

Sedbergh & District **LOOKAROUND**

April 2020

Issue 386

Donation £1

They say that a week is a long time in politics, well, in a coronavirus crisis it's a very long time indeed.

There is no diary in this edition. If you need to check planned dates please check an old edition and be

aware they'll either be cancelled or changed. The diary will return once things settle down.

Double check any other dates you come across too.

Stay safe and well.

Ed.

SEDBERGH & DISTRICT COVID 19 SUPPORT

**A VOLUNTARY SUPPORT GROUP FOR PEOPLE WHO ARE
SELF ISOLATING DUE TO COVID-19.**

WE CAN HELP WITH :-

PRACTICAL HELP AND ADVICE

A FRIENDLY PHONE CALL

COLLECTING PRESCRIPTIONS

SHOPPING

NEWSPAPER AND MAGAZINE DELIVERY

IF YOU NEED HELP PLEASE CONTACT US ON

07872 017730

OR

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>

Articles

A View From The Fells (Cartoon)	7
Art Society Report	44
Changes At The Information Centre	20
Child For Dorothy	25
Community Swifts	53
Coronavirus And Sedbergh	5
Coronavirus Shopping	13
Councillor's Corner	15
Covid 19 Advice	9
Dales Local Plan	60
David Bracken & Talking Lookaround	23
Dentdale 1920 To 2020	68
Dentdale Head To Foot	58
Dentdale Keeping In Touch	10
Digging For Britons!	63
Family Musings	61
February Weather	62
Fellini's Ambleside	52
First Aid For Trauma	42
First Responders And The Virus	12
Frankie Cowin Tournament	24
Free 'Safe And Well Visits'	23
Government Guidance	8
Habitats Survey	50
Known Cancellations	10
Markets To Supermarkets	67
Nature Notes	55
Passover	60

People's Hall News	22
Plan For Tomorrow, Live For Today	38
Poetry Challenge 2	28
Queens Gardens Update	21
Red Squirrel Group	57
Sedbergh And District Community Fund	24
Sedbergh Environmental Market	18
Sedbergh Golf Club.... 30 Years On!	43
Sedbergh Ladies N.F.U.	63
Sedbergh Parish Council	16
Sedbergh School News	46
Spring Cleaning	56
Spring Show - Cancelled	12
Ta-Ra For Now	20
The Dementia Bus	40
Thorns Through Time	65
Tim's Column	14
Turning Paper Back Into Trees...	51
Village Voices Review	24
W.I. Dentdale	33
W.I. Killington	36
W.I. Sedbergh	29
William (Bill) Corpe	23

Events

Dent Easter Sale (Cancelled)	14
Grief Share	11
Medical Centre	23
Reflections Concert (Postponed)	5
Sedbergh Market	9
Spring Show April (Cancelled)	26
Weekly Coffee Morning (Cancelled)	3

Other Information

Advertising In Lookaround	4
Bed & Breakfast	75
Bus Time Tables	82
Car Parking Charges	69
Editorial	69
Groups and Organisations	76
Lookaround Editorial Team	85
Lookaround Information	73
People's Hall Hire Rates	81
Personal Messages	69
Places of Interest	79
Public Information / Telephone Numbers	88
Puzzles	70
Religious Information	86
Regular Meetings	78
Train Times	84
Useful Phone Numbers	67

COVER PHOTO
Oystercatchers—Killington
Colin Cowperthwaite

Business Adverts

Able Memorials	50
Andrew Allan	44
Anita Harris Hairdressing	49
Bannister Physiotherapist	59
Black Bull	66
Craig Chamberlain I.T.	62
Cross Keys	39
Cumbria Stoves	8
Dalton Burial Ground	52
David Jermy Homes and Gardens	54
Dawsons Fuels	48
Duncan Law Plumber	12
First 4 Home Improvement	30
Fritz Hyrynk	60
Garsdale Design	40
GJ Baines	19
H&M Craftsmen Kitchens	38
Helping Hand	24
Ian Higginbotham Painter	20
J.J. Martin Funeral Director	51
JE Wilkinson	33
Jed's Gardening Services	21
JHS Joinery	22
June Parker Acupuncture	31
K.L. Venning Slaters Ltd	6
Kay Whittle	11
Killington Marquees	36
KW Electricals	65
L.D. Taxis	13
Lakes Scaffolding	27
Laura's Loom	17
Little Owls	63
Matthew Cook Stonemason	43
Middleton Mole Ploughing	57
MK Conversions Ltd	55
Parkin And Jackson	53
Pennine Outdoor Fabrics	58
Peoples' Hall	46
Red Squirrel	16
Richard Hoggarth Builders	25
Robert Powell Web Design	15
Royal British Legion Feb	18
Ryan Simpson Septic Tanks	24
Sedbergh and District COVID 19 Support	1
Sheila Shuttleworth Dressmaker	45
SK Decorating	22
Smart Design	32
Spanish and French Lessons	28
Stephenson and Wilson	56
Steve Hopps Handyman	67
Stramongate Press	41
Temptations Craft Boutique	35
The Head At Middleton	29
Tooby's Electrical	34
Treadwell Flooring	42
Valerie Hinde Architect	47
Wools Of Cumbria	36

**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

CORONAVIRUS AND LIFE IN SEDBERGH

Editorial

In the light of recent government announcements and likely future restrictions life will change radically for us here in Sedbergh. In order for the town we love to come through the other side of this crisis in as good a state as possible we, the population of Sedbergh must act to preserve the town, the life we have here and ourselves.

SHOPS AND BUSINESSES

The businesses that are permitted to remain open in town will be struggling to adapt and we must help them. Telephoned and emailed orders collected from outside the shop later that day or the next is safer than going in. For those businesses that are not permitted to open this is a time of crisis so if you have ideas that might help them adapt while still following government advice please get in touch with them to make your suggestion. Until the government announces measures for the self employed we need to help these in any way we can. This might include financial assistance if you feel able to provide it.

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. Now is the time to explore and find new ones!

ASSISTANCE—DENT

See the article on K.I.T. - page 10.

ASSISTANCE -

SEDBERGH AND DISTRICT COVID 19 SUPPORT GROUP

By now we hope most people within Sedbergh will be aware that there is a local support for anybody who has a need for practical help during the current crisis. Practical help means help with shopping, getting a newspaper or magazine, collecting prescriptions, or even just having a chat with a friendly voice over the phone.

The Support Group started as a Facebook group, organized by a number of people including Judith Aston, Laura Reeves and Dawn Walling, and within a week or so has

'Reflections'

Saturday April 4th at 7.30pm
In Tunstall Church

Avelina Wright (soprano) and
Naomi Lidiard (mezzo soprano)
singing Purcell, Pergolesi, Bach,
Couperin and more in

Lent concert

in aid of the tower repairs.

Tickets £15 to include a glass of wine and refreshments and can be purchased at
www.trybooking.co.uk/QAY

or Nick Gillibrand 015242 71231

*Beautiful voices
in a beautiful
church! Don't
miss it!*



nearly 200 members. It provides a focus for the community effort in helping all those who need practical help in the current crisis. Sedbergh Parish Council and Sedbergh School both support the group with resources and personnel.

At the moment the Facebook group (Sedbergh and District COVID 19 Support Group) has over 200 members, and is providing a useful forum, both to obtain help and to post information. For those not on-line a phone Help Line is available (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. Please

make contact with them by "phone or online and check they are okay on an ongoing basis.

LOOKAROUND

Like everybody else at the moment we at Lookaround have little idea what the coming months will bring. As you can see we have managed to publish the April edition, but May will be more problematical. We'll need articles to publish. Much of our content is reports from all the groups, organisations, clubs, and social activities that contribute to our community, and right now, they are all closed down. So if you have an idea for an article, please write it and send it in to us. Or if the muse strikes you, write a story or a poem. Make up a quiz (I'm getting pub quiz withdrawal



www.klvenningslaters.co.uk

ROOFING AND SPECIALIST LEADWORK CONTRACTOR

Over 50 years experience in roofing, renowned for our excellence in working with natural slate, we offer superior levels of quality, expertise and value.

For a FREE, NO OBLIGATION QUOTE please call 015396 24481

Email: klvenning@klvenningslaters.co.uk



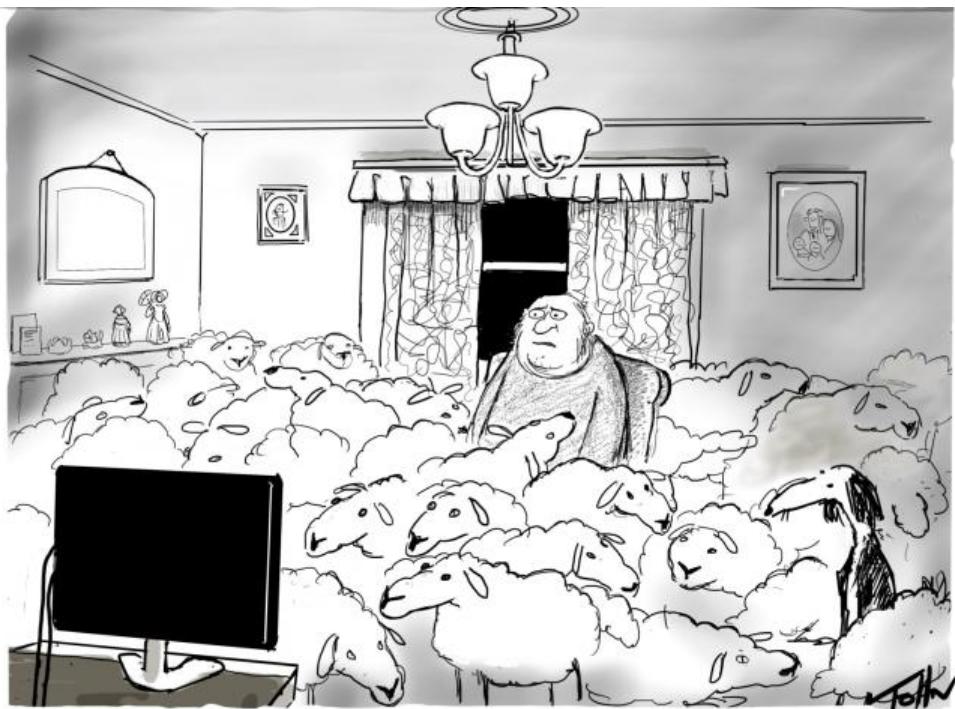
symptoms right now). Any of these would be more than welcome.

Lookaround does have a reserve, which means that we will be able to publish a print edition, at least for the moment. As long as we can get it printed. If we can't get it printed we'll post it onto the website and make it available immediately. As with everything, we'll have to take the current circumstances into account, and work within those constraints. But if it remains possible, and we have the content, we will continue to produce Lookaround.

Of course, Lookaround is going to suffer financially. We have two sources of income, from donations

and advertising. Many businesses are unable to function normally, so naturally, requirements for advertising will change. Normally we get a turnover of advertisers, old ones stop advertising, but new ones replace them. How much that will continue during the current situation is hard to know. We are continuing to publish advertisements, but I'm sure you're aware that many local businesses, our advertisers, are closed or working under severe restrictions. Because of this any current adverts will continue free of charge, and, once the crisis is over we'll return to a chargeable basis and publish as many advertisements as were due.

A VIEW FROM THE FELLS



SEDBERGH WORKING FROM HOME

GENERAL GOVERNMENT GUIDANCE FROM 23RD MARCH UNTIL FURTHER NOTICE

HM Government

People should only leave home for one of four reasons:

1. Shopping for basic necessities such as food and medicine. Shopping trips should be as infrequent as possible.

2. One form of exercise a day such as a run, walk, or cycle. This should be done alone or only with people you live with.

3. Any medical need, or to provide care or to help a vulnerable person. This includes moving children under the age of 18 between their parents' homes, where applicable. Key workers or those with children identified as vulnerable can continue to take their children to school.

4. Travelling to and from work, but only where work absolutely cannot be done from home. Even when following the above guidance, people should minimise the amount

of time spent out of their homes and should keep two metres (6ft) away from people they do not live with.

The government is also stopping all social events, including weddings, baptisms and other ceremonies - but funerals will be allowed.

Businesses that will not need to close include:

- Restaurants, cafes and work canteens - but only for food delivery and takeaway services
- Supermarkets and other premises selling food, including market stalls
- "Health shops" such as pharmacies
- Petrol stations, garages and car rental businesses
- Bicycle shops
- Home and hardware shops
- Launderettes and dry cleaners
- Pet shops
- Newsagents and post offices
- Banks

Other premises including libraries, non-essential shops, playgrounds, outdoor gyms and places of worship have been ordered to close.

Parks will remain open for exercise but people are not allowed to gather in groups.

Community centres can remain open but only for the purpose of "hosting essential voluntary or public services" such as food banks or service for homeless people, the guidance says.

Hotels, hostels, campsites and caravan parks must also close unless key workers need to stay there, or if other people staying there cannot return to their primary residence.

Cumbria Stoves Ltd

Supply and installation of
Wood, Multifuel and Gas Stoves

Flue and Chimney

Lining Services

Inglenook Specialists

Fully Qualified and experienced

Hetas engineers

01539 821061

www.cumbriastovesltd.co.uk

SHOWROOM:

34A Main Street, Staveley,
Nr Kendal

COVID 19 CORONA VIRUS ADVICE

Deborah Waller

10 ways you can protect yourself, your loved ones and your community:

1. Meet with household members, other relatives, friends and neighbours to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.
2. If your neighbourhood has a website or social media page, consider joining it to maintain access to neighbours, information, and resources. Alternatively, share phone numbers and email addresses particularly with those who are isolated or vulnerable.
3. Consider establishing a 'buddy' system within your community to ensure everyone stays connected to COVID-19 related news, services and can receive support safely, such as essentials deliveries.
4. Plan ways to care for those who might be at greater risk for serious complications.
5. Choose a room in your home that can be used to separate sick household members from those who are healthy.

6. Learn how to self-isolate. Guidance can be found on the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

7. Create a list of local organisations that you and your neighbours can contact in the event that one of you need access to information, healthcare services, support, or resources. Consider including organisations that provide mental health or counselling services, food, and other supplies.
 8. Create an emergency contact list of family, friends, neighbours, healthcare providers, teachers, employers, the local public health department, and other community resources.
 9. Learn about the emergency operations plan at your child's school or childcare facility, and your employer's emergency operations plan.
 10. Practice everyday preventive actions including regular hand washing.
- The NHS provides guidance on how to wash hands: <https://www.nhs.uk/live-well/healthy-living/washing-hands/>

EST. SEDBERGH • MARKET 1538
EVERY WEDNESDAY
ON JOSS LANE CAR PARK

Stalls from 8.30 am, some earlier. Contents may vary! But currently bread, meat, greengrocery, haberdashery, cakes, fish, farm fresh eggs, bric-à-brac and Thai food.

Try your retail idea with pitch and stall deal – £11 a week. Car boot pitches from £3.
Contact the Information and Book Centre: 015396 20504 / office@sedbergh.org.uk

- body/best-way-to-wash-your-hands/.
- The World Health Organisation provides guidance on basic protective measures: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- The Centre for Disease Control and Prevention provides guidance on handwashing for families <https://www.cdc.gov/handwashing/handwashing-family.html>

Please note: whilst we encourage you to follow advice from UK Government we are also sharing links to organisations such as the Centre for Disease Control and Prevention an agency which works 24/7 to protect the safety, health, and security of America from threats here and around the world. Some of our



Coronavirus
**Wash your hands
more often
for 20 seconds**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

For more information and the Government's Action Plan go to nhs.uk/coronavirus

NHS

CORONAVIRUS
**PROTECT
YOURSELF
& OTHERS**

key points above have been sourced from: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>.

Regards and keep well,
Central Support Team at
Neighbourhood Watch
NEIGHBOURHOOD WATCH
NETWORK | Building Safer and
Stronger Communities
Email: enquiries@ourwatch.org.uk

KEEPING IN TOUCH-DENTDALE

Sarah Woof

Myself, and others who have offered to help are setting up 'Keeping in Touch' (KIT).in Dent and Dale - or wherever you live.

If vulnerable people and people who think they might have the Covid19 virus are to self-isolate help will be needed. We can help with a range of tasks including collection of prescriptions/ food and household items for someone who "is staying home " at the moment. Or offer support by perhaps phoning them every day or a few times a week, deliver a cake to the doorstep, walk the dog, and so on. While a lot of people have family to help out, in some cases they will also be 'self-isolating' too or live far away!

Please contact me, Sarah Woof on 015396 25212 and leave a message if I don't answer, or text/ring 07837988438 (no message facility) and along with others who have offered to help we will do what we can. I am not sure what we do when money is involved but we will work it out when needed.

Don't be lonely, don't be worried, we care. Remember KIT.

KNOWN CANCELLATIONS DUE TO HEALTH RISK

Myles Ripley

SEDBERGH FESTIVAL

Sedbergh Festival 3-14th June
2020 is CANCELLED in accordance with ongoing corona virus recommendations and our concern for public safety. You may imagine our sadness and despair after years of planning. Our hearts go out to so many musical ensembles who will be suffering all over the UK and beyond -
Stuart Manger

AGE UK

Age UK are cancelling all the activities they organise, including the lunch club and dancing, until late April, at which point they will decide what to do next.

DENTDALE CHOIR

The Dentdale Choir is sorry to announce the postponement of its concert, which was planned for May 3rd. We hope to reschedule the concert for October. All being well both Peter Van Hull and John Cunningham, our very special guest soloists, mentioned in the March Lookaround, will still be able to join us. Choir practices have also been suspended until further notice but will resume as soon as possible. At least, during these very strange times, we can all keep singing!

COFFEE MORNING

Coffee Mornings in St Andrews have been postponed for the foreseeable future.

SEDBERGH GALA

Owing to recent government announcements in response to the Coronavirus the Sedbergh Gala will be postponed until further notice.



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

VE DAY

The commemoration of VE Day will take place in a different format based on current Government advice.

Garsdale VE Day Barn Dance postponed.

GRIEF SHARE

Sedbergh Grief Share - Tuesday drop in coffee mornings are currently suspended.

ROYAL BRITISH LEGION

Along with the rest of the country, the 75th Anniversary of VE Day organised by the Sedbergh Branch on Friday 8th May has been Postponed to a later date to be fixed.

