

Sedbergh & District **LOOKAROUND**

June 2021

Issue 399

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This issue we are celebrating the Centenary of the Royal British Legion. You can read all about its founding and history on page 54.



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COVER PHOTO
Sedbergh From Baugh Fell
Rachael Labbate

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TIM'S COLUMN

Tim Farron MP

Firstly, thanks to all of you who managed to get along to vote in the Police and Crime Commissioner election at the beginning of May. The level of turnout at elections in our part of the world is always a source of great pride to me and this time was no exception. The turnout in South Lakeland was at least 10% higher than any of the other districts in Cumbria. In fact it was more than double the turnout we saw in Barrow.

Added to which, given that the ward extends as far as the bridge over the Lune on the A684 to Kendal, I probably also need to thank a few of you for voting in the Kendal Rural ward by election.

The results were a bit of a triumph for the Liberal Democrats. We won 3 out of the 4 by-elections for South Lakeland District Council, including picking up a new council seat from the Conservatives. We were a bit less

successful in the Police and Crime Commissioner election but at least we won in the votes cast in South Lakeland.

The elections were quite well timed from my point of view as, for the first half of May Parliament was in recess before the opening of the new session, and prior to that we had the Easter break.

But you can rest assured I made as much use I could of the brief time when Parliament was actually sitting.

I was really proud to be re-elected the Chair of the All Party Parliamentary Group for Hill Farming. We have developed a 6 point plan to support hill farmers which we will be presenting to the Government. Importantly, the plan includes calls for the new farm payment scheme that the Government is planning - the Environmental Land Management Scheme - to include funding for farmers to maintain "cultural and

SEDBERGH Artisan Market

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18th September

distinctive landscapes" such as the Lake District and the Yorkshire Dales.

It is clear that our work in focusing the Government's attention on farming and hill farming in particular is more important than ever. With the withdrawal from the EU and the introduction of radical changes to farm payments made by the Government farmers are facing a great deal of uncertainty. So it was particularly depressing that there was no mention of farming at all in the Queen's speech when she officially opened Parliament. With their new focus on "Red Wall" parliamentary seats I am far from sure that the Conservatives care about farming at all.

Beyond agriculture I was surprised to learn that the Government was still proceeding with its plans to merge the hospitals in Lancaster and Preston. If this went ahead it would inevitably mean that we would have to travel even longer to get the treatments we need. Not something I would wish on anyone who is sick. Or someone visiting a sick person in hospital. I have written to Matt Hancock, the Health Secretary, urging him to announce that he is no

Viv's Nordic Walks



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longer planning to shut the hospital in Lancaster.

Finally, I was horrified to learn that the Government has cut Cumbria County Council's road repair budget by a quarter. Whoever made that decision cannot have driven on our roads recently. I saw some figures from the RAC suggesting that the number of call outs they had received to damage caused by potholes had roughly trebled between the end of last year and the start of this one.

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

Thanks for your support.

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School was a finalist in the Boarding House Extension or Refurbishment award in the BSA awards for their conversion of the old Medical Centre in to a Nightingale, and came away with a Highly Commended. Nightingale is a fully refurbished boarding facility, which is ready should they need to isolate any pupils as a result of contracting Covid -19

A quote from the Tatler Schools Guide: "Sedbergh School...is an uncut diamond: it stands on its own merits, doesn't pretend to be something it's not and ultimately sends its young men and women out into the world with their heads held high", raves one parent".

The School returned to (almost) normal life on 19th April. They were able to enjoy a glorious first week of weather, and on the Thursday to try out the wide range of choice of activities, and were encouraged to try something new. Many were to be seen swimming in the Rawthey. Unfortunately the glorious weather did not last and games were played with snow on the hills and falling snail a week later. Within a few days the Town saw the pupils once more crowding the take-away shops after their long confinement to the School premises. The Music Department is getting into full gear and planning concerts. Chapel was able to take place on 9th May for the first time for some time.

