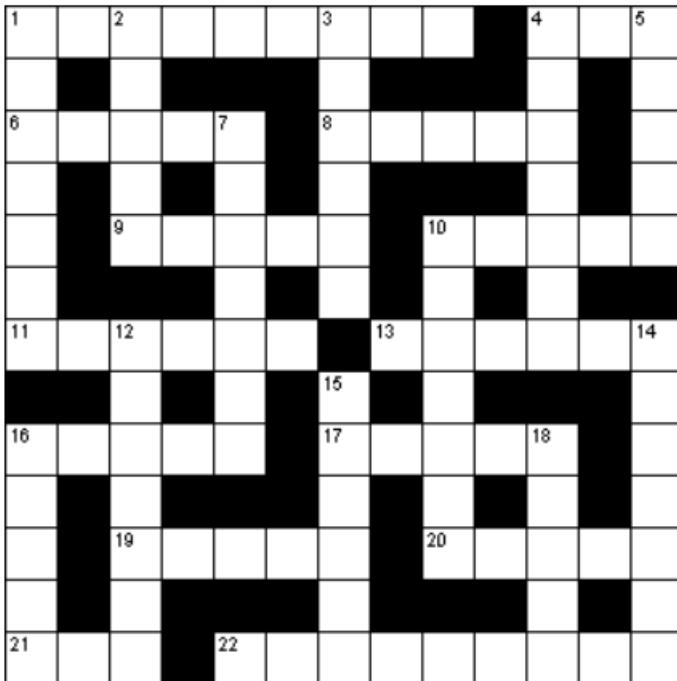
A special thanks to Dylan, for giving us the photos for the cover. I hope we've done them justice.

Lookaround continues to have enough money to enable us to publish a July edition at least. Our problem is not that we don't get enough content (please keep it coming!), but that we are not distributing enough copies. If you know anybody who can't get out, but that you think would like one please let us know, email us on the usual address, contact us via Facebook or call the Covid support line on 07872 017730 and we will arrange delivery. We'll happily deliver anywhere in the district. I have my bicycle, and welcome alternative, remote, destinations.

I'm hoping that by the time I write the next editorial we'll have taken a step or two more towards normality. Stay safe everyone! *Ed Welti.*



PUZZLE 1 (SOLUTION ON PAGE 97)



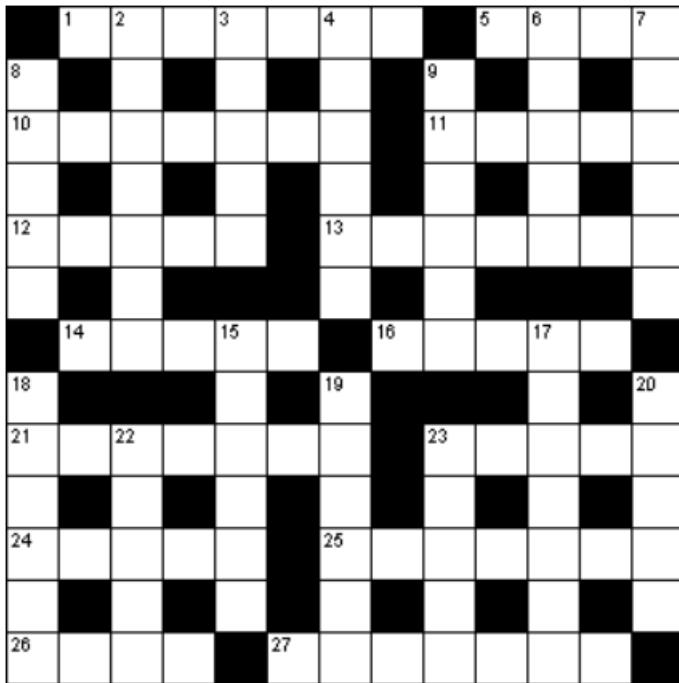
Across

1. Observe confused car beetle (9)
4. Sounds like a beverage for the golf course (3)
6. Viper illusion conceals danger (5)
8. Deduce from pain ferocity (5)
9. Unclear theory obscures planet (5)
10. Taxi omnibus reveals expression (5)
11. Actors for additional items? (6)
13. Discovered pitiless drunk indoors (6)
16. Stories contained in pasta lesson (5)
17. Team leader requests chores (5)
19. Found midi omits a manner of speaking (5)
20. Sounds like very much to distribute (5)
21. Finish in seven days (3)
22. Holidays on cat visa perhaps (9)