The proposed Poster Displays will still appear in Leightons Hairdressers and the Dentist Windows as planned from mid April(ish) to 8th May. It is hoped to have a Display/Exhibition in St Andrew's Church at the same time. These will obviously be subject to conditions and restrictions issued at the time.

The Coffee Morning in March was cancelled and the April one will be too. Thank you to everyone for their support and we look forward to the Country getting back on its feet in due time.

DUNCAN LAW Ltd

Plumbing & Heating Engineer



Bathroom Suites & Tiling
Central Heating Systems
General Plumbing
Mob: 07796 544596
Tel: 015396 20930

FLICKS IN THE FELLS

Many thanks to those of you who voted for our next film. The winner was Mrs Lowry & Son. Unfortunately with the current Coronavirus pandemic we've decided that we're going to postpone the screening until the situation improves. Rest assured that we'll be showing the film (we've already bought the disk!) as soon as we can in St. Andrews Church. In the meantime, keep yourselves healthy and try to stay positive. Look after each other, and we hope to see you all soon.

SPRING SHOW HAS BEEN CANCELLED

Marion Wood

Sadly, the Spring Show has been cancelled for this year. The committee has decided to do this, as there would be a large number of people in a confined space, at what is predicted to be the peak period of the coronavirus epidemic in this country. We intend to hold the next Spring Show on Saturday 20th March 2021 so, please, put the date in your diary. For those of you who have been

working on entries, we will keep the same subject categories in 2021. We would like to thank the Sedbergh District Community Trust for a grant to buy new table clothes, which will be used to improve the displays next year and for many years after that. Also, a big thank you to Chris Whitehead, who has made us a new yellow box for entry forms

SEDBERGH FIRST RESPONDERS AND CORONA VIRUS

Myles Ripley

Your Sedbergh First responder team are still active and will respond to any calls that we are alerted to via the North West Ambulance Service (NWAS) ie the 999 people. However

CHIROPODIST

HCPC Registered

Kay Whittle

MSSCh DipPodMed MBChA MInstChP

Pedi-Care House, Howgill Lane,
Sedbergh LA10 5AD

Tel: 015396 22122



Open 09:00 - 4:30

Please phone for appointments
Closed on Mondays

*Supplier of
"Softop" socks*

Argan oil & cream; Arnica gel & Aloe Vera

we will not be called out to any patient who is known to have the virus or showing symptoms of the virus. If we go to a call and find that the patient is showing clear symptoms then we are advised to alert 999 and to withdraw to a safe distance. We do not have full protective clothing. So heart attacks, strokes, and many other 999 type situations will still be covered. While we hope that we never have to see you (!) we have now responded to over 200 calls in the community and hope to continue to serve you.

If anybody would like some general first aid training do get in touch as we are more than willing to do CPR, defibrillator familiarisation sessions.

CORONAVIRUS SHOPPING

The Editorial Team

Martin Powell would like to inform customers that they are welcome to open an account and use telephone ordering in order to assist with social distancing during the forthcoming months. Please telephone orders after 9-30 AM in order to avoid the 'rush hour'. A list of commonly ordered items is available on demand. Contactless card payments are welcomed or even preferred for the same hygiene reasons. Other businesses in the town may wish to follow this example which will also help with getting supplies to those who are self isolating and whose friends, family or neighbours are helping with essential shopping.

01539 879969



01539 628131

Private Hire Taxis



Outstanding taxi service
in Sedbergh &
surrounding areas.

4 - 16 seater vehicles
available to transport
you safely.

Contact us to find out
more.

www.ldphgtaxis.com • info@ldphgtaxis.co.uk

TIM'S COLUMN

Tim Farron

I am feeling really nervous as I write this. I hope by the time you get to read it we are all feeling a bit more confident about what is going on in the world. But at the moment we are seeing the cancellation of all sorts of events where lots of people were due to gather. Rather ambitiously I had entered myself in both the Dentdale Run and the Coniston 14 races and both have sadly had to postpone or cancel for this year.

There is talk of elderly people self-isolating for several weeks, I have had a text from my GP's surgery telling me that they are closed for face to face appointments. The list of things being affected by the

Coronavirus is already quite long and no doubt by the time you read this it will be much longer.

The elections for South Lakeland District Council in May have been postponed until May next year so you won't be seeing me on your doorstep quite as much over the coming weeks as you might have hoped (actually you might be a bit relieved about that!).

Mind you, even without the election cancellation I am far from sure it would be wise for us to go around knocking on people's doors at the moment.

Clearly this is going to have a big impact on our economy. We depend so much on tourism around here. Events like the Dentdale Run bring



lots of visitors to the area, if they aren't happening then fewer people will be around staying in our hotels and guest houses, eating in our restaurants and buying things in our shops. Even if people are not planning to take part in rather hilly runs I worry that they may just plan to stay home and avoid as much human contact as possible. I suppose you could argue that if you want to avoid human contact then walking across the Howgills is as good a way to do that as any, but I am not sure people will see it like that. Added to which we have a lot more older people living around here and they are the people more vulnerable to this virus. And yet currently Cumbria only gets £36 per head public health spending allocation when the national average is £63 per head and many parts of London are getting £100 per head. Something I challenged the Secretary of State for Health to sort out urgently during questions on Health and Social Care in the House of Commons the other day. We shall see what action the Government takes when they announce their new local authority public health grant allocations.

I shall keep pushing the Government to ensure we receive as good a care in this part of the country as anywhere else. In the meantime if you have any issues you need my help with, don't worry the team are still working away. Just drop me an email at tim@timfarron.co.uk or give us a ring on 01539 723 403.

Thank you for your support and please try to stay healthy

Tim.

COUNCILLOR'S CORNER

Suzie Pye

The official advice around Covid-19 is changing almost hourly. It is very difficult to offer any solid information which will still be valid at the time of publication. I recommend staying connected to the official government information via reputable news outlets and www.gov.uk

At the time of writing, people with suspected coronavirus symptoms are beginning to self-isolate, and the over 70's have been told to prepare to stay at home for an extended period in order to protect themselves from the virus. Everyone is advised to avoid non-essential contact with others and unnecessary travel. Everyone should start working from home where they possibly can. People should avoid pubs, clubs, theatres and other such social venues

This is going to be a marathon, not a sprint (to quote the Health Secretary). Most of us will face the prospect of fighting off the coronavirus at some point. But there will also be wider, longer lasting implications. Some will experience poverty, perhaps for the first time. Small businesses will suffer, some

Robert Powell

Website Design & Management

Tel: 20482

www.robpowell.co.uk

people's mental wellbeing may decline, families will face lengthy childcare dilemmas and some of us will, sadly, become bereaved.

The next few months are going to test our resilience - both as individuals, and as a nation. But I am convinced the thing that will get us through the other side is community. The support network of friends, families, and neighbours will be crucial. Groups are starting to appear in each parish, made up of volunteers offering their services to those in need: help with shopping, dog walking, prescription services, and offers of chats on the phone. In times of crisis, communities like ours really do pull together to look after the most vulnerable – thank you to anyone involved in helping in this way.

We are gregarious creatures, us humans - we aren't designed to thrive in isolation. Therefore even if we need to keep physical distance between us, we can still regularly communicate, be it over the phone, video calling, emailing, or pigeon post. I am hoping the weather will be on our side, so that at least we might be able to chat over garden fences.

By the time this is printed, everyone should be aware of how to access various help and advice, whether that is through the community volunteers, SLDC, CCC, or Tim Farron's office. However, if you are not sure where to access help, please do give me a call or drop me a line.

Suzie.pye@southlakeland.gov.uk
07584 528 462. Stay well!

SEDBERGH PARISH COUNCIL

Janey Hassam

This report covers items from the Parish Council meetings held in February and March 2020. The next monthly meeting is planned to be held on Thursday 9th April 2020 at 7.30pm. The meetings will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Coronavirus

Members discussed the current concerns over Coronavirus and considered ways in which the town could facilitate help and assistance if/when stricter measures are implemented by the Government. A short presentation was also given by the Principal of Sedbergh School, outlining their current plan/contingency arrangement in the school community. Members are aware that the situation remains fluid, nationally and locally, and will be seeking advice and guidance from relevant authorities, as and when required at this unprecedented time.

Maryfell play area/paddock

Members have requested South Lakeland District Council to consider including the paddock at Maryfell play

Sedbergh Red Squirrel Group

Local conservation for **your** red squirrels.



Report sightings of reds or greys, or to Join / donate at

sedberghredsquirrels100@gmail.com
www.sedberghredsquirrels.org.uk

area in their Public Spaces Protection Order, due for review in 2021. This would prohibit dogs in the paddock, and provide an extended safe place for children/young people to play.

Queens Garden

There were hopes to introduce some new trees to the garden, with a desire to work towards creating an Arboretum in the future. This would see the introduction of some smaller species of trees, such as Acer and Maple trees.

Other Matters Various other matters were discussed: including Planning items, Amenities and Finance. CCTV provision had been declined in February, due to costs and uncertainty over location of the camera. The Wednesday Market was discussed, due to a change effective from the 1st April, whereby the Parish Council will commence administration for the market. However, gazebo/table hire will remain with the Information Centre. Grants were agreed in support of Hells Fells Family Festival and the Royal British Legion's VE Day commemorative event for the town. Ongoing projects were also discussed, including Jubilee Fountain, Loftus Hill (lease renewal) and Joss Lane (plans to resurface) car parks, and ongoing plans for the future permanent repair of Millthrop Bridge, notably highlighting the Parish Council's concern over appropriate traffic management measures being in place when the bridge is closed.

Sedbergh Parish Council is seeking a new Internal Auditor. If you would like to know more please do get in touch, via the email below, in the first instance.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. Public Participation is at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend.

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

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

LAURA'S LOOM

British Wool·British Made

Visit Laura's Loom for beautiful woollen blankets, handwoven scarves, walking socks and more, all made from Yorkshire Dales and Cumbrian wool.



Studio 2A, Farfield Mill, Garsdale Rd,
Sedbergh, LA10 5LW
Open every day 10:30-4:30

www.laurasloom.co.uk

SEDBERGH ENVIRONMENTAL MARKET

Michelle Hartley

On the 29th February the Sedbergh Environmental Network had our second Eco Market which was another great success! Despite the horrific weather of Storm Dennis the proceeding week, all but two of the stallholders came and had a wonderful time.

There was Always Rustic who makes wonderful wooden creations including novel animal coat racks and hooks, fantastical bird houses and practical small furniture all from reclaimed wood materials. The Penrith ENJO representative came and explained the fantastic climate neutral and zero waste cleaning products. The cleaning system requires no harmful chemicals just water and the innovative ENJOTex clothes. Gabe's Vegan Cakes had an incredible selection of organic and vegan cakes, some baked and some raw, but all delicious! Even the packaging was eco-friendly, with the cake boxes made from sugarcane.

Howgill Handmade Candles brought a beautifully scented range of soy wax candles made with natural

wicks, with dyes and fragrances all eco-friendly. Scents include French Vanilla, Arabian Oud and Sage and Sea Salt. Owen Jones and Jane Bradley showed off their basketry weaving skills, cutting and shaping various sustainable wood products which they grow, coppice and harvest themselves. The granola made by Beans n Lentils were great flavours, with many of the ingredients organic or locally sourced, all with the added bonus of biodegradable packaging.

Providing information on the environment was the Woodland Trust, a fantastic woodland conservation organisation protecting sites all over Cumbria and the UK, including the nearby Hebblethwaite Hall Woods. Frankly Cotton, as the name suggests, makes a fabulous range of reusable cotton products to replace ones that would be thrown away, while other items are made from upcycled fabrics. Paul from Eden e-Motion came with his extensive knowledge of different electric bikes and their positive impact on the environment. Also on display was an original Sinclair C5, a battery electric velomobile from the 1980s.

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>



Sedbergh Primary School sold pre-loved bric-a-brac and collected plastic waste for recycling. Just another way the school is trying to be more environmentally friendly. Charcuterie free-range meats were sold by Stonehouse Smokery who believe in using every part of the pig so there is no waste. Preventing waste also includes their packaging with paper wraps and biodegradable vacuum bags. Robin and Wren had a lovely selection of macramé crafts using recycled and biodegradable cotton, upcycled jars, pre-loved plant pots and mineral based paints.

Delicious and creamy vegan fudge was sold by Mariner's Fudge. A former submarine chef, this ex-military man now makes fudge such as Chocolate Orange, Irish Cream and Strawberry Smoothie.

Sedbergh's very own Westwood Books brought a fabulous selection of second hand and eco books, with plenty more available at their store. Alongside the books were beautiful paper creations, flowers, boxes and bows made from upcycled paper.

Kidz on Trend, an eco-shop, brought along a wonderful range of products, including bamboo cups, bowls and lunchboxes, loose leaf teas and accessories, solid bar shampoos & conditioners and Klean Kanteen water bottles. Lunch, served by Feed of the Sun, was delicious organic plant-based foods. The menu included sweetcorn & pepper fritters in a tortilla wrap and Moroccan spiced chickpea & aubergine stew, along with loose-leaf herbal teas.

With such a great turnout we are looking to have eco markets a few



The logo for GJBaines & Son building contractors features a stylized yellow and black swoosh graphic. The company name 'GJBaines' is written in a bold, sans-serif font, with '& SON' in smaller letters below it. The word 'building contractors' is written in a smaller, bold, sans-serif font below the main name. Below the logo, the text 'plant hire • ground works • plant sales' is displayed in a smaller, regular font.

- Project Management
- New Builds
- Extensions
- Roofing
- New Fitted Kitchens
- Ground Works
- Plant Hire
- Drains

Unblocked/Cleaned/Repaired

Contact George on:
Tel: 015396 21287
Mob: 07977514229

Email: info@gjbainesandson.co.uk
Web: www.gjbainesandson.co.uk

times a year! If you were unable to come to this market, keep an eye out for future events, or if you would like to get involved in the next market or the Sedbergh Environmental Network contact us at sedberghecomarket@greencobweb.co.uk. There are so many ways to help the environment, please visit our Facebook page for information, tips and learn about other eco events nearby!

SOME CHANGES AT THE INFORMATION AND BOOK CENTRE

Andi Chapple

By the time you read this, we should have a new manager at the info centre. Laura King lives in Dent with her family and we are looking forward to welcoming her. Good luck, Laura! Please do drop in and say hello.

That means that I'm moving on; I want to pay tribute to the two-dozen volunteer staff and directors who make the work of the Information and Book Centre possible, and who have made my job easier, and to say a big thank you.

We have also bought a new printer – it's a colour laser and will do A4 and A3 size. Being a laser printer, its output looks a little shinier than what we could do before, and getting the print-outs wet is less of a problem than it was. We've looked at what we are charging and we have decided to have our first price rise for a long time to 20p for A4 and 40p for A3. Printing is possible from web pages and files on a USB stick or attached to an email to tic@sedbergh.org.uk and we can scan and photocopy too.

TA-RA FOR NOW

Andi Chapple

This spring is going to mess up a lot of people's plans, but if our plans go as we hope, by the time you read this Helen and I should have moved away from Sedbergh.

We expect to be on Skye for the spring and maybe summer (get in touch if you're up there!) and to land back in Lancaster towards the end of the year. I just wanted to take a minute to say a heartfelt thank you to everyone in Sedbergh for your warmth and welcome over the past 18 years.

It's been a great place to live, I have learnt so much about rural life and about life as it's lived anywhere, and I have definitely been changed by my time here. I will think of you all and the town with great fondness. My email will continue to be andi@freakout.biz if you want to get in touch ever.

Thanks again, take care, Andi Chapple

Lookaround would like to thank Andi for all his work over the past years and wish him and Helen all the best for his new life in faraway Lancaster!

Ed.

IAN HIGGINBOTHAM PAINTING & DECORATING

— professional personal service —

please call to talk over your requirements with no obligation

————— www.painterian.co.uk ———

07813 818958

info@painterian.co.uk

QUEENS GARDENS UPDATE

Ann Parratt

The YDNP Woodlands Officer has visited the Gardens and recommended that we plant some ornamental trees on both sides of the central yew hedges (the glades), forming an Arboretum. The PC will apply for a grant from SLDC to cover the cost of the trees and planting. The recommended ornamental trees are maples, birches and cherry trees. In addition honeysuckle, hawthorn etc would be purchased to enhance the wildlife corridors on each side of the Gardens.

- An audit of the steps has taken place recently and the PC will be reviewing what needs to be done and going out to tender for the necessary work.
- It has been agreed that a regular inspection of trees should take place particularly after high winds, and a Tree Safety Policy is to be drawn up by the PC. If you have concerns about any tree and the safety of that tree, in the first instance please contact The Clerk to the Parish Council, Janey Hassan clerk@sedberghparishcouncil.org.uk
- All walls and structures will also be audited in the future.
- A Child Protection Policy has been sent to Sedbergh School as pupils help in the Gardens every Thursday afternoon, clearing debris, moving cut branches for burning and generally helping the PC gardner, Mitch.
- Children are most welcome in the gardens, including bikes on the perimeter tracks, but not on the

JED'S GARDENING SERVICES

REGULAR GARDENING WORK

UNDERTAKEN

LAWN MOWING, STRIMMING, PRUNING,

PLANTING, WEEDING, ETC.

MANY YEARS' EXPERIENCE

TEL. JED 015396 21480

OR EMAIL JED.FISHWICK@YAHOO.CO.UK

FULLY INSURED. REFS AVAILABLE

grassy areas. A nature trail or similar might be developed in the future.

- BA4N has requested to lay a cable along the eastern boundary of the garden, to allow connection to various points/property.
- Events. We are hoping to have another Songs of Praise event at the end of June, the planning will go ahead, but we will have to see how the present virus situation spans out. We would also like to do another Music and Tea in the Gardens event later in the year.....we can only wait and see what happens
- Working Party. Once the weather settles down it would be great for the Friends of Queens Gardens to gather in the Gardens to undertake some work. It will be up to individuals to decide if they would like to take part or not, but we'll be in the fresh air, we don't have to work side by side and we can bring our own refreshments. Anyone wishing to help who is not presently a 'Friend of Queens Gardens' would also be very welcome.

Please contact Ann on 20964 for further information.