The School is helping the Yorkshire Dales Millennium Trust plant 100,000 trees for their Together for Trees campaign. Work also continues on

improving Bruce Lock, coppicing the trees, and putting up homemade nesting boxes. Pupils provide support to local landowners to restore fellside habitats by removing invasive plant species around Brackensgill falls, and restoring footpaths in the area. Sedbergh has the largest nature reserves of any school in the country. Evans House are working hard on an allotment

On 25th April Imogen Boddy OS began her 7 marathons in 7 days to raise money for Mind. Girls in each year group set out to achieve 7 marathons collectively over the same period. Imogen completed her seven on 1st May and by 11th May had raised over £26,000, over 2 ½ time the £10,000 she set out to raise.



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The sailors completed their 100 laps of Killington Lake in support of the Captain Tom 100 Challenge charity. The Academic Challenge has been begun (a Sedbergh version of University Challenge). Many activities normally in earlier terms have been squeezed into the summer term.

Cricket

The Girls, who spent a lot of the last year honing their cricket skills (lockdown was a blessing in disguise), played their first 1st XI game on 24th April against Cheadle Hulme and won, as did the U14s many of whom were playing their first ever match. Due to the remote coaching during lockdown the number of girls playing cricket has doubled. OS Becky Glen has been

chosen for the women's Scottish 14 squad for the series against Ireland

Brianna (Year 13) has been working tirelessly with Mr Speight, Head of Cricket, throughout her time here at Sedbergh. Over Easter, Brianna impressed the coaches and was then selected to be a part of the Lancashire Thunder Academy. Harriet (Year 12) only joined Sedbergh in September 2020 but has already made a big impression both on and off the cricket field. Harriet has been named in the Northern Diamonds' Academy squad for the upcoming season. Briana and Harriet have played for the School's 2nd XI as well as playing for the Girl's 1st XI this term. Meanwhile at the Prep School two girls have been chosen to play for Cumbria and one for Yorkshire

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After 21 months without cricket, the 1st XI did not distinguish themselves in their first match of the year losing against Myerscough by 95 runs. However, against Cheadle Hulme they won by 7 wickets, but against lost to the MCC by 7 wickets. In a NW T20 R2 match against Birkenhead School they won by 69 runs. The match against Shrewsbury was cancelled.

The Prep School went all the way to Merchiston in Edinburgh and, in a wildly exciting match, drew. Furthermore, for the first time two girls represented the Prep School.

The "3rd XI" (consisting of boys, staff and Old Sedberghians) played their first game against Netherfield. Windermere beat them by one wicket.

Arnside "scraped a draw" against the School's 2nd XI

George Hill OS scored a double century for Yorkshire 2nd XI on 21st April against Gloucestershire, contributing the 2nd XI's highest ever score

Rugby

The School celebrated the return of rugby with 1st and 2nd XV matches against Myerscough on 6th May.

Running

Lost time in running has been made up with the Epic series of runs, normally done in the Lent term. These runs are about 11 km over the fells, including Frostrow, Holme Fell Wall, Brackengill and the Nab.

Netball

Emily (Year 13), who is part of the Manchester Thunder Under 19

THE FAIRBANK SOCIETY



The Fairbank Society is a registered charity located near St Mary's church in Kirkby Lonsdale. Our main purpose is to provide a high standard of accommodation and support for independent older people. Our residents have chosen us so they can maintain their independence, but be relieved of the day to day chores involved in living alone, such as cooking, cleaning, washing and gardening.

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Pathway squad in netball, with Old Sedberghian Chess Cooke, has recently been called up to the Under 21 Pathway squad. Understandably, there has not been a lot of matches in the last 12 months but back in February of this year, Emily joined the U21s for her first session.

Events

The 1st XI play at home Lancaster Royal Grammar on 12th June, Manchester Grammar on 29th June, Durham CCC Academy on 22nd June, Lancashire CCC Academy on 23rd June , and Cumbrian U18 on 25th June. The 2nd XI are at home to Silverdale on 6th June , Heysham on 13th June , Carnforth on 20th June and Lancaster Royal Grammar on 23 June, Cumbria EPP on 25th June, Warton CC on 26 June and Burneside CC on 27th June. The "3rd Eleven" play a home match against Shirehead on 5th June.