Down

1. Madcap rice impulse, essentially (7)
2. Big in popular genre (5)
3. Sounds like an illuminating way to set down (6)
4. Merit in various depots (7)
5. Real army reveals warning (5)
7. Rails at whirling ropes (7)
10. Confusion is a mean loss of memory (7)
12. All diet adjustments corresponded (7)
14. Indicates concealed grade not estimated (7)
15. Tomato microbe contained something minute (6)
16. Furniture item and data set (5)
18. Colossal volley produces fusillade (5)

PUZZLE 2 (SOLUTION ON PAGE 97)



Across

1. Flat and can peak if spun (7)
5. Runaway insect, audibly (4)
10. Sounds like a nobleman's version of events (7)
11. Discovered gold erosion has more age (5)
12. Matching furniture sounds pleasing to the senses (5)
13. Sincere organ structure (7)
14. Sounds like a tree by the sea (5)
16. Demonstrated he had aptitude to conform (5)
21. Musical crab? (7)
23. Consider slender keen beginner (5)
24. Insect found in Lima gorge (5)
25. Change or trace inventor (7)
26. Encounter some ethics (4)
27. Send sac upwards, accidentally (7)

Down

2. Store partly circular bee house (7)
3. Justification in replica useful (5)
4. Young animal outfit number (6)
6. Shelf discovered in walled geology (5)
7. Misprints mistakes are art (6)
8. Overlap seen as oversight (5)
9. Some sultry actor riddle (6)
15. Revealed inexperienced birdcall owner (6)
17. Worked in oils, found Spain tedious (7)
18. Swear it sounds like a solid business (6)
19. Mix-up with a scarf causes affray (6)
20. Form the edge of garment (5)
22. English explorer, like a duck to water (5)
23. Topic in the media (5)

PUZZLE 3 (SOLUTION ON PAGE 98)

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

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

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

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

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

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

CALLING ALL ADVERTISERS

Many of our advert contracts will expire for the February 2020. We will be emailing you to remind you but please don't forget to renew we depend on you.

New advertisers are of course always welcome too.

PUBLICATION DETAILS

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

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

February to November is printed black ink on white. The December/

January issue may be in full colour. All copies have a full colour cover by a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellicottage.co.uk	21529
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) 1D; 1T; TVL; CH; DW; P; DR; VB e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
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

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 Owen	Dent:	25505
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	
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
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
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 l'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	08/15	Mrs Gold-Wood	Sed:	21808	
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 Micklethwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	12/19	Sedberghswimclub@gmail.com			
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339	
Tennis Club	04/19	Mr Lewes	Sed:	20052	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/19	Mrs Morrison	Sed:	20209	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