Professional interior and exterior decorating

Stefan Kliszat
07971666785
015396 20524

PEOPLE'S HALL NEWS

Dr Gina Barney

Re-roofing the Hall roof

Some will remember Denis doing a barrel roll in 1982 to raise money to re-roof the 1956 hall roof. Well it needs doing again as it leaks in an erratic and irregular manner – wrong kind of rain, wind and whatever? The means to do anything with decorating, lighting and heating will get spoilt. Denis has not been available to roll on this occasion. But, fortunately, we have been awarded funding from the Sedbergh Community Fund, Sedbergh United Charities, SLDC via Councillor Lancaster, Dulverton Trust, Strummer Calling, the Hadfield, Garfield Weston, and Sunley Trusts, whom we gratefully thank. These funds plus our Hall's Reserve Fund will meet the £40,000 required.

The work should commence in May. There may be some changes to the access and some noise. We will minimise these disruptions as far as reasonably practical. We have never closed yet during all the work we have done since 2013. Should hirers have any concerns please contact me.

Notice of AGM: Sedbergh People's Hall

To be held on Monday 6 April 2020 at 7.30pm in the Committee Room to receive the Chair and Treasurer's reports and elect the Trustees for the following year.

All residents of the Sedbergh Civil Parish are invited to attend.

The Committee invite nominations to serve as Trustees.

Registered Charity (since 1956)
523829

Dr Gina Barney, Hon Secretary
The meeting cannot take place due to current restrictions, a new date will be announced in due course

JHS Joinery

Qualified and Experienced Joiner Providing a Quality Service

- Laminate Floor
- Spindle Balusters
- Internal & External Doors
- Wall & Floor Tiling
- Flat Pack Assembly
- Any small jobs considered

Jim Speak
Carpenter Joiner

Tel: 07496 946204

jim.speak1949@gmail.com



WILLIAM (BILL) CORPE

Rita Corpe

The family of the late Bill Corpe would like to thank everyone for all the kind cards and generous words of comfort they received on Bill's death in early February and all those who managed to attend his funeral in St Andrew's Church, Dent in spite of the dreadful weather. Special thanks goes to all who took part in the service, especially Roger Bush's superb playing of the organ and all the professional support from Rev Andrew McMullon. Rev Christine Brown, Lay Reader Judith Bush, Brian Goad and Edward Waller. Thank you, too, for the very generous donations of over £1000 given in Bill's memory to the Sedbergh Medical Centre's Patients' Fund and St Andrew's Church, Dent. The superb refreshments in the hall after the service helped to make the whole occasion a wonderful tribute to him.

Rita, Helen, Jennifer, Judi and Matthew

DAVID BRACKEN & TALKING LOOKAROUND

Rosemary Handley

David who had recently retired from teaching stepped into the breach caused by the sudden death of Richard Thomas who had been our recording technician since the Lookaround started.

With typical skill and thoroughness David had all the idiosyncrasies of the system sorted in no time. His quiet manner and unflappability put even the most nervous of readers at their ease. He was a real "pro" and we will miss him.



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

2020
Wednesday 22nd April
Wednesday 20th May
Thursday 11th June



FREE 'SAFE AND WELL VISITS'

Dani Hall

Cumbria Fire and Rescue Service offers free 'Safe and Well Visits' to help people live independently and deal with any potential fire hazards in their homes.

During the visit, we will carry out a home fire safety assessment, where we can help you design a fire escape plan so that you and your family will know how to react and escape if you have a fire.

We'll provide you with a free smoke alarm if you haven't got any working smoke alarms in your property. We'll provide a health questionnaire with simple questions on social wellbeing, preventing slips, trips and falls at home, and advice on smoking cessation and reducing alcohol consumption and where to get further support if you need it. We also provide atrial fibrillation testing to identify your heart rate and will refer you to the GP if necessary.

To book a "Safe and Well" visit please contact Cumbria Fire and Rescue Service on: Tel: 0800 358 4777 Email: hart@cumbria.gov.uk

a helping hand

Linda Greensmith

07919 152526

lindagreensmith1@aol.com



A friendly and reliable service
for older people

Shopping : Transport
Companionship : Home Help

FRANKIE COWIN DARTS TOURNAMENT

Diane Cowin

Diane Cowin and family would like to say thank you to Dean, Kate, and Diane for all their hard work in organising the Tournament at the Club on Sat 14th March. Also all the people who donated raffle prizes. A massive Thank You. It was unbelievable. Thank you also to the board sponsors. The total sum raised was £608.15 which will be shared between the Air Ambulance and MacMillan nurses. Thank you once again for all the support, and last but not least, "The Winner" Will Thexton. Congratulations to him, well done. You played a fantastic game.

So hopefully see you all next year.

VILLAGE VOICES REVIEW Spellbound Theatre

S.Cross

The People's Hall felt like a village fête on Friday evening with bunting, beer tent, tombola, raffle, Bat the Rat and a produce stall, complete with misspelt labels.

The scene was set for members of the Spellbound Theatre to tell their

stories. Helen Bromley is an extraordinary writer whose monologues revealed 8 very different characters to us.

The actors engaged our attention from the outset. There were some very memorable performances. Their tales made us laugh but also touched us at times with their poignancy. The final lines in the monologues were frequently very surprising and extremely funny.

SEDBERGH AND DISTRICT COMMUNITY FUND

Tony Reed Screen

During the Financial year 2019 – 2020 the fund made grants to twenty-four organisations totalling £32,155 the highest annual award since the Charity Shops formation.

We are extremely indebted to all our volunteers who have made this possible and would like to thank them for their continued support.

SEPTIC TANK EMPTYING

Fast efficient Service
Very competitive prices

SKIP HIRE

Ideal for rubble, soil,
builder's waste and stone

Ryan Simpson

07766 971 167

015395 68318

rysimpson@live.co.uk

A CHILD FOR DOROTHY

Sandra Gold Wood

Last month we left Dorothy in an excited mood after arranging to meet with a man she met at the garage after helping him out by paying his bill.

Dorothy was aware that the garage staff were watching her as she walked towards her own car. She couldn't have cared less, she was very pleased with herself and couldn't wait to get home and look for something suitable to wear.

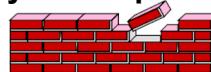
Sighing at the pile of clothes on her bed Dorothy wondered why she found it so difficult to choose an outfit. She knew it would take about 20 minutes to drive to the Cherry Garden restaurant so she would need to set off by twenty to seven. Abandoning her search for something suitable to wear she sat down at her dressing table and started to put on her make-up.

Tonight Dorothy did this with more care than usual and was pleased with the result. She brushed her hair away from her face and used hair spray to keep it in place. All was well except she still hadn't resolved what to wear. Maybe the answer was the proverbial 'little black dress' always a winner. It was then she caught sight of a dress still hanging in the wardrobe. She remembered that she had brought it on a whim and Howard had disapproved of it so she had never worn it. Now she slipped it on enjoying the feel of the soft jersey material against her skin. It fitted her beautifully and the deep burgundy colour suited her skin tone. Earrings, jacket and some nice little ankle

RICHARD HOGGARTH

RN & HE Hoggarth Building & Repairs

40 years experience



All Types of Building Work
No Job Too Small

Mini-Digger work undertaken

Tel:
015396 20805
Mob:
07799 420433



boots finished her look and just on 6.45pm she headed for the car. She had never felt so daring.

Arriving at the Chery Garden a little late Dorothy felt a surge of excitement as if this was actually a date. The restaurant was sympathetically lit and tables were set in booths for privacy. She scanned the room for David Logan but he wasn't there. Feeling deflated she sighed and turned to leave and stepped straight into David's arms.

'Oh ye of little faith, he laughed noting the surprise on her face, I was across the road waiting for you. I didn't want to sit in here and look like I had been stood up if you didn't come.'

'Oh I see, said a flustered Dorothy, feeling his warmth and closeness acutely.'

'You look ravishing by the way, I would have come across the road straight away but I so enjoyed

watching you walk, said David his arm around her waist and his smile twinkling. Dorothy felt her heart flutter at the sound of his words. She realised that she was in danger of making a complete fool of herself. Well she thought, if that was the case she was going to enjoy every minute.

Settled in the cosy booth they ordered drinks and choose from the menu deciding to share a variety of Chinese dishes. Dorothy felt so at ease; While they waited for the food to arrive David made her laugh by recounting everyday incidents in a comic way, when suddenly he announced;

'Dorothy, there is something I should tell you.'

Dorothy held her breath; he was married of course. The food arrived and David did not refer to the 'something' he should tell her instead he talked of trivial things. During the meal Dorothy told him she was a widow partly hoping it would prompt him to reveal his marriageable status. In her mind she imagined herself telling him all that she had learnt about Howard since his death. Thinking again she decided not to spoil a good evening

The bill came and he pushed it to one side asking if she would like a coffee. She said yes not wanting the evening to be over.

'Dorothy I said early I had something to tell you, well it's like this.'

2020 *Spring Show* Saturday 25th April 2020

CANCELLED

*Date next year
20th March 2021*

'Oh David, there is no need for you to say, I guessed, its quite alright I am enjoying the evening I'm not expecting anything more.'

'What have you guessed Dorothy'

'Why that you are married of course, no one as charming as you, I mean you must be,' the moment she said it she could see that he didn't know what to say and then she noticed that his shirt looked in need of an iron and his cuffs were a frayed, 'Oh, I'm sorry I didn't mean to pry, look, really, I have been making assumptions, just give me what you owe me and I'll be on my way,' she added sadly looking down at the table in front of her.

'Dorothy, Dorothy, he said reaching for her hand across the table, No, no

it's not what you think. Yes, I was married and that is why I am in the position I'm in now which is totally penniless. What I am trying to tell you is that I can't pay you back and I can't pay the bill here either.'

Dorothy looked at his face and saw that he was telling the truth and she started laughing and as David's expression turned from surprise to disbelief she laughed even harder.

'Well I didn't expect that', she said trying not to laugh again.

David explained that his business partner had embezzled the life out of his company leaving him to pay off all the creditors. While his wife had not been prepared to suffer a drop in status so had divorced him and gone to join her brother in America. He

LAKES
Scaffolding

SIMON SHAW

Based in Kendal - covering Cumbria

Tel: 01539 734745
Mob: 07917 064767

info@lakes-scaffolding.co.uk
www.lakes-scaffolding.co.uk



went on to tell Dorothy that his house had been re-possessed and that he now rented a small flat.

'Oh David I'm so sorry.'

'Well, it's not all bad news, as you know that I went for an interview today and I got the job! I start next week.'

They both started laughing at this.

The weeks and months went by and Dorothy and David spent most of their evenings and weekends together. Their friendship had quickly deepened as they shared their sorrows, their hopes and their dreams. One evening as they sat on the sofa sharing a brandy. David leant over and kissed her then slipping off the sofa on to his knees with a grand flourish he pulled out a ring box and popped it open and smiling at her he said;

'You know this is a lovely house but it lacks something'.

'Oh and what's that', asked Dorothy smiling broadly and wondering how he was going to word his proposal.

'Firstly, some newlyweds and in a little while how about some children.'

The End.

POETRY CHALLENGE NO. 2

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 hand it in to Sleepy Elephant, 41 Main Street, Sedbergh by the end of April.

There will be several places around town 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.

Here is April's Subject - LEARNING

Please write about LEARNING in the form of a TRICUBE

A TRICUBE is a modern form of poetry that has 3 syllables per line, 3 lines per verse and 3 verses in each poem. The poem may rhyme or not as you chose.

Example of a Tricube.

RESIST

I avoid

dead end streets

like the plague

because I

don't enjoy

backtracking

but the plague

is a street

with no end

PLEASE HAVE A GO, its good fun and if you write a poem each month you will have a little book of your own work at the end of the year, how good is that?

Spanish & French lessons
in Sedbergh.

Beginner, intermediate & advanced.

Alan Marcus 07 3754 26095

SEDBERGH WI REPORT

Moira Folks

What do the words 'Mutiny on The Bounty' conjure up for you? For me, it's the vision of a three-masted sailing ship with huge sails billowing in the wind, plunging through choppy tropical blue seas and white foam, or battling against massive waves, fighting its way around the globe with Marlon Brando, Trevor Howard and Richard Harris valiantly trying to keep control, in the 1962 Hollywood film. Well, we didn't see any moving pictures on March 11th in the People's Hall but we saw a large number of colour slides taken by our speaker and 'Bounty' fanatic, Peter Logan from Morecambe, who told us

the history of the famous voyage and talked, too, about its Cumbrian connections.

The 'Bounty' was commissioned by the Royal Navy in 1787 to sail to Tahiti to collect breadfruit plants to take to the West Indies, where they would be grown as a cheap and nutritious crop to feed the slaves on the British plantations. Unfortunately, because of delay in fitting out the vessel to carry cargo in tropical conditions, it set off west on December 23rd, several months later than planned, and hit terrible winter storms at Cape Horn, the tip of South America. It was forced to turn back, striking east via South Africa, and reaching Tahiti on 26 October 1788.

THE HEAD AT MIDDLETON

LA6 2NF TEL: 015396 20258

www.middleton-head.co.uk

[email \[enquiries@middleton-head.co.uk\]\(mailto:enquiries@middleton-head.co.uk\)](mailto:enquiries@middleton-head.co.uk)

A charming country inn, dating from 1642, situated on the A683 between the market towns of Sedbergh and Kirkby Lonsdale, within the Yorkshire Dales National Park.

En suite accommodation available for up to 14 persons in family or double rooms, perfect for family occasions, walking groups, get-togethers, stop-overs from the South to Scotland (just 7 minutes from Jct37 on the M6), guests with dogs....

Full English or Vegetarian breakfast included in B and B rate and a restaurant service is provided from 5pm until 8.30pm.

Bookings advisable for both rooms and restaurant reservations.

We look forward to welcoming you to The Head at Middleton.

David and Elizabeth Martin, proprietors since 1999.

Captain William Bligh and the crew spent 5 months in Tahiti collecting and preparing about 1000 breadfruit plants for export. Bligh allowed the crew to live ashore and they became socialised to the customs and culture of the Tahitians, striking up relationships with some of the women and even getting local tattoos. Bligh's second in command, Fletcher Christian, married a local woman, Maimiti, with whom he eventually had 2 sons and a daughter. The crew set sail again for the West Indies in April 1789. Mutiny by about half the crew against Captain Bligh broke out 1300 miles west of Tahiti, near Tonga, led by Fletcher Christian. No blood was shed and Bligh and his loyalist sailors were set adrift in an open boat,

which, 47 days later, took them safely to a Dutch settlement over 4,000 miles away, where he informed the authorities about the mutiny! Bligh took his ship's log with him, continuing to write it up on the open boat. It was later used in his own trial for the loss of the 'Bounty' as well as the subsequent trial of the mutineers. Bligh died in London on 6 December 1817, after more voyages and also a 5-year stint as the Governor of New South Wales.

So what happened to the mutineers? They sailed in the 'Bounty' to the island of Tubai, but after 3 months of bloody conflict with the natives, they returned to Tahiti. 16 of them remained there but HMS Pandora was sent to find them; 14 of

FIRST 4 HOME IMPROVEMENTS DAVID BAINES

FOR YOUR ENTIRE HOME IMPROVEMENT NEEDS

- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

DAVID BAINES
015396 25346 07837 766 219
davidbaines@first4homeimprovement.co.uk

them were captured in March 1791 and remained imprisoned in their 'Pandora's Box' cage till the ship was wrecked on the Great Barrier Reef with the loss of 35 men, including 4 of the mutineers.

After setting the men ashore on Tahiti in September 1791, Fletcher Christian and 8 crewmen, 6 Tahitian men and 11 women (one with a baby), set sail in the 'Bounty' hoping to elude the Royal Navy. On 15 January 1790 they rediscovered uninhabited Pitcairn Island, which was discovered by a previous expedition, but wrongly charted, so Captain Cook couldn't find it on his voyage of exploration. Once they had decided to settle there, they removed livestock and furniture from the ship and burnt it on 23 January 1790 in what is now known as Bounty Bay, partly to prevent anyone escaping but, also, so the Royal Navy wouldn't spot it and come looking for them.

The mutineers remained undetected on Pitcairn until February 1808, when the sole remaining mutineer, John Adams, who was the only one to survive, probably, because he was kind to the Tahitians, and a surviving Tahitian woman and children, were discovered by Captain Folger of Nantucket, Massachusetts. The other mutineers had been murdered by the Tahitian men after they had started treating the Tahitians as slaves. Fletcher Christian died on 20 September 1793 on Pitcairn. The Christian surname still survives on Pitcairn today though there are now only about 40 residents. Peter Logan showed us photos of a direct descendant of Fletcher Christian,

ACUPUNCTURE

BAcC Member
www.acupuncture.org.uk



Experienced practitioner

Acupuncture can be helpful with many different conditions

June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh

Tel: 015396 20972

Thomas, who came to Cumbria with his wife and 3 of his daughters some years ago. Peter, a member of the Pitcairn Society, took them round the area and photographed them in front of Fletcher Christian's birthplace, Moorland Close, Eaglesfield, near Cockermouth. Thomas, who was Pitcairn's radio operator for about 50 years and received an MBE for service to the island, died in 2013 aged 77. Moorland Close, a mid-18th century farm, which can be seen today from the A5086 road, and has a tablet commemorating Fletcher's birthplace, giving his birthdate as 25 September 1764, had belonged to Fletcher Christian's mother's family, the Dixons; his father Charles Christian came from the Ewanrigg Hall estate in Dearham, a few miles northwest of Cockermouth. His ancestors had come originally from the Isle of Man, settling in Cumberland and marrying into

smart
Design and Print

Call us today: **01539 620788**
Email: office@smartdesignprint.co.uk

FREE local delivery for orders over £20

wealthy local families in the Whitehaven and Maryport areas, who derived their fortunes from coal and trade. Fletcher Christian was a pupil at the Cockermouth Free School from the age of nine; the future poet William Wordsworth was also a pupil there but he was 6 years younger than Fletcher so it's unlikely that they knew each other well.

Captain William Bligh also had a family connection with the Isle of Man as he married his Manx wife, Elizabeth Betham, at Onchan Parish Church in February 1781 after spending several years training on ships in the Irish Sea with frequent calls at the port of Douglas. Bligh himself was born in his maternal grandparents' home in St Tudy, near Bodmin in Cornwall, on 9 September 1754, apparently to make sure he and his mother didn't fall victim to a disease that was raging in their home

town of Plymouth, where his father was a customs officer.