Half term ends on Sunday 6th June. The summer term ends on Saturday 34th July, which is Speech Day. Lancashire Cricket Club will hold a week of cricket in the week beginning 20th July on the main School ground.

NEWS FROM THE PEWS



*Susan Sharrocks
Tony Reed Screen
Churchwardens*

Inside the church is looking good as our wonderful ladies are keeping the dust at bay, and the flower ladies bring splashes of colour into the building with their displays. The churchyard, too, is a delight to walk through and maybe sit a while, weather permitting. Thanks to the small band of men who keep the grass cut, and Eleanor for tending the colourful borders.

The 40th day of Easter is celebrated as Ascension Day and is always on a Thursday. Some churches may celebrate it on the Sunday after the Thursday (7th Sunday after Easter).

Celebrating Ascension Day was thought to have been started in the late 4th century. The Ascension is meaningful to Christians as it signifies the end of Jesus' work on Earth and allowed him to prepare a place for his followers in Heaven.

We, at St Andrew's, gathered at 11am on Thursday 13th May for our Ascension Day service. With the choir and a good number in the congregation we all agreed how good it was to revive an old custom, being the first time for many years such a service had been held in the Parish Church.

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A Day of Prayer, held on the same day, in church marked the beginning of a global nine days of prayer, "Thy Kingdom Come", beginning on Ascension Day until Pentecost Sunday on 23rd May its purpose is to bring more people around the world to come to know Jesus.

It is hoped we are getting back to some sort of normality now and we plan to resume the Wednesday Coffee Mornings in July and the annual Summer Fair is planned for 10th July.

Cornerstone is hosting Coffee and Chat in the Manse gardens from Wednesday 19th May at 10am. Bring your own drink.

Take care.

DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

Zoom has been fantastic over lockdown and it does link more people together than actually meeting together in person does, so we will continue it awhile longer. Some folks in the fellowship have (and will continue) helped stock the community cupboard box, we are always here to listen and to pray for the issues that concern people.

The Festival this year kicks off on Fri Aug 6th 6pm and over the weekend there will be a varied programme which will include: 'Messy Play, Quiet times, walks, worship, testimony and most definitely food' and everyone is welcome. Obviously we will work within whatever social distancing may remain, or not as the case may be. Meantime we carry on on 2nd Thursday 8pm Bible study on Zoom and 4th Sunday eve 6.3pm by zoom and hopefully from June also in person.

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Unfortunately the coarser fleeces of Rough Fells, Swaledales, and other mountain breeds aren't suitable for what I'm looking for.

SPELLBOUND THEATRE

Heather Pakeman

Are you ready for new opportunities?

For over 12 months we have had our 'normal' lives put on hold and we are hoping that you are excited and ready for new challenges and involvement in local entertainment. Spellbound Theatre are looking to recruit people for theatrical opportunities building up to a Christmas production in 2021. Whether you fancy being on the stage, behind the scenes or helping with costumes and scenery we will be thrilled to welcome you.

We hope to have a get together on the evening of July 8th (venue TBC) where we would hope to be able to cast a possible performance and gauge the level of interest and



helpers for a production team. We are especially looking for people in the 16 – 45 age bracket. Don't be put off contacting us if your age falls outside this bracket its just that we definitely have a shortfall of 'younger' members. Please contact Heather Pakeman on Sedbergh 21279 with any interest you might have.

We held our AGM/EGM recently and here are some extracts from my Chairwoman's report: "It is still amazing to think that we were able to perform 'Village Voices' in March 2020 before the pandemic took hold. Despite small audiences I think they really enjoyed the marquee set up in the People's Hall and Helen Bromley's witty and insightful writing. It's surprising what can change in a year and I know many of us were shocked and saddened to hear of Graham Dalton's death back in February. What a fine actor he was. He was a considered and talented performer and I know we will miss him on the stage, we'll miss him back stage and we'll miss all his idiosyncrasies. What an amazing contribution he made to local theatre and especially to Spellbound.