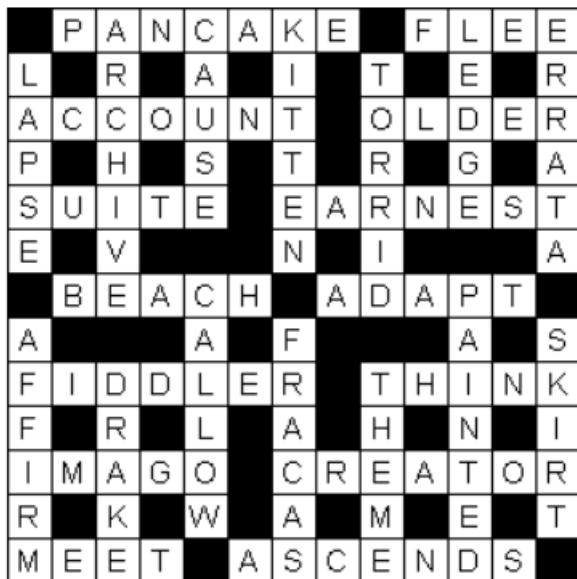
* = Latest Amendments

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

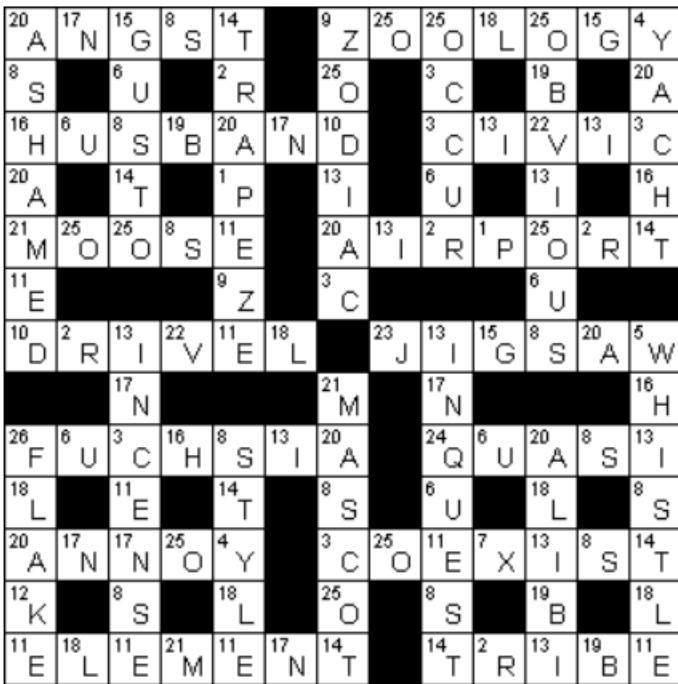
PUZZLE 1 SOLUTION



PUZZLE 2 SOLUTION



PUZZLE 3 SOLUTION



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

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

BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

Western Dales Bus S1 Kendal Shuttle Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
Dent Station							
Train to Carlisle		1048			1815	1944	19:44
Train to Leeds		1041			1732	1938	19:38
Buses From Dent to Kendal							
Dent Station			1053			1737	1947 S
Dent Village		0820	1108		1505	1752	2002 S
Sedbergh Maryfell		0835	1123	1315	1520	1807	2017 S
Sedbergh Library		0837	1125	1317	1522	1809	2019 S
Sedbergh opp. Morphets		0839	1127	1319	1524		
Killington M6 Bridge		0847	1135	1327	1532		
Oxenholme Station		0857	1145	1337	1542		
Kendal K Village		0902	1150	1342	1547		
Kendal Blackhall Road		0908	1156	1348	1553		
Kendal Morrisons		0913	1201	1353	1558		
Buses From Kendal to Dent							
Kendal Morrisons		0923	1223	1403	1608		
Kendal Blackhall Road		0928	1228	1408	1613		
Kendal K Village		0933	1233	1413	1618		
Oxenholme Station		0938	1238	1418	1623		
Killington M6 Bridge		0948	1248	1428	1633		
Sedbergh opp. Morphets		0956	1256	1436	1641		
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855 S	
Sedbergh Maryfell	..	1000	1300	1440	1645	1857 S	
Dent Village	0815	1015		1455	1700	1912 S	
Dent Station		1030			1715	1927 S	
S = summer time only (British Summer Time)							

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn

Buses From Dent to Hawes				
Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1054	1222	1448
Trains to Leeds			1205	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512

Buses From Hawes to Dent

Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1054		
Trains to Leeds				1559
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	

Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn

Buses From Dent to Kirkby Stephen/Brough

Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1106		1501
Train to Leeds		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

Buses From Brough/Kirkby Stephen to Dent

Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1106		1501
Train to Leeds		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	

BUS SERVICES

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

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

DENT RAILWAY STATION TIMETABLE

Valid until 14th December 2019

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
M-F	Sat	Sun	M-S	Sat	Sun
06 48	07 52	10 34	07 05	09 09	10 40
09 16	09 15	11 01*	09 38	10 41	14 05
10 48	10 48	13 55	12 10	12 10	16 18 ~
12 17	12 17	15 52	16 04	16 04	18 41
14 43	14 43	17 48	17 32	17 32	19 03 *
16 46	16 46	20 20	19 38	19 38	20 27
18 15	18 15				
19 44 #	19 44				

* = To From Blackpool North—runs until 8th September

= Runs 3 minutes later on Friday

~ = From Nottingham

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect
from Friday 22nd June 2018 ufn R = Request only

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

Fri = Friday Only

Lookaround Editorial Team

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

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 08.00, 10.30 & 18.30
Wednesday 11.15

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30

Parish Priest Kendal

Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

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

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Pam Coren (Clerk) Tel: 22586
Sally Ingham Tel:07939 569559

DENTDALE CHRISTIAN FELLOWSHIP

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

Howgill: Helen Hoggarth 20805
& Pauline Marshall 21651

Killington: Jennifer Thornely 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

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

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00

Amanda Reynolds Tel: 07545 375721

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am
(No appointment necessary)
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

Monday by appointment only

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm
(By appointment only)

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)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

Wednesday

Last Page Update:

March 2019