Sue Bateman thanked Peter Logan for introducing us to the story of the Mutiny on the 'Bounty' and its major characters and places with Pacific and Cumbrian connections.

The book club met at Angela's house the next day to discuss 'The Choice' by Edith Eger, now aged 92, the story of her own horrifying experiences as a teenage Jewish Hungarian girl in Auschwitz concentration camp from 1944 to 1945, and then her near-miraculous recovery, over several years, to become a psychologist who could draw on her own experience of trauma to help countless others over decades. This is not a book that just dwells on the horrific past: it is a story of love and hope, of confronting the horrors Edith has lived through to find eventual release. 'You can live to avenge the past,' she says, 'or you can live to enrich the present.' She certainly does that, for herself and many others. The book was filled with many wise quotes which could be helpful and relevant to everyone. The average score given for the book was 8.5/10, with scores ranging from 7 to 10/10. Overall, we found 'The Choice' a powerful and inspirational book and highly recommend it.

Our next meeting in the committee room at the People's Hall will be at 7.30pm on Wednesday 8th April when Meg Eyre will be talking to us about the theatre in Keswick we sometimes patronise: 'Theatre by the Lake and Beyond' is her subject. We look forward to hearing about it and welcome visitors and new members.

DENTDALE W.I.

Thelma Belfield

Another dark, wet and windy night as we made our way to the Memorial Hall for our monthly meeting. The hall was already a hive of activity as our speaker for the evening was giving a talk and demonstration on Wood Turning. Not only did it involve a huge amount of tools and equipment, but also many beautifully made wooden items, which were available for us to purchase.

We began, as always, with singing Jerusalem accompanied by Marjorie at the piano. Kate was leading the meeting and welcomed everyone and, especially, Malcolm Smith our speaker. We began, as always, with business items and Climate Change was a hot topic.

Following on from last month's stimulating and interesting presentation about the developing climate emergency Dentdale WI have decided to have a Climate Emergency Group meeting regularly to put our ideas into practice, and raise awareness of things we can do that will reduce our personal and community contribution to climate change. We plan to meet approximately every month, invite anyone who lives in Dentdale and would like to contribute to join us, either regularly, or to discuss particular issues. We are also interested in hearing from anyone in the surrounding area, who is involved in increasing local sustainability measures to reduce climate change. If anyone is interested in being involved or can share work with which they are already involved please

email jackieafisher1@gmail.com. Our monthly report will in future contain a section dedicated to climate change matters, and the work our newly established group is doing.

A serious issue to start our meeting but an extremely important one. Another serious item was next. We have all heard the news of the Coronavirus that is infecting people throughout the world and, although to date, we have had no reported cases in our area it has had a knock-on effect resulting in the cancellation of the Dent Run. The Run was due to take place on Saturday 14th March and generally attracts upwards of 500 runners from all areas of the UK, but with the best interests of the health of our local community at heart, the Dent Run Committee agreed that this year it would be cancelled.

As all our members donate cakes, scones, tray bakes and buns for the teas served to all the runners after the race, there are a considerable number of well-filled freezers throughout Dentdale, so keep a lookout for a Grand Cake Sale within the near future.

On to more cheerful items, firstly our Summer Outing in June. The

J. E. WILKINSON

BUILDING CONTRACTORS

Quality Craftsmanship

New Builds • Renovations

Roofing • Plastering • Stonemasons

Lime Plastering & Pointing

WINNERS

YDNP BEST BUILDING DESIGN AWARDS 2010

NEW BUILDING CATEGORY

Tel: 015396 25531 Mob: 07989 197580

choices include a visit to Brantwood with a trip on the Gondola, a visit to Barton Grange or the Tullie Museum in Carlisle. Our next Dining Club outing will be a fish and chip lunch at Shap Chippy. Our craft group is starting up again, making bags out of recycled materials.

Planning has started for the Lune Valley group meeting in May. Barbon WI are the hosts this year with an interesting title for the speaker's talk, 'Bare Boobs and Bananas', What is that all about we asked, time will tell, all will be revealed in a future report.

The Federation Spring meeting, always a good event with lots of information shared and interesting speakers, is on 30th March and Catherine and Chris are going.

Finally, bringing our business matters to a close Kate shared a letter received from Sue, our President, who sadly has made the decision to resign. In her letter Sue thanked everyone for their friendship and support over recent months.

Business completed Kate introduced Malcolm Smith.

Malcolm had set up a formidable range of equipment and tools, and began his talk by telling us he inherited his father's lathe back in 2002 and, when he himself retired from the prison service in 2010, having always had a keen affinity with wood he began using the lathe, gradually taking courses to develop and improve his skills, and what was

Built in and Free-standing Appliances Domestic Appliance Repairs

**Digital TV, Aerials and
Satellite Dish Installation**



Wi-Fi and Home Networking

Regular Deliveries to the Lookaround Area



ELECTRICAL STORE

**Kew House (Just off the A65)
INGLETON**

T: 015242 41224 / 015242 42095



www.toobys.com

simply a hobby has become a profitable business.

On an adjacent table were numerous examples of his work including, wooden bowls, plaques, wooden animals and very cute wooden snowmen.

It was making a snowman that Malcolm then proceeded to demonstrate to us. Starting with a rectangular piece of rough hardwood, Maple in this case, he secured it firmly on the lathe using a large metal 'chuck' to ensure the wood did not fly off and cause an injury to anyone. Wearing protective goggles he first made accurate measurements, then commenced turning the wood, and using different chisels, formed the rounded body and head shape of a snowman. Throughout his demonstration, Malcolm passed around examples of his work at the different stages, so we could feel the roughness of the wood, again, when he had sanded it to a smooth finish and finally polished to enhance the fine grain within the wood. Using a second piece of wood he fashioned a top hat, eyes, a nose and tiny buttons to complete the figure of a snowman. A fascinating process, requiring great skill and care. At each stage Malcolm explained the various sanding grades and polishing techniques he used. A very talented and interesting demonstration. On behalf of us all Jenny Pilgrim thanked Malcolm for his skilful demonstration and very comprehensive and knowledgeable talk.

On reflection, it is quite something for a man with a machine and tools to keep seventeen ladies sitting quietly and fascinated, watching a simple

piece of wood turned into an attractive highly polished ornamental snowman and, judging by the activity at Malcolm's sales table after the demonstration, a number of his beautifully turned pieces found new homes in Dentdale.

Time for a well earned cup of tea and Marjorie's delicious biscuits served by our hostesses, Jane and Wendy. Malcolm judged the competition entries for a wooden ornament or carving and Thelma won first prize with a carved wooden plaque, Anne was second with a pair of turned wooden candlesticks and third place was Jenny with a wooden bowl. Thelma was the lucky raffle prize winner.

Our meetings are always different sometimes with serious issues and difficult decisions but friendship and learning together is the foundation we build on.

New members and visitors are always welcome, we look forward to seeing you.

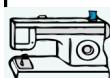
Temptations Craft Boutique

31 Main Street, Bentham LA2 7HQ

015242 61868

email temptationsbentham@yahoo.co.uk

- Over 500 Patchwork cottons
- Fabrics for Dressmaking
- Haberdashery
- Wool and knitting supplies,
- Classes and workshops, see website for details
- Agents for Brother Sewing Machines



www.temptationsbentham.co.uk

KILLINGTON WI

*Wendy Fraser-Urquhart
and Valerie Cann*

The driving rain was battering against the windows of our meeting room, but we were all snug and warm inside. It was another of those special days when one of our own members was to be our speaker. Sarah Woof's subject was "Over the shop counter". Sarah's ancestors have lived in Dent for many generations and through the centuries have made their living in many and varied ways – bootmakers, joiners, undertakers, proven suppliers, farmers and shopkeepers. Sarah gave us a lively history of Dent Town from the days when there wasn't a knitterless person in the town and all the houses had open galleries. A multitude of shops lined the cobbled street and three banks

had premises there. How times have changed.

Sarah's own retail experiences started early because her mother owned Sedgwick's shop on Sedbergh Main Street, and she recalled being trapped in the cellar after sneaking in there unobserved. She spoke lovingly about the clockwork monkey which used to appear in the shop window in the lead up to Christmas. She told us of a letter which a serving soldier had sent home to his mother asking if the monkey was in the shop winder yet. Our native Sedberghian members could also remember the monkey. If any reader has a photo of it, please let us know. It really was an enthralling talk and it was my delight to propose the vote of thanks and to suggest that we enjoy a guided tour of 'old Dent' when the getter weather



FRAME MARQUEES & TEEPEES
VENUE COVER FOR ALL OCCASIONS

FURNITURE HIRE & TABLE LINEN

T: 015396 20602
W: WWW.MARQUEETEEPEE.CO.UK
E: OFFICE@MARQUEETEEPEE.CO.UK



comes. We'll even let you join us if you behave yourselves!

Refreshments were then enjoyed – the best biscuits and cake in the world. Our raffle was won by one of our Dent visitors. The competition was for “a photo of a shop”, and the prize was awarded to Valerie for her book of shops in Sedbergh in 2981, many of which are no longer in evidence. By that time Sarah's mum's shop had become “ay Peels”. Later it was to become the restaurant “Duo” run by Sarah's two daughters. The wheel had turned full circle.

Three birthdays this month – me, Marjorie Bramley and Edith Gerrard. It is amazing how many 21 year olds there are in our WI! Margaret Denton was in charge of our meeting today, in Susan's absence. They do say a change is as good as a rest! (sorry

Sue!). We were guided through millions of interesting WI activities on offer – Country Fest (reduced price tickets); walks in Morecambe Bay; Active Woman's Day; painting course; photos for next year's calendar; fashion show at Nateby – lift on offer; Group meeting in Barbon; Spring show- April 25th – help, bake cakes and enter; yoga breathing session in April; participation in Gala parade. There must be something there to tempt you to join us as a welcome member or guest.

Our next meeting will be on Tuesday 14th April in the committee room of the People's Hall at 2.00pm. (Thank you Dennis – I can hear you “Day, date, time, place) Jim Bownass' topic will be “Forgotten memories of films of Cumberland and Westmorland”.

CUMBRIA WOOLSHED

CUMBRIAN WOOL FURNISHINGS COLLECTIVE

An exciting collaboration showcasing the wonderful products of well established local businesses

Laura's Loom

Herdwick
Limited

Woolly Rug Co.



HOME
OF



Amy Bateman
Photography

Cable & Blake

The Bespoke
Home Co.

The Gateway Unit, Dockray Hall Ind. Est.,
Kendal, LA9 4QY

01539 721252

Open: Mon-Fri 9.30~5 & Sat 10~4

PLAN FOR TOMORROW, LIVE FOR TODAY

wendy7713

Last week I received a copy of "My Future Care", sent by the lovely Zoe Harris, founder and CEO of My Care Matters.

"Mycarematters is a social enterprise with a mission to improve the experience of care in any care setting. We enable the whole person to be taken into account by all those caring for and interacting with them."

I'm sure I must have met Zoe in person on our various travels around the country, but our main connection is through Twitter...

Many people, when diagnosed, like to forget about the future, some like to bury their heads in the sand and

pretend it will take care of itself. Well, undoubtedly it will, be will what happens, be what YOU want to happen? Have you spoken to those closest to you about future care, about death? It happens to us all!

Well me and my daughters have, but last Sunday me and Sarah went through The handbook page by page and even we found it helpful to clarify some points, to highlight some detail we hadn't gone through. I knew I'd had recent up to date conversation with one of them but can never remember if I've spoken to both, so this helped with that too.

Sarah is a nurse in Oncology so has these types of conversations with patients all the time, but for many families, they may have never spoken about anything like this so need direction, need guidance.

For those that have never had those conversations, or maybe don't know where to start, it felt like a gentle process. A simple, straightforward, tour of everything we needed to talk about. And if you were worried about the sheer volume of information, there was a useful 'colour coding' to highlight what you should read if nothing else at the bottom of the Index...

There were, as I said, things in there that made me think. For example in the funeral details bit, Sarah asked where is my address book? I could also tell Sarah that I didn't want a funeral as such and instead want a 'straight to cremation' with a celebration gathering once they'd received my ashes, so I could 'be' thereThe image of both my parents disappearing through the



CRAFTSMEN

KITCHENS | BEDROOMS | COOKSHOP

Lots of Baking ideas in our Cookshop.

Why not call in?



Ingleton | North Yorks | LA6 3NU

015242 41535

kitchensandbedrooms.co.uk

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes offer you a warm welcome



We are open daily for home cooked food,
(a particular favourite is Ham 'n' Eggs)
and offer an extensive menu for
residents and non-residents.

Our two guest rooms are both en-suite
and we can boast one of the finest views of
Cautley Spout and the Howgills.

CLOSED UNTIL FURTHER NOTICE But pies, scones and eggs can be ordered

curtains for cremation having stayed with me and not what I want my daughters to remember. I also want the celebration it to start at 11.55..... a special time which many will understand the relevance of....or maybe just something on line at 11.55 so my daughters don't have the hassle of organising anything...mmm more thought needed me thinks...

But before we got to that conversation, we were taken through all the maize of forms that exists and which should be completed – the Will, Advanced Care Plans, Lasting Power of Attorney, Letter of Wishes and the other myriad of 'stuff'...but it didn't seem overwhelming. All the forms are a minefield if you have to discover

them yourself, but here they were all present, in a logical order. We did think some bits started to get confusing until we realised, it was because we'd already gone through the process, we didn't need to plan...

Yes, I was lucky, we'd had all these conversations. Many others can use them as guidance, for information and for useful reference.

The biggest advantage I can see is that it gets people talking. My daughter had to help me as I can't write consistently legible so no one would have been able to read it! But even if you wrote it yourself and handed it to those closest to read, as a starting point, it would be invaluable.

Sarah said afterwards:

"I found the handbook very easy to follow, in a logical order and covered everything. We, as a family, have done most of the advanced planning, however, the funeral planning was especially useful for us to revisit and discuss. People in the earlier stages of planning should find this to be exceptionally informative and a prompt for useful guidance and discussion"

We plan the birth of our children in any way possible, so why not our death?

Once you've had these discussions, you can carry on living your life in the full knowledge that what happens in the future will be a lot smoother than if you hadn't plucked up the courage and TALKED

But as the message on the front of the handbook says:

"Plan for Tomorrow, Live for Today"

Yes, the handbooks do cost, they aren't free. But Carematters is a not for profit organisation and it has cost them to print so, like anything it does cost to produce. And yes I got it free, so would I have bought it if I hadn't. Well, if I'd was at the start of or confused by the maize of processes, yes I would buy it. The content is invaluable and what price can you put on peace of mind?

More information of the handbook on their blog web site:

<https://mycarematters.wordpress.com/author/zoeharris13/>

Or on their normal web site:
<https://mycarematters.org/>

THE DEMENTIA BUS

Myles Ripley

We are very lucky, courtesy of funding from the Community Trust, to be able to offer some places on the Dementia Bus in Kendal on May 12th during Dementia Action Week. It is now hoped that it will happen in early October.... watch this space. Sedbergh's Dementia Action Alliance, in conjunction with Kendal's, have been offered 12 places during the day to experience some of what it is like to live with Dementia.

The Dementia Bus /Virtual Dementia Tour (VDT) gives delegates an experience of what dementia might be like by using specialist equipment and creating a simulated

Garsdale Design

We provide architecture, planning, urban design, 3D geodesign and heritage services for the Dales and Lakes

Our skills and experience are unrivalled whatever the size of the project

Our service is personal and tailored to individual needs

We are an RIBA Chartered Practice



Contact details:

phone: 015396 20875 (office hours)

email: info@garsdaledesign.co.uk

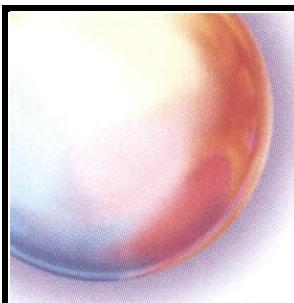
web: www.garsdaledesign.co.uk

environment. Delegates will be expected to carry out simple tasks during the tour and will be able to empathise with challenges that people living with dementia face and understand which simple changes need to be made to their practice and environment to really improve lives of people with dementia.

The Virtual Dementia Tour is taken by over 200,000 people per year in the UK and is the benchmark training that other providers strive to achieve. Already commissioned by over 18 NHS Trusts, 4 HSE Trusts, Care homes, Nursing Homes, Police, Prisons, Ambulance, Universities and Colleges, Councils, CCGs, CQC, Electric and Water Companies, Families and many more, the Virtual Dementia Tour has an impact that just cannot be matched or replicated.

Looking from the persons point of view and not basing practice on convenience really does save money, retain staff, build bridges between the family and care giver and increase positive outcomes. Therefore, if you are looking for the highest quality dementia training that really does change lives for all, then the Virtual Dementia Tour is a must for everyone.

Training 2 CAREs managing director, Glenn Knight comments The Virtual Dementia Tour is quickly becoming the UKs leading training for people who come into direct or indirect contact with people with dementia. Whether you are a family member, shop, service or care provider having a new perspective on dementia really can make the difference. With 1 in 3 people expected to die of dementia related



*stramongate press
printers*

*printers
of
Sedbergh Lookaround*

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

diseases and an aging population now really is the time to make the change and improve the lives of people with dementia.

"It was excellent. I have worked with people who are living with dementia for 20 years and thought I knew how to empathise and support them in the best way possible. However, this experience gave a real life physical and emotional encounter which will stay with me forever! The short amount of time immersed in the virtual world of dementia gave me a glimpse into what it might be like for people experiencing dementia and will help me to empathise further with the people I work with and subsequently be more aware of what can help and hinder things in practice. The follow up debrief, discussion and knowledge given after the experience was a welcome and needed inclusion. It helped me to reflect on and to consolidate what we had experienced and how we could use this in future practice to help improve the lives of people with dementia. Without giving too much away, the trainer, and how he conducted the session was very clever and imperative to the overall experience. I would recommend this to everyone, especially people who work within social care. It would be amazing if there was a way we could make this available to more people in the future."

Anybody who would like to apply for one of our places should contact Myles Ripley on mylesripley@btinternet.com to arrange one. There are three separate sessions during the day.

FIRST AID FOR TRAUMA

Myles Ripley

Trauma is the biggest killer for those aged up to 45 and about 25-30% of pre hospital deaths are PREVENTABLE by simple first aid. "He who looks to heaven will soon be there" – a quote from the Israeli Army! Simply put, if you are badly hurt you must be put in the recovery position to protect the airway and prevent dying from not being able to breathe. Opening the airway to allow the patient to breathe is another life saver.

The most common trauma these days is a fall from a low height ie less than body height. In the past car crashes were frequent killers, but car safety design is so much better that people frequently walk away

Treadwell Flooring

Established Family Business since 1999



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

T: 015396 21175 • M: 07795 598 913

unscathed. You need to consider what might happen if someone has fallen and look after them. Apparently unscathed doesn't mean they are unscathed. We are reminded all the time in sport that HIA (Head impact assessment) is routine. We should apply that to our everyday lives as well.

So please get some simple basic life support training – the Sedbergh and Dent teams are always happy to do that.

1/ Open Airway – tip head back to avoid the tongue blocking airway

2/ If breathing, put them in recovery position – on their sides and supported so they can't fall back flat on their back

3/ Stop any external bleeding – put pressure on the wound and lift it up

4/ Keep them warm – put some covering over them

5/ If not breathing carry out chest compressions to keep oxygen going to their brain
Please do ask us to demonstrate and train you in these simple steps – Sedbergh Community First Responders –

mylesripley@btinternet.com

Matthew Cook

Former Stonemason to York Minster and specialist in pre-1914 building repair

Stone repairs and replacement

Re-pointing with lime mortar

Stone cleaning

Specialist surveys and consultancy

07791894782

www.cookmasonry.co.uk Info@cookmasonry.co.uk

SEDBERGH GOLF CLUB.... 30 YEARS ON!

David Lord

It is difficult enough to obtain planning permission to build any new golf courses, but to obtain consent to build one in a National Park was little short of miraculous! That's precisely what happened right here in Sedbergh 30 years ago. For Bruce and Lorna Wilson and John and Jean Handley, the cousins who owned adjoining Abbott Holme and Catholes Farms, their carefully planned dream needed to turn into reality.

The YDNP committee's approval of the new course for Sedbergh certainly attracted some vociferous criticism, both local and from further afield, most notably from singer/comedian Mike Harding, "The Rochdale Cowboy", a Dentdale Resident and Vice-President of the Ramblers Association.

Some argued that the new courses would "suburbanise" the countryside, setting an unacceptable national precedent. "Dales Disneyland" became a temporary catchphrase. Somehow, the Ombudsman became involved!

The stunning setting, the beyond price views and the spectacular beauty of the land, were the only things the scheme's promoters and the objectors could agree on.

It was, however, approved as an exceptional case, because it was relatively small scale, secluded and would have limited impact on the landscape and wildlife. It would meet a clear local need and replace an existing, more prominent site, the Riggs!

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

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

Video media

VHS & VHS-C

Bmm Video

Mini-DV

Audio media

Vinyl Records

[LP & Single]

Audio Cassettes

I also do Actor's showreels & video editing, please get in touch
Hopefully cinefilm transfers in the near future too

Contact Andrew on 07493 620821

or email: techno.wizard@btinternet.com

It soon became apparent that the courses, far from detracting from the environment, was, and still is, enhancing it. With the land not heavily grazed by sheep and cattle, grasses and wildflowers have proliferated. Local naturalists soon reported significant increases in the variety of birds and insects seen around the course. Indeed, the project received a Rural Development Scheme Award!

Three decades on, look at it now, a magnificent setting boasting one of the finest, most scenic parkland courses you can find, offering a true challenge to regular members and casual visitors alike, each hole with its own character, none easy! The clubhouse, a converted traditional stone-built barn, now richly enhanced by the superb Fairway Restaurant, offering a homely, friendly feeling and a warm welcome assured. Check it out yourself! Ring 015396 21551.

It's a far cry from 30 years ago, and the old days on the Riggs. Seven masters of Sedbergh School started it all in 1896, I wonder what they would think of it now?

SEDBERGH ART SOCIETY REPORT FOR APRIL 2020

Gill Impey & Jenifer Alison

Since our last report we have had a wonderful workshop, which took place on Saturday 7th March 2020. Our visiting tutor was the artist Karen Lester. There was a last minute change of venue for us, as the Cornerstone premises was needed for a funeral. We are very grateful to Jo, Claire and colleagues at Farfield Mill, who arranged for us to use the Education Room on Level 2. We just fitted in! Our special thanks go to Gemma who was on duty that day and to the café staff, who did their very best to cater for our needs – the café was certainly a bonus!

Karen Lester works with a range of painting and drawing media, and often combines these to create mixed media images. Her work has been exhibited in galleries in Cumbria and Lancashire over the last 25 years. She is an experienced qualified teacher, regularly running courses at the Brewery in Kendal and from her own base, Greywalls Studio in Lindale.

One of our members, Esther Murray, has kindly sent a description of our workshop with Karen, and of what it meant to her personally. This is followed by more comments from Gill Impey and Ron Gerrard.

Esther Murray wrote: "At last came the day I had been looking forward to! I turned up at Farfield Mill with 12 other members of Sedbergh Art Society to a workshop entitled 'Painting with watercolour and mixed media' to be led by Karen Lester. The focus of the day was to use primarily

watercolour with the addition of other media to create paintings of the countryside that we are privileged to live in. The day started (after tea, coffee and delicious cakes) with Karen demonstrating how she would set about painting from a photograph, and how Inktense pencils and blocks, pastels etc. can be used over watercolour to highlight colour and tone, and add more defined detail and texture.”

“Before the day, I had, in anticipation, looked at Karen’s website and felt inspired by her beautiful paintings of the countryside. However, on arrival at the workshop, as is usual for me, I found myself feeling nervous, filled with trepidation at what the day might hold! I was sure I’d paint a mess, not knowing what I was doing, or the right way to do it. However, I was determined to remain as optimistic as possible.

Gill Impey's workspace!



EXPERIENCED DRESSMAKER

Made to measure
Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.
Also alterations undertaken
All made to the Highest Quality by
SHEILA SHUTTLEWORTH

Tel: 015242 - 74322

“As we set to work, our different abilities and painting styles became apparent, but with each person Karen was able to imbue confidence and a feeling of success. She encouraged us to develop and enhance our own style of painting. I felt that everyone was relaxed and enjoying their efforts. Some superb paintings were produced! Karen was wonderful at calming my nerves, she was so friendly and approachable. Her demonstration made painting a piece of work seem achievable. Listening to her chatting as she painted, I learned about composition, colour, light and dark tones, creating detail and texture and all manner of useful tips.

“I left with a desire to purchase some of the different media we had used and to paint more of the same, as opposed to, ‘I’m no good at that, won’t be trying that again!’ I also realised the importance of experimenting without needing to end up with a satisfying painting. There are parts of my day’s work that I’m very happy with. This is all down to Karen’s cheerful, calm personality and her ability and experience. A very good day”.

The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

Available to hire for all kinds of functions

⌘ Parties ⌘ Meetings ⌘ Concerts ⌘

⌘ Wedding Receptions ⌘ Dances ⌘

⌘ Theatre ⌘ Discos ⌘ Lectures ⌘

Availability calendar and forms online
at

sedberghpeopleshall.org

Or at Sedbergh Information Centre
72 Main Street

Gill Impey wrote: "I personally would like to thank Karen for her teaching skills and especially the way she visited everyone, offering encouragement. She had something positive to say to each person and also gave some very helpful advice. Please invite her again".

Ron Gerrard added: "I really enjoyed the day, and appreciated the time to chat in the café! I felt that Karen's approach was great and I feel like a born again colourist dauber.

Have to dash as I am off to order some Inktense blocks". From myself and Gill Impey, many, many thanks to Karen, to Farfield Mill and to all the participants. For further information on Sedbergh Art Society events contact:-

Jenifer Alison:

jen.alison10@gmail.com

Tel: 01539 824666 or 07785 964008

Gill Impey:

gillimpey@hotmail.co.uk

Tel: 01539 726640 or 07522 264187

SEDBERGH SCHOOL NEWS

Karen Bruce-Lockhart

The BBC visited the school on 26th February filming and interviewing the Chapel Choir ahead of the Young Choir of the Year final on 22nd March

Pupils and Staff from the School undertook a full day's work on 26th February helping to keep the area surrounding Doncaster Rovers' Keepmoat Stadium tidy.

The School has been shortlisted for The Education North Awards 2020 for the Community Engagement Award for Schools. The winners will be announced at the awards ceremony on 23rd April

The School spoke with Cumbria Fire Service on 19th February about the importance of retained firefighters (new recruits are being advertised for). The School has two retained on call firefighter employees and is proud of them

Assessments for the Academic and other Scholarships took place in the week beginning 24th February.

During half term an Art trip to Florence Milan and Rome took place

The former Headmaster Peter J Attenborough (1975-1981) died on 19th February after a short illness. A service to celebrate and remember his life took place at St Michael's Church, Ledbury, on 4th March.

The School has made extensive plans for tracing children, staff and parents who may visit defined countries in the Easter holidays in respect of the coronavirus, requiring 14 days quarantine in respect of anyone who has visited certain countries before making contact with the school. They continue to take

advice from the Medical Officers of Health and the Foreign Office and to lay plans for all foreseeable eventualities. There is particular concern for the local community and its older residents. At the time of going to press the School is carrying on as normal – with appropriate precautions and plans for potential future changes in advice.

Sedbergh School International Ltd was shortlisted as a finalist in the China Education Links Award at the Greater China Awards 2020 hosted by the Department for International Trade North West at the Lowry Theatre for their development of Tong Quiao Sedbergh School, a K12 boarding school located in Fuzhou, Fujian, with plans to develop further schools in China in coming years

Hunter Hall School pupils had a residential visit to the Prep School on the weekend of 28th February which involved them in shooting, STEM, baking, swimming, hockey and animal care activities.

The Naval cadets visited HMS Prince of Wales and HMS Example.

A Careers and Higher Education Fair was held on 6th March with exhibitors from the Universities, Employers and the Armed Forces

Two Sedberghian dogs starred at Crufts, Isabella Bennett's Tough Cookie at Bolhouse winning the Postgraduate Dog Welsh terrier class and Welsh Attitude Oh By Myself at Bolhouse only 15 months came third in the Postgraduate Bitch Welsh Terrier class – Chuck and Olia (though I understand sometimes Snoutie) to their friends. Isabella is the Foundation Director.

The new Centre in Queen's Hall for Year 13 will include a café bistro, a working room, two class rooms, a quiet room and two offices.

India Haydon-Wood (who sang solo in the Messiah) is taking part in the Boundary Park Triathlon on 12th April to raise money for Claire House Children's Hospice who help terminally ill children live a full life.

Academic

Hart won this year's inter House Academic Challenge (as in University Challenge)

A display of the 6th Form A level art has been held at Farfield Mill, and will remain open until 2nd June.

Pupils also exhibited their art at the Lowry Arts Centre and Izzy Flanagan



Valerie Hinde

Chartered architect and designer

New build and extensions

Refurbishments

Conservation

Listed buildings

Planning applications

Building regulations

Community

Commercial

49 Robin Lane, Bentham, LA2 7AG

Tel 07503 731818 015242 61407

valeriehinde@gmail.com

www.valerie-hinde.co.uk

gained a Highly Commended for her portrait of a Geisha girls

Both the upper School and the Prep took an active part in World Book Day.

Music and Drama

Olly in Powell House has been accepted into the National Youth Music Theatre for the summer season.

The Religion and Drama departments teamed up to see "Prince of Egypt" in London.

The performance of highlights from the Messiah by the Sedbergh Choral Society on 5th March in the Hirst Centre was a great success, with several girls from the School singing the soprano parts, and OS Partrick Relph singing the Bass solos.

A Jazz and Swing Evening was held on Sunday, 15th March.

Hockey

Year 10 pupil Bo Madden represented England U16 hockey to win against Ireland on the weekend of 22/23 February before taking part in the National Final later in the week. Unfortunately the School were unsuccessful in the Final, losing to Repton 6-1.

The U15 Girls obtained the Bronze medal in the County competition

Cricket

For the second year running OS George Hill has won the Cricket Society's Wetherill Award for the leading all-round cricketer in Schools' cricket. He helped England win the U19 Cricket World Cup in South Africa.



Prepare your Garden for Spring 2020 with essentials from Dawsons Compost

60 Litre bags of Multi-Purpose Compost - £4.70 each or 4 Bags for £16.00

60 Litre bags of Compost with John Innes - £5.20 each or 4 Bags for £19.00

75 Litres Decorative Woodland Bark - £8.00 each or 4 bags for £28.00

Grow Bags - £3.50 each or 4 bags for £11.00

25% off Errington Reay Traditional Garden Pots

Our range includes classic planters and troughs made using traditional methods.

Glazed Garden Pots

A variety of different colours, sizes and styles available, call in and have a look. There's up to 50% off RRP on a large selection of our glazed garden pots, with prices starting at just £5.

Wooden Garden Furniture

available flat packed or assembled, please ask for details.

Decorative Slate, Top-Soil, Gravel, Sand and Cement are available too.

Contact us for prices and further information on 015396 20210
email:office@dawsonsoftsedbergh.co.uk ~ www.dawsonsoftsedbergh.co.uk

The School's 3rd XI (mixed pupils, staff and town) has been promoted into Westmorland Division 3.

Netball

Two pupils, Mille and Liv, played for Netball Cumbria's U15s – a year young, and Hannah in year 9 played for the successful U15 Cumbria team on the weekend of 7/8 March

Running

The Old Sedberghian Club again organised a Global run on the day of the Wilson Run, and hoped to surpass the 70k views of the video they had in 2019. The result will have to await the May edition

The Old Sedberghian team won the Morgan Run (4.8 miles over Frostrow Fell), and Fraser Sproul was the individual winner, beating British Fell Running Champion Carl Bell by five seconds.

The senior boys retained the South East Schools cross country title (for the fourth year running)

The U17 Girls won the final in the MidLancs meeting in Lancaster and came second overall for the season.

Robertson won the Girls' Ten Mile Relay on 9th March in terrible weather conditions, and Sedgwick won the Boys', no doubt to a great extent having the advantage of Fraser Sproul.

Fraser Sproul won the English Schools Cross Country Intermediate Championship on 14th April

At the time of going to press it has proved impossible for practice/qualifying runs to take place on the Wilson Run Course due to the height and strength of the water in the ghylls and becks. Unfortunately, the Wilson

Anita's Mobile Hairdressing

Available in Sedbergh
On Wednesdays and
Thursdays.

Please call 07747 685 520



Run results will have to await next month's article.

Rugby

The U14 Rugby Sevens due to be held at the School on 29th February had to be cancelled due to waterlogged pitches.

Kirkham won the U16 Sedbergh Sevens on Saturday 14th March. Sedbergh came fourth.

Future Events

There is to be an Open Day on Saturday 2nd May, 9.30 am-12.30 pm

Following its success last year, the Three Inch Fools will perform Romeo in Evans House garden on 26th April at 2pm – a musical take on Shakespeare.

The Sedbergh National Super Tens are on Sunday and Monday 29th and 30th March.

The date of the broadcast of the final of the Young Choir of the Year is still unknown at the time of going to press, but will be sometime in April

The summer term begins on 19th April and ends on Speech Day, 2nd July. Half term is from 28th May (after Sports) till 5th June.

Note all future dates are likely to be in doubt in the current situation.

Ed

ABLE MEMORIALS

Monumental and Architectural Masons
New Memorials and Additional Inscriptions
Showroom with over 30 Memorials on display at
3 Wildman Street, Kendal

Please call for a brochure or free estimate

on 01539 735583
or 07779 025745

Home visits available by local mason Edward Waller

HABITATS SURVEY COMPLETED IN WESTMORLAND DALES

Andrew Fagg YDNPA

Local ecologists have carried out a survey and condition assessment of 'priority habitats' across ten parishes in the Westmorland Dales area of the Yorkshire Dales National Park. A total of 40 square kilometres was surveyed, with 60 landowners granting access to the ecologists. Just over a quarter (10.2km²) of the land surveyed was identifiable as priority habitat. Sixteen priority habitats, including blanket bog, limestone pavement, native semi-natural woodland and upland hay meadow, were found.

A report on the survey, which was carried out during 2019, has been published here

<https://www.yorkshiredales.org.uk/about/looking-after/wildlife/habitat-surveys/>

A case study illustrating how the survey was carried out, in regard to an area of limestone pavement near Orton, can be seen in this blog post, 'Mind what's in the gap'.

<https://www.yorkshiredales.org.uk/mind-whats-in-the-gap/>

Only areas outside of Sites of Special Scientific Interest (SSSI), which are monitored by Natural England, were included in the survey. Member Champion for the Natural Environment at the Yorkshire Dales

National Park Authority, Ian McPherson, said: "The survey has given us a substantial amount of information on the state of priority habitats in the Westmorland Dales outside SSSIs. As it was the first survey of its kind to take place in the area, we do not know if the condition of the habitats is getting better or worse. That said, the results show that only a small proportion of priority habitat in the Westmorland Dales area of the National Park is in good condition. Of particular concern is the apparent drying out of blanket bog, which appears to be reverting to acid grassland.

"I would like to sincerely thank all the landowners who gave access to their land. Getting this data is the first step on the path to nature recovery. The information will be used not only to plan biodiversity conservation work, through programmes such as the Westmorland Dales Landscape Partnership, but also to help farmers to access funding through national agri-environment schemes. There is so much urgent work that can and must be done to stem the loss of priority habitat, and restore what remains."



J J MARTIN
Funeral Directors
Established 1869
Long Lane, Sedbergh

Brian Goad 015396 25334
Edward Waller 015396 20130

Complete Funeral Service
Day or Night

Chapel of Rest

TURNING PAPER BACK INTO TREES...

Mike Appleton

Yorkshire-based Cone Exchange, the community recycling project of Bettys & Taylors Group, has completed a fantastic year of fundraising for Yorkshire Dales Millennium Trust (YDMT), going above and beyond their original fundraising target.

The scrap store in Harrogate works with local schools, community groups, social enterprises and charities to transform trash into treasure, repurposing materials that would otherwise have ended up in landfill whilst also providing a valuable resource for crafters from the local area.

In 2019, they aimed to plant 300 trees – but profits from the sale of paper, card and other paper-crafting materials at Cone Exchange has now totalled £3,500 and will be used to plant 350 new trees.

Chris Powell, Community Champion for Bettys & Taylors Group, tells us: "As a business we are really excited to combine our local environmental and community work with our long-term passion for trees

by planting trees locally and creating our own Cone Exchange Wood.

"We are thrilled that the money raised will be used to create a project that our volunteers and customers can visit to see first-hand the impact these trees will have."

Carol Douglas, Woodland Officer at YDMT, added: "Through our 'Together for Trees' campaign we are working with many supporters and partners such as Cone Exchange to plant 100,000 additional trees across the region.

"Trees are hugely valuable as a habitat for wildlife support some of our most endangered woodland animals, like red squirrels, dormice and cuckoos.

"They are also important for our mental health and wellbeing and we believe that everyone should have access to them. The appeal aims to raise funds to create beautiful woodlands that everyone can enjoy for years to come."

With the Trust having supported the planting of 60,000 trees since the appeal was launched in summer 2018, they are well on the way to reaching their 'Together for Trees' target of 100,000 over the next two years.

DALTON WOODLAND BURIAL GROUND



Natural Woodland
Burial Ground



"Return to the Earth, naturally"

www.daltonwoodlandburial.co.uk
Burton-in-Kendal: 01524 782442

FELLINI'S AMBLESIDE

Myles Ripley

Like the Brewery in Kendal, Zefirelli's in Ambleside offer a film and meal deal for £24.75 for two courses, though if you are like me and fancy a pudding and glass of wine as well then it is a bit more. But I couldn't resist the Chocolate Lava Cake which was indeed gloriously sweet and gooey and just the right mixture of liquid and solid! The décor is very smart, and you are well looked after from the moment you walk in. While I am normally a red-blooded meat eater, I was very happy with the wide range of vegetarian only dishes many of which are vegan and can be gluten free as well. While this may seem to be very 2020, Fellini's and its sister restaurant at Zefirellis have been vegetarian for many years and often packed out with diners.

I started with a blue cheese twice baked souffle with apple, watercress and walnut to cut through the rich and sumptuous souffle which was very tasty. My next-door neighbours had the Roasted beetroot and Braeburn apple tart tatin which looked nice enough to tempt me to ask for a taste, but I resisted! I've often wondered what a cauliflower steak would be like and while as a steak lover it is no substitute for texture it was good – firm crisp roasted cauliflower with a parmesan, tomato and ginger crust on a bed of avocado sauce and quinoa on the side. Again spying on my neighbours I saw some interesting looking filo parcels containing leek, kale and apricot for one, and puy and red lentil coriander cakes for the other. A decent wine list provided me with a glass of old vine



Grenache which went well with the slightly spicy ginger and turmeric "steak".

All in all, a very good meal in comfortable surroundings – and then there was the film "The Parasite" but that is another story.

(since writing this review Fellini's featured in the Times as one of their 30 best vegetarian restaurants in England)

Please feel free to contribute any restaurant reviews – outside the LA10 postcode and within reasonable distance of Sedbergh.

PARKIN & JACKSON MONUMENTAL MASON

14 Appleby Road Kendal LA9 6ES
Tel 01539 722838



- New Memorials
- 2nd Inscriptions
- Cleaning and Repainting
- Renovations
- Memorials designed to your personal specifications

Visit our showroom
or phone for a brochure

parkinandjackson@btinternet.com
www.parkinandjackson.com
Contact KEVIN BATEMAN

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Only one month to go before our Swifts come back, usually in the first week of May! For birds weighing only about 40gms (little more than a Cadbury's Creme Egg®), the migration of Swifts never ceases to amaze. The roundtrip from Central Africa is more than 14,000 miles and Swifts will make this journey each year in an average lifetime of 7-9 years. They are continually airborne for their 9 months in Africa, only resting when they return here to breed. Even here, most of their time is spent foraging for insects to bring up their young. It is estimated they may fly about 2 million miles in a lifetime, equivalent to 4 return trips to the moon. Truly remarkable!

Although they may look superficially similar, and all feed on insects in the air, Swifts are completely unrelated to the Hirundines, the group to which the Swallows and Martins belong. Strangely, the Swift's closest relatives are the humming birds, in the group Apodiformes. Both have very short legs and DNA analysis suggests the group's evolution diverged 65-70 million years ago. Swallows and Martins return to this country before the Swifts, in April, and Sand Martins even earlier, in March.

Birdwatchers all over the country are avidly looking out for the return of summer migrants. Chiffchaff is one of the first of the summer migrants to arrive back in the UK, typically in early March. According to the BTO (British Trust for Ornithology) and

BirdGuides, at the time of writing (14th March) singing birds have been recorded in the southern half of the country. Wheatear, another early migrant, has also put in an appearance. Sand Martins have been widely reported with sightings in many counties and as far north as Lancashire and N. Yorkshire. The EuroBIRD Portal has wonderful maps that show the progress week-by-week of the density of migrants as they move northwards through Europe. At this time Swallows and House Martins have reached south west Spain. In this part of the country however a friend tells us that her Swallows return to their nests in her garage in the last week of April. Another late migrant is the Spotted Flycatcher, and last of all to arrive are our Swifts, in early May. Swifts are the last migrants to return, and the first to leave. Our own exceptionally early record of Swift was in 2018, when two birds from the Settlebeck school boxes came back on April 28th and 29th.

Swifts, Swallows and Martins: Here is a reminder on What's the difference?

Appearance: Swallows and Martins have white patches, which you may glimpse as they twist and turn in the air, especially the white rump of house Martin. Swifts are all dark, and have longer scythe-shaped wings. So if you catch sight of any white, then it's not a Swift.

Nesting habits: Swallows nest inside buildings, in outhouses and barns, on ledges and beams. House Martins make cup-shaped mud nests on the outside of buildings high up under the eaves. So both these birds

can be seen on the nest. Swifts however are never seen on the nest, as they are hidden from view within the eaves, or in crevices in walls. And, unlike Swallows and Martins, Swifts are not messy!

Behaviour: A characteristic of Swifts is their screaming parties as parties of birds hurtle around our towns and villages. And finally, because of their tiny legs, Swifts cannot perch – a bird on a wire is never a Swift.

Although breeding pairs of Swifts are faithful to their nest sites, they do not migrate together nor do they spend the winter together in Africa. It is their nest site that seems to hold the pair together, but how Swifts manage to navigate back to the exactly the same nest site each year is one of Nature's great mysteries.

To Contact Sedbergh Community Swifts:

email ta.hoare@btinternet.com or ring 01539 824043.



Repairs

Maintenance

Improvements

Small Projects

Mobile: 07528795337
E-mail: jermyd@outlook.com
Facebook: David Jermy House & Gardens

NATURE NOTES

Ian McPherson

I wonder how many of you have noticed the small colony of feral pigeons that live in Sedbergh? Most mornings the flock, of roughly 18 birds, can be seen on the roof of the Black Bull or other nearby buildings and then, later in the day, feeding on the playing fields or other fields on the edge of the town. Most people probably won't give them a second look – but they should. They are beautiful birds with their pale grey plumage, white rump and an iridescent purple and green sheen to the feathers on the side of their neck. This makes them very similar to their wild ancestor, the Rock Dove. Other feral pigeons may indicate a more "domesticated" ancestry arising from "fancy" and racing pigeons bred in captivity which, in some cases, results in almost pure white birds or, in others, a combination of black, brown and grey. All birds have a soft lulling coo along the lines of "rucka-ta-coo, rucka-ta-coo" (quite different from the slightly manic call of their late-comer cousins, the Collared Dove: "Liver-pool, Liver-pool ..."). Most mornings I watch the birds from

my window as they circle around town before heading off for their first feeding session of the day. Because of their plumage variations it is quite possible to identify individual birds and to look out for them each morning. A significant number of them have been part of the flock for several years. It takes me back to when I was a young boy living in Middlesbrough, just discovering the delights of bird watching, and watching "tumbler" pigeons flying from a loft close to where I lived. These pigeons were bred to, every so often, literally fall out of the sky, but to stop themselves just before they hit the ground! Coming originally from Co. Durham, however, I was no stranger to visiting homing pigeon lofts owned by local miners (yes, and they had whippets too and most of them wore cloth caps). Since then the different breeds of pigeon and their adaptability to selective breeding has always fascinated me.

We are also lucky to have a number of different species of wild pigeons and doves in our country as well. Not only the aforementioned Rock Dove, quite rare but with sizeable numbers in places like Mull;



Tel: 015396 22038
Mob: 07771824958
E: info@mkconversions.co.uk

All types of building work undertaken

- Extensions
- Barn conversions
- New build
- Restoration work
- Building, joinery, plastering, tiling, roofing
- Topseal flat roofing approved installer



the Stock Dove also relatively rare but I did see some on the Somerset Levels when I visited there last year; the Collared Dove, already mentioned; the ubiquitous Wood Pigeon, and the sadly, almost extinct in this country, Turtle Dove, whose numbers have in the last few years reduced by almost ninety five per cent from their former total. These are the doyen of doves indeed with their striking, albeit muted colouration, and their wonderfully evocative purr like call – reminiscent of summer days long ago when the world was still young, and climate-change had not even been thought of as a pressing issue!

So a short introduction to the world of pigeons and doves. If you are interested you could even start doing a bit of research into them yourselves – maybe even acquiring a dovecote and having a pair or two of fantail pigeons. Quite a number of old local houses already have built-in dovecotes, although the intention behind these was more likely to have had a culinary rather than aesthetic motivation! And, in the meantime, enjoy your local feral pigeons, and see how many different individuals you can identify from day to day.

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

SPRING CLEANING

Roger Moore

Spring is a time of regeneration and renewal (and, perhaps, spring cleaning!). As we clean inside our houses we should also think of the world outside. To survive we need clean air and clean water as well as good food.

The air in Sedbergh appears to be clean now. I can recall the days when the town was blanketed in winter by blue smoke haze. That has gone but invisible pollution remains. Carbon dioxide and nitrogen oxides are produced when fossil fuels are used. Invisible particles come from car exhausts and brakes, and more industrial waste comes on southerly winds.

Green plants have an amazing capacity to absorb these pollutants. Planting trees or hedges around schools has been shown to reduce respiratory disease. Grasslands clean the air and our abundant rain helps to wash particles away. In the growing season all green plants absorb carbon dioxide and the nitrogen oxides, washed down by rain water, promote growth.

Our drinking water no longer comes from the surrounding fells, but it remains relatively clean. The quality of river water is more variable. In times of heavy rain drainage from roads and agricultural land reduce water quality. There may be sewage from our mixed water drainage. Unseen micro-plastics enter the ecosystem. A direct result is that there are fewer life forms in the water. The most effective way of reducing such pollution and associated flooding is by slowing the flow of

water. Natural dams and wetlands help and also provide a habitat for wildlife. We have a large area to the east around Baugh Fell which acts as a sponge. Runoff from the Howgills is less easily controlled; more tree planting would hold up the flow. Water runs freely from hard surfaces in towns and gardens. Grassed areas or gravel surfaces allow water to percolate down rather than add to flooding.

Gardens come to life in spring. Many of our food crops are pollinated by insects. If you have space it is worth leaving part of your patch less tidy, perhaps by not mowing until late summer and allowing wild flowers to grow. This will provide a haven for insects and other wildlife to flourish and will also benefit the birds.



Middleton Mole Ploughing Ltd

**2.7 Tonne Excavator
with Driver for Hire**



**Draining & Water Pipe Installation
Impact Mole Road & Driveway
Crossings
General Digger Work
Contact Tony on 07377 364155**

SEDBERGH RED SQUIRREL GROUP

Reds respond to conservation efforts

Karen Hopps

Sedbergh Reds thought we should share with the people of Sedbergh the results of an annual survey, which appeared recently in the Cumbria Wildlife magazine. The survey is undertaken by Red Squirrels Northern England, in partnership with several other organisations, and was completed in spring of 2019; this is its eighth year. We also take part in it. Overall, the result was similar to 2018, with a small increase of 1% in the number of red sites and a decrease of 2% on the number of grey sites, this is good news, suggesting some degree of range stability.

In Cumbria results were better than other Northern areas, with reds recorded in 64% of 115 sites/areas surveyed and greys in 43%. This shows, once again, that Cumbria is the very best county for our much loved native species, and Sedbergh is at the heart of the action! This is fantastic news for our local squirrel group and its hard working volunteers, clearly the work is paying off, although it is critical that we keep up our efforts to continue protecting our local reds.

If you feel you can help in anyway please 'squirrelise' your garden. You can help attract red squirrels to your garden by planting shrubs or trees, which will provide a natural food source.



Have a squirrel feeder. Feeding red squirrels helps them through lean times.

Report sightings. We need to know where both red and grey squirrels are.[

Become a member for £10.00 per year.

Contact us for information about any of the above on sedberghredsquirrels100@gmail.com or look at our webpage for advice and ideas <http://www.sedberghredsquirrels.org.uk>

DENTDALE HEAD TO FOOT

Mike Steele

Our March meeting was "What did you do in the War, Granny?" from Freda Meakin, which was her child's eye view of how the second World War unfolded and how it affected her childhood.

Her title, of course, comes from the First World War Poster of the same genre which was "What did you do in the war, Daddy" and was meant to stimulate the "laggards" in WW1.

However, in Freda's case it was very apparent that as a child you were expected to contribute in some way to the war effort, and from the

age of 10 she was very involved in her local community in the Isle of Man by helping at the local Day Nursery as soon as schooling was over, to enable the mothers employed locally to work until their shifts were over at 6 p.m. She joined the Red Cross at 10 and became a Girl Guide at 11, so she rapidly became involved in other community work on the island. This in 1938 prior to the start of the war.

It soon became obvious to her family that they would have to move to the mainland when the war started, so they moved to Stretford in Manchester and due to the closure of her local primary school she attended a Dame School, run by two elderly ladies who enjoyed long breaks and lunchtimes, but even so provided a very good primary education considering the circumstances.

Casualties from Dunkirk were brought into the locally commandeered Town Hall building and she vividly remembered them dressed in the "Blues" of injured servicemen, most of them from the Dunkirk evacuation. The bombing of Trafford Park which then was a mammoth industrial area, brought

Pennine Outdoor Fabrics Ltd

SPECIALIST FABRICS & HABERDASHERY

Waterproof, Breathable,
Fleece & Technical
Fabrics for:
Awnings & Covers
Bags & Rucksacks
Clothing, Tents etc



Wide range of
Buckles, Webbing
Cord & Accessories
Seam Sealants & Waterproofers
Reflective Tape, Touch & Close
Patterns & Zips

www.pennineoutdoor.co.uk

sales@pennineoutdoor.co.uk • 015242 63377 • Central Buildings, High Bentham, LA2 7HE

home the seriousness of what was happening to the country.

Following the destruction of the local secondary school from the bombing raids the whole school, where the caretaker who she knew well was killed, was evacuated to Lymm in Cheshire and then to Fairhaven between Lytham and Lytham St Annes. This final destination for her secondary education consisted of Pre-Fab classrooms and one hall, but provided such an education that all the pupils obtained scholarships to further education and eventually provided her with her job as a history teacher.

One thing which still sticks in her mind was rationing. There was National Bread, as white flour was unavailable, a quarter pound wholemeal loaf per week, 2 oz. of sugar per week, 2 oz. of tea per week, 2 oz. of butter and one rasher of bacon. Contrast this with the recommended diet today! No wonder they were healthy and have lived long and active lives. At this time her parents were able to buy a small corner shop and rationing continued until 1954, so one of her tasks was to process all the rationing coupons which then went to the local Food Office. Woe betide you if things did not tally! One local butcher somehow or other got around the meat rationing by occasionally offering goat meat which was not rationed. "Paddy's got Goat" inevitably meant long queues to obtain fresh meat.

Locally in Dent she remembered the stories of Ingram Cleasby who as a soldier in Germany after the war

gave away his rations to the local German populace because he thought they were in a worse situation than the victors were.

All in all, a most fascinating talk from the pin-sharp memory of a 91-year-old.

Our next meeting in April was to have been a talk from Age UK, however the current corona virus situation has caused the committee to review the situation and regrettably this has been cancelled, along with the rest of our programme for the foreseeable future, until we are clear of the current problems.

Watch this space!

It won't last forever, so in the other words of WW2, "Keep Calm and Carry On", but please do remain safe.

PHYSIOTHERAPIST

HCPC Registered



John Bannister
Chartered Physiotherapist

**John Bannister
Sun Lea, Joss Lane, Sedbergh**

Tel. 07877301088
Email john@jb-physio.com
Web www.jb-physio.com

Competitive rates
Home visits available

- Flexible appointments to meet your needs

PASSOVER

Sarah Woof

On April 9th, Maundy Thursday, Dentdale Christian Fellowship will celebrate Passover, remembering the 'passing over of the angel of death in the time when God's people were preparing to move on'. Also we will remember the circumstances which we commemorate and celebrate at the Easter period.

At present we are planning to meet for a meal and celebration in the Dent Sedgwick Room from 6.30pm.

There is no charge and all ages are welcome, the account of events will be explained in an easy way to be understood by all ages. No need to book in unless you are GF, DF, V or can't eat 'this or that' (like me!).

If you want more information or to check we ARE meeting please ring 015396 25212.

Fritz Hrynyk

LIGHT TOUCH THERAPIST

~~~~~

Combines

CranioSacral techniques with Reiki to help release tension & restore body-mind balance

~~~~~

Treatments in Millthrop, Sedbergh & Barbon Village Hall by appointment
07817 665662 / 015396 21303

YORKSHIRE DALES NATIONAL PARKS AUTHORITY

Dales people engage in Local Plan process

Andrew Fagg

People in the Yorkshire Dales National Park have responded in good numbers to an invitation to help shape a new set of planning policies for the area.

A total of 249 people, as well as 26 organisations, submitted comments to 'Consultation No. 1 – Setting the Agenda', which ran for 10 weeks to the 14th of February this year.

The response rate compares favourably with the last time the Local Plan was renewed, in 2013, when 17 people and 35 organisations responded to the first consultation.

The responses received included comments on a wide range of issues, including affordable housing provision, renewable energy and biodiversity gain.

The comments will set the agenda for the new Local Plan, and help the National Park Authority to put together 'Consultation No.2 – Exploring our options'. This second consultation,

to be launched later this spring, will ask people to consider a number of development scenarios and ideas.

YDNPA Member Champion for Sustainable Development, Chris Clark, said: "I'd like to thank all the individuals and organisations that have responded to the first consultation, and I would also like to thank the local media for helping put the word out.

"It is interesting to read through the responses. New affordable housing is

clearly a priority for many people, with one parish council suggesting that consideration should be given to creating an entirely new village. Barn conversions remain a hot topic, with some saying the policy should be loosened further, while other people say there should be no further conversions at all.

"There is a wide variety of views on tourism, too, with some people calling for a halt in the growth of the industry, while others have requested specific policies for tourism-led development, with one person suggesting a new major tourist attraction on the scale of Eden Project is needed to create new jobs.

"The Authority will carefully weigh up the responses, including a debate at its next full meeting at the end of this month. The Process to create a new Local Plan is a long one, but we've made a great start. I hope local people will continue to engage in the process. The National Park Authority, as the local planning authority, is looking to empower local people to shape the development of the area in which they live and work."

FAMILY MUSINGS

Sarah Woof

As we drive around our daily commute, be it to work or something else we see sweet little lambs gambolling around the fields and probably don't think much about the hard work that gets them there. The sleepless nights, the broken sleep of getting up in the night to check on pregnant ewes and perhaps help deliver the lambs, the aborted lambs, the lambs under the infra red lamps or the ones bottle fed. Most of us take what we see at face value. And enjoy it. And why not as long as there are others able to put in the hard work required.

That can apply to community activities and to family life, two of our grandchildren love their Tablets, watching films, playing games etc, and persuading them to stop can be hard, but I have games they love to play, 'Shutes and Ladders' being one, not a snake in sight. A recent game went on for ages, one person seemed to have the end within their grasp..oh..gone down a chute!

Life kicks up its challenges, none more so than this virus sweeping the world. Seeing the shop shelves swept clear of anything anyone might want

Craig Chamberlain IT Services

Problem with your computer?
Let me take care of it.

www.craigchamberlain.it
info@craigchamberlain.it

Windows 7 is "Going End of Life"

If you still have Windows 7, you should plan to upgrade or even replace your computer before 14th January 2020.

I can upgrade your computer or help you choose a new device, and migrate your files to your new computer or the cloud.

07526 825 153



to buy coincided with my taking a trip down memory lane, yes another one, and remembering something quite the opposite. My Dad in his shop and an engagement was announced in the Dale, he stocked up on items suitable for wedding presents and for redecorating, should the family home need a quick refresh.

Another grandchild and we now have six. I heard today of a lady who has 23 grandchildren...what a lot of 'tablets -to-distract-from' that would be!

For some of us life is uplifting and encourages us but for others we seem to find a downwards 'chute' around every corner, hopefully our family and friends, our interests and hobbies will keep us going. Stay well folks and enjoy the chocolate (of Easter).

FEBRUARY WEATHER

Brian Wright

What a month!! February "fill dyke" it certainly was both in "black & white"!! I think it must be my wettest February and one of the wettest months ever at 14.17 inches (360mm)!! As the old rhyme goes we had all forms of precipitation during the month; I had to put on waders to feed my sheep one morning!

Locally we had worse weather between the two named storms with downpours and gales with a depression of 28.94 inches of mercury (908.02 millibars). During this depression wind speeds up to 28.6mph (46kph) were recorded. Temperatures were typical, for the time of year, with a maximum of 49.8F (10C) and several frosty nights with a low of 28F (-2C).

After last month's snowdrops, crocuses gave some colour. The specie crocuses appeared first followed by the hybrids. The winter jasmine has still a few flowers on it and the 'daffs' are budding up nicely. New tulips we planted have come on so let's hope they ultimately flower also.

We are still getting a lot of activity at the bird feeders. Along with the usual visitors, long tailed tits are now feeding several times each day. Generally it is just two so let's hope they are a breeding pair and are ultimately successful. We have a mini starling roost in our clump of bamboo. When I go round there at night with the dogs there is a lot of rustling as they are disturbed. I haven't seen any activity near my owl box but there are owls calling nearby each night.

One to one tuition KS1 to KS5

- Maths
- English Literature
- English Language
- Drama
- Eleven plus
- Phonics & Numeracy
- Year 2 & 6 SAT preparation
- Dyslexia screening & support

Confidence building
Revision techniques

Specialised support available as one-hour sessions; our principal aim is to empower and enable students to be successful. Working closely with parents to understand individual requirements and support students' needs. Our students benefit from a friendly and motivating approach that builds confidence.



63 Main Street, Kirkby Lonsdale
LA6 2AH



twittwooeducation@gmail.com
Call Liz on 07946560280

SEDBERGH LADIES NFU

Caroline Sandys-Clarke

On 18th February 16 members thoroughly enjoyed a talk by Sarah Littlefield and Mike Jackson from the Lune Rivers Trust. Working with about 34 partners, including the NFU, local farmers and Landowners, the main object of the trust is to improve the waters and habitats of the River Lune from Tebay in the north to Cockerham and Pilling in the south. This helps to increase the numbers of salmon, trout, sea trout and eels as well as the endangered species of the white clawed crayfish. Copies of The Habitat Herald were given out to everyone. This gives a comprehensive account of the projects the trust deals with. Sarah and Mike were thanked for a most interesting and informative, illustrated talk by Helen Woof our past president. The talk was followed by our AGM. Our talk on 21st April is postponed owing to Covid19 but was to be about Designing and Working with leather given by Christine Wallace. If it goes ahead, visitors are welcome and should come to The People's Hall committee room for 7.30. There will be a coffee morning on 6th May in St Andrews Church, hosted by The Ladies NFU in aid of Dementia UK. Again, this will only go ahead if current government advice changes. For up to date information should the situation change please call me: 07773130432



DIGGING FOR BRITONS! COMMUNITY EXCAVATIONS AT HIGH CARLINGILL IN THE LUNE GORGE, TEBAY

*Graham Hooley and Jan
Hicks, Lunesdale Archaeology
Society*

In 2018 Lunesdale Archaeology Society (LAS) was awarded a National Lottery Heritage Fund grant to investigate a prehistoric settlement in the Lune Gorge, half a kilometre south of the known Roman fort remains at Low Borrowbridge. The site had been discovered through aerial photography in the 1970s, drawn in plan in 1992 but, otherwise, remained un-investigated. It is one of a series of settlements along the east bank of the Lune, spaced approximately one to two kilometres apart and on the 200m contour of the western flanks of the Howgills. Others are at Fairmile Beck, Whinns and Blands Gill.

The settlement consisted of two joined enclosure banks with internal platforms and structures. The objective was to identify when the settlement originated, when it was abandoned and what, if any, was its relationship with the Roman fort nearby.

The project included geophysical surveys of the site to identify underground features, along with field walking and detailed aerial photography. These were followed up by four weeks of excavations by volunteers in 2018 and 2019 in often challenging conditions! In total over 50 local volunteers took part in the digs which were supervised by

Solstice Heritage professional archaeologists.

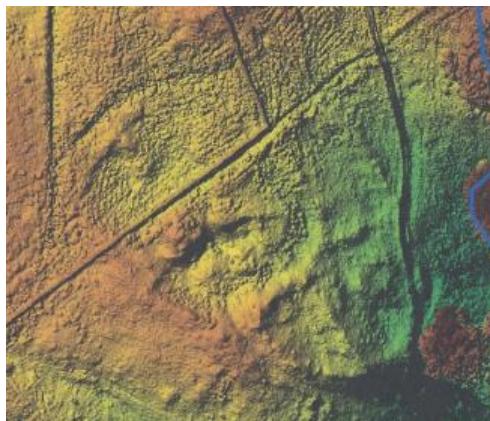
Excavation of the boundary banks and ditches revealed the construction methods along with organic samples of twigs and seeds that enabled dating of the build period. Using radiocarbon (C14) dating we were able to establish that the enclosures were constructed in the late second or early first centuries BC. This period is known as the Late Iron Pre-Roman Age (LIPRA) and shows that the settlement was established before the arrival of the Roman occupiers in the AD70s. Interestingly, the Roman road leading to the fort (now underneath Howgill Lane and Fairmile) passes close to the western edge of the settlement but does not cut into it.

Excavation of interior features, including platforms set into the sloping hillside, revealed the foundations of a number of round structures, at least two of which, have been interpreted as roundhouses that could have been the homes of the locals. The buildings would have been constructed with low stone walls, which supported a roof framework of timbers and branches covered with a thatch of bracken, reeds or turf.

Several fragments of pottery from cooking, eating or storage vessels were found on the floors of the buildings. One piece pre-dated the Roman period but the others were from the 2nd and 3rd centuries AD – precisely the time that the fort at Low Borrowbridge was occupied. There were some fragments of high status ‘samian ware’ pottery used for eating or drinking, as well as Roman army

‘black burnished ware’ used for cooking. These strongly suggest trade between the local Britons living in the settlement and the Roman occupiers. Samples of grain found suggest the locals were harvesting wheat and barley, and they will also have grazed cattle and sheep. The fort would have provided a ready market for their surpluses. Further radiocarbon dating of organic matter from soil samples in the floors of the huts confirmed occupation from around AD100 to AD300. Other finds included a section quernstone, used for grinding wheat to make bread or thicken stews, whetstones to sharpen blades, and metal objects, one of which was badly corroded but identified as a blade through x-ray photography.

Overall, the settlement seems to have been in use for at least 500 years from before the Roman period through to its end, though buildings would have been repaired or replaced over that period much as happens today. We also found evidence of use of the site in the 5/6th centuries AD. This may have been a passing shepherd, someone clearing the land,



**K. W. Electricals
(Sedbergh)**

Tel: 07917 322626

Domestic & Commercial
Electrical Contractors

NICEIC
DOMESTIC
INSTALLER

or maybe a family lived there, we cannot be sure from our evidence. 1000 years later farms existed all along the valley, much as today, and they still provide a living for families who keep sheep on the hills and graze cattle in the valley floor.

A full report on the dig is available from the LAS website: www.lunesdale.wordpress.com. An aerial view of the settlement

THORNS THROUGH TIME - ANATOMY OF A DESERTED VILLAGE

Graham Hooley

David Johnson, one of the leading archaeologists in the Yorkshire Dales National Park area, took us through the extensive research conducted at Thorns settlement, Ribblehead, as part of a five year, £2.6m project: 'Stories in Stone' on March 4th. The overall project included four of an archaeological nature funded through the National Lottery, run by David in conjunction with the Park and involving local volunteer groups.

Today Thorns consists of a number of building ruins and field boundaries/

walls. The project began by identifying ten trackways radiating out from the ruins. Some appeared to be classic packhorse routes, others used for cattle or sheep movements between pastures. David showed us a photograph of a beautifully constructed packhorse bridge close to the settlement. The next stage involved surveying over three kilometres of walls and field boundaries. During questions David explained how the chronology of dry stone walls can be estimated. Earlier walls (sixteenth and seventeenth centuries) were built a cubit in width (from finger tip to elbow) and had sides that were parallel, the width remaining constant for the whole height of the wall. They also tended to use larger orthostats and were not necessarily built in obvious courses. More recent walls (eighteenth and nineteenth centuries) tended to be battered with wider bases and narrower tops, more use of through stones for stability and to tie the walls together, and the use of smaller stone in more recognisable courses.

The third phase of the project was a ditch and bank survey. As the main farming activity in the monastic period had been cattle farming, banks had been used to contain the herds. Excavation at one point showed that the depth from the bottom of the original ditch to the top of the bank had been nearly two metres. The fourth phase involved geophysical survey. A magnetometer survey showed areas of high magnetic response. After eliminating metal fencing topping walls (!), the technique was useful in identifying

hearths in what proved to be dwellings. The final phase was a vernacular buildings survey in which the remains of houses and barns were mapped and excavations conducted to uncover more of their features and any useful dating materials or artefacts. The study revealed six houses, four barns and an 'out office' or privy. One of the high magnetic responses during the geophysical stage turned out, on excavation, to be a cast iron fire basket left in situ in a large, inglenook style fireplace. A particularly nice find was 25 fragments of a brown jug which has now been reassembled and is almost complete. It was a forenoon jug for small beer, dated to 1780-1820.

Documentary evidence, including monastic records as the site was owned by Furness Abbey until the dissolution of the monasteries by Henry VIII in the 1530s, and census records, show that the site was occupied from at least 1189 to 1891. Pollen analysis showed how species had changed over that time and that a once flourishing settlement of at least six households was abandoned by the end of the nineteenth century. The project was completed by consolidating the structural remains so that they can be preserved for the future. David has now published a book summarising the project and its findings: Thorns: An abandoned settlement published by Yorkshire Dales Millennium Trust, December 2019.

Family run 17th Century
Coaching Inn with restaurant,
rooms & bar. Inspired by the
landscape in flavour & design.
Relax, indulge & tune-out.

THE BLACK BULL

+44 (0) 15396 20264
bookings@theblackbullsedbergh.co.uk
theblackbullsedbergh.co.uk

The Black Bull,
44 Main Street, Sedbergh,
Cumbria, LA10 5BL



MARKETS TO SUPERMARKETS

200 years of shopping and beyond

Judith Robinson

Dr Winstanley's talk covered different types of shop, from markets through co-ops, independent shops, chain-stores, to department stores and multiples. He illustrated his talk with examples from the northwest of England, including Sedbergh. Old photographs of markets suggest random mixtures of food, live animals and other merchandise, sold from carts or trestles. However, rules often designated different parts of town for each category of goods and might require all fruit and vegetables to be sold by weight, because bushels were too variable. In Lancaster, in a time of famine, the rules forbade sales of food before 11am and provided that only townsfolk could buy. This prevented 'hucksters' from buying early and reselling at higher prices. Lancaster's fish market, originally near the river, was later moved into the centre, leading to complaints about smells and refuse. Meat markets were often on streets sloping towards a river. Later they were moved into slaughterhouses, known as shambles, so that animals were killed indoors. Keswick's shambles was moved from the middle of the high street because of tourists' complaints.

As towns grew, market halls were built, often with open-fronted shaded areas. Some, like Sedbergh, had a balcony for speeches and elections. By the late nineteenth century, there were three types of market: open markets; publicly-owned covered

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday

1400 - 1600

01539 795000 or 0845 6060265

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Yorkshire Dale National Park

0300 456 0030

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

markets (prevalent in the north of England), and privately-owned markets. Some cities had magnificent market buildings, but in the twentieth century the nature of covered markets changed. Open every day of the week with fixed stalls, they effectively became municipal shopping arcades.

The Co-operative Society movement originated in 1844 and was particularly strong in the north of England. Member numbers and 'divis'

were an important part of everyday life, but independent shopkeepers did not like the competition. Sedbergh's first Co-operative Society was wound up in 1897. A new society, founded the next year, was later taken over by Kendal & District Co-operative Society.

Old trade directories show that the trade of grocer was often combined with that of draper, or ironmonger, implying a general store. With corner shops and village shops serving ready-packaged goods, people did not have to go to the market.

Shoppers had to queue to be served by an assistant. A list of shops in Sedbergh in 1905 included 10 shoe shops; 10 grocers, 7 bakers, 6 milliners, 6 dressmakers and 5 butchers, many more shops than exist here today.

In the twentieth century, chain-stores sprang up everywhere, for example, Liptons for tea, Dewhursts for frozen meat, Boots the chemist, Timpsons for shoes, and Burtons for men's clothing. Mr Marks' 1d bazaar developed into Marks and Spencer; Woolworths spread everywhere. Here, customers did not wait to be served but walked round to choose their purchases. Department stores, started in the cities in the nineteenth century, are now struggling against the internet and out-of-town stores. The Trafford Centre is essentially a private market hall full of multiples. But the rise of online orders and supermarket deliveries harks back to the system of the customer's order book and delivery boys.

Steve Hopps



Property Maintenance
Painting and Decorating
Gardens tided & maintained
All types of work considered

Tel: 015396 23388

Mob: 07870 785322

steve.hopps2@gmail.com

DENTDALE 1920 TO 2020

Sarah Woof

In the Dentdale Memorial Hall on Sat May 16th the plan is to hold a 'down memory lane' event of photos, newspaper cuttings, slides, films and other memorabilia. The event will open at 6.30pm, tickets £8 in advance with food Inc and drinks extra, or £10 on the night. Tickets can be reserved to collect at the door, children up to aged 16 will be less cost.

Have you any artefacts we could borrow?

It would be a great help to know what is available by the end of April, please contact Sarah E Woof on 015396 25212 or any Trustee.

*** in the event of us being unable to hold this event in May it will be postponed until Sept/Oct. But do let us know what is available!**

LOOKAROUND

PERSONAL MESSAGES

ANN WOOD

Ann Wood would like to thank everyone that assisted her in her recent fall on Back Lane. Especially David Beare, the paramedics, Royal Lancaster Infirmary, friends and neighbours.

=====

ENERGY SURVEY

Do you ever think about the energy you use at home? Or perhaps your electricity bills are a bit higher than you'd like? If you're interested in taking a closer look, and/or just curious as to whether your energy consumption is relatively high or low, a new online survey may give you food for thought and some fresh ideas.

It's completely anonymous, and the results will be used for a Kendal-based MSc student's research on domestic energy consumption in the UK. Your response would be much appreciated!

Just enter the link in your web browser and it'll take you straight there. The survey should take about 10 minutes – an ideal coffee-break activity!"

<https://www.surveymonkey.co.uk/r/energyathome>

EDITORIAL

And I thought I was 'resting' if not retired. Right now, it seems like I've got a full time job. Working late again with a headache - I thought I'd left all that behind. Thankfully it looks as though we should still get this edition printed. Though how many of our outlets will be open is another question.

You'll notice that I've left various pieces of information in that are out of date. I would hope that it's obvious, really any dates in the near future should be double checked if you intend to act on them in any way.

And I know that many of our advertisers aren't trading at the moment. Just keep them in mind when we get back to something like normal. I do hope that once this is over that people will value their local businesses and give them the support to get going again.

And I must say a big thank you to everybody who has volunteered to help via the various community initiatives. Sedbergh and District is a great community.

Finally a big thanks to Stramongate for printing this edition, and best wishes to them through the ongoing crisis.

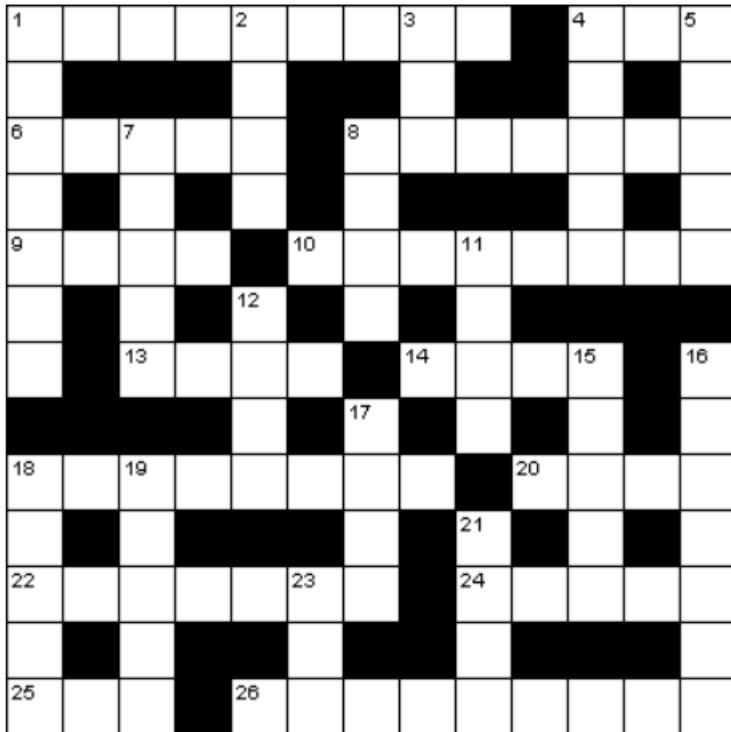
Ed Welti

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.

PUZZLE 1 (SOLUTION ON PAGE 80)



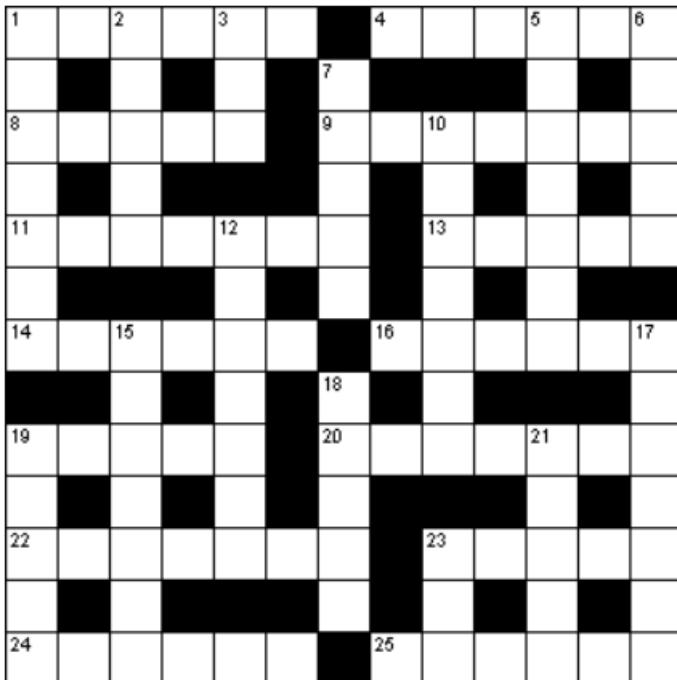
Across

1. Occasion when some shall owe entirely (9)
4. Encountered in cemetery (3)
6. Spirit of tough ostrich (5)
8. Demonic battle device (7)
9. Halo found in chateau raid (4)
10. Wizard uses mixture to gain mica (8)
13. Pinches head to tail and causes a whirl (4)
14. Reversal of temper results in day of reckoning (4)
18. Halved scattered dice bets (8)
20. Creatures of the night pierce back to front (4)
22. Heart and family is fruitful (7)
24. Stands unsteadily as eel on three legs (5)
25. Cacophony of sound in reading library (3)
26. Cast a frenzied spell then dance (9)

Down

1. Sounds like bony old witch will keep watch (7)
2. Discovered turncoat had curse (4)
3. A very long period of time, in general (3)
4. I roam here and there to find a New Zealand language (5)
5. Sent to Kenya to locate relic (5)
7. Some roadhog residents are fiends (5)
8. Feeble after listening for seven days (4)
11. Sounds like object of worship isn't working (4)
12. Some quartz including an element of metal (4)
15. Don't believe all of these stories (5)
16. Consumed little and pen dripped blood (7)
17. Found to evoke energy, like a knife's edge (4)
18. Some two-legged creature with incubi pedigree (5)
19. He says it's a name of a game for children (5)
21. Describe table where second letter is located (4)
23. Find sinners somewhere to stay (3)

PUZZLE 2 (SOLUTION ON PAGE 80)



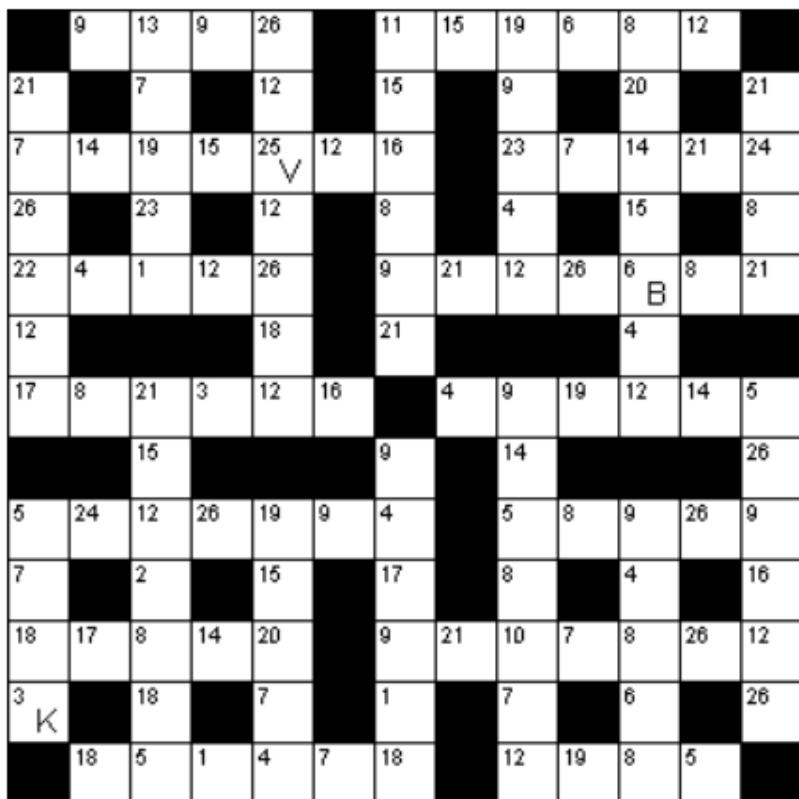
Across

1. Vehicle used in Cretan demonstration (6)
4. Forms found in war chest (6)
8. Inexperienced, so twisted a vine (5)
9. Rating was ahead and caused annoyance (7)
11. Lack of trust led to finding cows had been stolen (7)
13. A profit once more (5)
14. Looks like a very small unit of time (6)
16. Basement vendor, by the sound of it (6)
19. Go into some open terrain (5)
20. Routine rodent speed competition (7)
22. Grew old in confusion and grumbled (7)
23. Found Hydra makes emotional performance (5)
24. Out of sorts singer quit (6)
25. Design within portable shelter (6)

Down

1. Chinese puzzle found in Tibetan grammar (7)
2. Forms attachments with headless gastropods (5)
3. Contained in beverage the night before (3)
5. Keep everything in bag (7)
6. Send a model form of transport (5)
7. College head impolite and unrefined (5)
10. Closest eastern assembly (7)
12. Discovered late rally situated at the side (7)
15. Annoints various countries (7)
17. Some screen actors perform again (7)
18. Midshipmen travel by horse, could precede a fall (5)
19. Found idea germinated, showing keen interest (5)
21. A labyrinth to astound (5)
23. Discover lair in concealed enclave (3)

PUZZLE 3 (SOLUTION ON PAGE 81)



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.

Regular Events and Meetings				Regular Events and Meetings			
1000	Every Sunday	Free Entry to Locals	FM	1315	Every Wednesday	Art Society	PH
1600	3rd Sunday	Messy Church	CCCN	1400	Every Wednesday	Age UK IT Support	L
09:00	Every Monday	Senior Golfers	GC	1730	Every Wednesday	Sedbergh Juniors	PH
1030	Every Monday	Sedbergh Songsters	GH	1730	Every Wednesday #	Beaver Scouts	SHQ
1730	Every Monday	Brownies	CCCN	1900	Every Wednesday	Sedbergh Town Band	SSBR
1400	1st Monday	Bridging the Gap	MC	1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st Monday	Dent Parish Council	DMH	1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1930	1st Monday	People's Hall	PH	1915	2nd Wednesday	Dentdale WI	DMH
1900	3rd Monday	Chamber of Trade	PH	1930	2nd Wednesday	Sedbergh WI	PH
1430	Last Monday	Tea & Company	CCCN	0900	Every Thursday	Senior Golfers	GC
0930	Every Tuesday	Drop-in & Relax	MCD	1400	Every Thursday	Community Social	Gladstone House
1000	1st and 3rd Tuesday	Grief Share	CCCN	1830	Every Thursday	Swimming Club	SS
1215	Every Tuesday	Over 50's Swimming	SS Baths	1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1330	Every Tuesday	Knit & Natter	GH	1430	Every 2 weeks	Cameo Club	CCCN
1830	Every Tuesday	Cub Scouts	SHQ	1430	1st Thursday	Afternoon Cream Tea	Duo
1830	Every Tuesday	Swimming Club	SS	1930	1st Thursday	Howgill WI	FCH
1900	Every Tuesday	Environmental Group	Red Lion	1200	2nd Thursday	Age UK Lunch Club	Dalesman
1930	Every Tuesday	Bridge Club	WHC	1915	2nd Thursday	Royal British Legion	WHC
1400	2nd Tuesday	Killington WI	PH	1930	2nd Thursday	Sed. Parish Council	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH	0930	Every Friday #	Little People	CCCN
1930	3rd Tuesday	Ladies NFU	PH	1100	Every Friday	Mindfulness Course	MCD
0830	Every Wednesday	Sedbergh Market	JLCP	1800	Every Friday	Cub Scouts	SHQ
09:30	Every Wednesday	Coffee Morning	STAS	1930	Every Friday	Scouts & Explorers	SHQ
See Group Page for contact details & Diary Page for Keys				1330	1st Friday	Dentdale Club	DMH
				1000	Every Saturday	Swimming Club	SS
# = School Term Time Only							

DIARY KEY		PLACES OF INTEREST TO VISIT IN THE AREA
AS	Art Society	Bowling Green, Queens Gardens
BC	Sedbergh Bowling Club	Bruce Loch Nature Area, Busk Lane
BF	Brigflatts	Cautley Spout, A683 towards Kirkby Stephen
BVH	Barbon Village Hall	Community Office, 72 Main Street
CCCN	Cornerstone Community Church, New St	Cornerstone Community Church, New Street
CM	Coffee Morning	Cumbria Wildlife Trust, Community Office
CWT	Cumbria Wildlife Trust	Dent Heritage Centre, Laning, Dent *
DCMH	Dales Countryside Museum, Hawes	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
DCP	Dent Car Park	Friends Quaker Meeting House, Brigflatts
DCS	Dentdale Chapel Schoolroom	George Fox's Quaker Pulpit, Firbank
DHTF	Dentdale, Head to Foot	Golf Club, Catholes, Sedbergh *
DMH	Dent Memorial Hall	Information Centre, 72 Main Street
DMC	Dent Methodist Chapel	History Society, Community Office
FCH	Firbank Church Hall	Holy Trinity Church, Howgill
FM	Farfield Mill	Jubilee Wood Nature Area, Castlehaw Lane
GC	Golf Club	Langstone Fell, A684 Garsdale Foot
GH	Gladstone House	Motte & Bailey Castle, Castlehaw Lane
GVH	Garsdale Village Hall	Pepperpot Folly, Busk Lane
HS	History Society	Picnic Site, Ghyllas, Cautley Road
HVH	Howgill Village Hall	Picnic Site, Settlebeck New Bridge
HTH	Holy Trinity Howgill	Play Ground, Dent Village
JLCP	Joss Lane Car Park	Play Ground, People's Hall
KL	Kirkby Lonsdale	Play Ground, Maryfell
KPH	Killington Parish Hall	Queen's Gardens, Station Road
L	Library, Main Street	St. Andrew's Church, Dent
LHCP	Loftus Hill Car Park	St. Andrew's Church, Main Street, Sedbergh
MC	Medical Centre	St. Gregory's Church, Vale of Lune
MCD	Meditation Centre, Dent	St. John's Church, Cowgill
PH	People's Hall	St. John's Church, Firbank
QG	Queens Gardens	St. John's Church, Garsdale
RFC	Rugby Football Club	St. Mark's Church, Cautley
RR	Rawthey Room, 72 Main Street	Sedbergh Embroidery, StAS
SASL	Sight Advice South Lakeland	Tennis Courts, Guldrey Lane *
SCC	Sedbergh Cricket Club	Winder Fell, above Sedbergh
StAS	St Andrew's Church, Sedbergh	* = Entry Fee Applicable
StAD	St Andrew's Church, Dent	
StJCC	St Johns Church, Cowgill	
StJCG	St Johns Church, Garsdale	
StMC	St Mark's Church, Cautley	
SIC	Sedbergh Information Centre, 72 Main St	
SPS	Sedbergh Primary School	
SS	Sedbergh School	
SSAT	Settlebeck School Academy Trust	
SSL	Sedbergh School Library	
STC	Sedbergh Tennis Courts	
TBA	To Be Announced	
WHC	White Hart Club	
WID	Women's Institute, Dentdale	
WIHF	Women's Institute, Howgill & Firbank	
WIK	Women's Institute, Killington	
WIS	Women's Institute, Sedbergh	

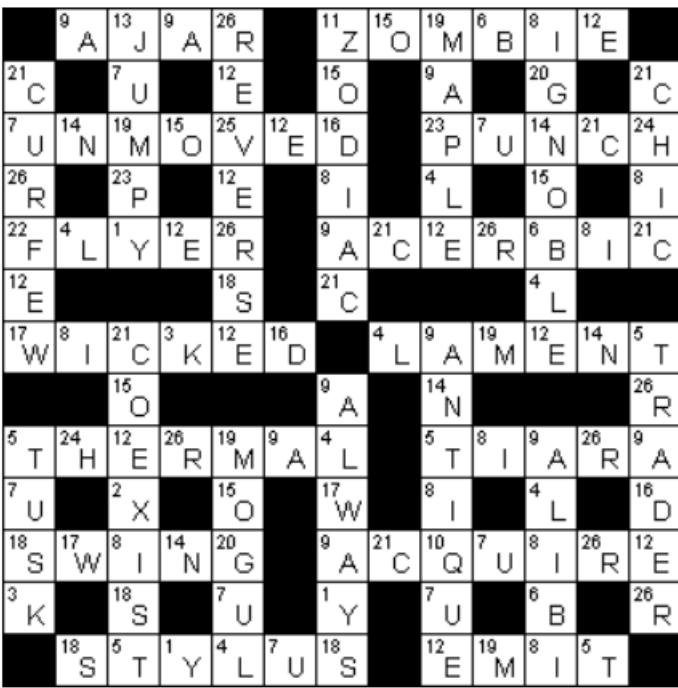
PUZZLE 1 SOLUTION



PUZZLE 2 SOLUTION



PUZZLE 3 SOLUTION



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

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
Tony Durrant	Proofreading	Valerie Welti	Advertising Administration
Elspeth Griffiths	Proofreading		

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

Combined plans for Western Dales Mission Community - APRIL 2020					
	Time	5 th	12 th	19 th	26 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service at St Andrew's Confirmation	HC	HC	FS
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St Andrew's	Service	Service 4pm- Messy Church	Service
People's Hall Sedbergh LA10 5DQ	10.30am				
St. Mark's, Cautley LA10 5LZ		United service at St Andrew's Confirmation	9.30am HCx	At Sedbergh	2.30pm Taize
Cautley Methodist Chapel LA10 5LY	11am	Service	Service	Service	Service
St. John's, Garsdale LA10	10am	United service at St Andrew's Confirmation	At Hawes Junction 2pm	At Low Smithy United Service 2pm	United Service at Street Chapel 6.30pm
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	United service at St Andrew's Confirmation	At Hawes Junction 2pm	United Service 2pm	United Service at Street Chapel 6.30pm
Garsdale Street Methodist Chapel LA10 5PQ	6.30pm	United service at St Andrew's Confirmation	At Hawes Junction 2pm	At Low Smithy United Service 2pm	United Service 6.30pm
All Saints, Killington LA6 2HA	2pm	At Sedbergh	At Howgill HC 2pm	HCx 2pm	At Firbank 2pm
Holy Trinity Howgill LA10 5JD	2pm	At Sedbergh	HC 2pm	At Killington	At Firbank
St. John's Firbank LA10 5EF	2pm	At Sedbergh	At Howgill	At Killington	HC 2pm
St. Andrew's, Dent LA10 5QL	10.30am	United Service at St Andrew's Sedbergh	HC	HC	HC
St. John's, Cowgill LA10 5RJ		United Service at St Andrew's Sedbergh	HC 9am	At Dent	At Dent
Dentdale Methodist Chapel LA10 5QJ	2pm	Service 6.30pm	Service Sacrament 2pm	Service 6.30pm	Service 6.30pm
Dent Foot Methodist Chapel LA10	2pm	At Dentdale	At Dentdale	At Dentdale	At Dentdale
	Wednesday	1 st	8 th	15 th	22 nd
St. Andrew's, Sedbergh LA10 5BZ	11.15am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service					
Ecu- Ecumenical CM- Choral Matins (BCP) P&M- Prayer & Meditation EP- Evening Prayer					

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 Defibrils 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