Graham's death had been preceded in April 2020 by the death

Spellbound Theatre PROUDLY PRESENTS
VILLAGE VOICES
BY HELEN LESLIE BROMLEY
FRI 13TH MARCH &
SAT 14TH MARCH, 7.30PM
PEOPLE'S HALL, SEDBERGH
Adults: £7.00 U18/over 65: £6.00. (Not suitable for young children).
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of Paul Saunders. Although Paul had only been part of Spellbound for a short time, his enthusiasm for music and contributions to 'Christmas Carol' and 'Wind in the Willows' were much appreciated. Our condolences go to Elizabeth, his wife, and we look forward to working with her again on future productions.

Now that we seem to be moving slowly towards our release from the pandemic I hope we can find the energy and people to produce something for Christmas 2021. I hope that we can begin to attract more people into Spellbound. As a theatre group we are all getting older and if Spellbound is to continue beyond the next 10 years we really do need to get some younger members. We are all young at heart but not necessarily young in years!! We need new blood!!"

We really hope that you have been inspired to get involved with Spellbound Theatre and look forward to hearing from you and hopefully seeing you in July. Take a look at our Facebook page for photos of some of our productions. Thanks.

FORGOTTEN HEROINES.

Sandra Gold-Wood

Following up on last month's article about the forgotten women munitions workers of two world wars.

Firstly, I would like to thank everyone for all the kind words and the support that they have given to this project. I have received many emails and enquiries and I literally have a queue of people waiting to give me money. I have to set up a special bank account and that can take time. However, for the moment I am hoping that a holding account will be made available.

Secondly; and remember I am writing this ahead of the event, so let's hope it does not get rained off like the one planned for early in May.

I would like to thank everyone who turned up to our stall at the Artisans market on Saturday May 29. Thanks too to all those kind folk who helped to make the day go smoothly. Many of you will have enjoyed the shell game and brought a cake. The joy of music was provided by Rocking Roger Bush and those likely lads Ernie Hailwood and Keith Wood, the Two Woodies you might say.

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Tom Wilson
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Special thanks go to Pam Drower who has organized a sponsored walk for the project.

I have been carrying on my research and have found that in Nottinghamshire near Chilwell, a site of a huge explosion and loss of life, there is a memorial to those lost. I also received an Email telling me about Dorothee Pullinger who was a professional engineer and a superintendent of the women munitions workers at Vickers at Barrow. A plaque was unveiled to Pullinger in 1999 watched by her daughter to mark her service to women. All this highlights how overlooked the ordinary wartime munitions workers are. Also the Devils Porridge Museum at Gretna have made contact and are inviting

me to join with them in a research program looking into the lives of wartime munitions workers particularly at Gretna.

It is my intention to visit the National Memorial Arboretum very soon to look at the sites that are available and talk to my contact there to see how the project can be moved forward.

At the time of writing I am working on a business plan and a suitable constitution because these will be need to accompany the plans and drawings of the sculpture along with the initial payment £1000 to the NMA. If permission is granted (I believe it will be) the real work will begin. So if anyone out there would like to became part of this project please do contact me -sanddot51k@gmail.com.



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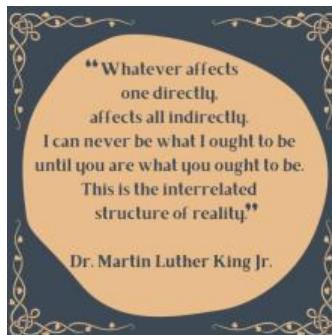
The Cumbria Unity Festival is an online family event for 2021 that is fun and also has an important message, aiming to advance equality and celebrate diversity. The Festival is co-ordinated by AWAZ Cumbria <https://www.awazcumbria.org/>

There are activities you can join in with now online; there's the Festival Fringe starting Friday June 11th, and there's the main Festival Day on Saturday June 19th. Please see details for all activities on our Facebook page @cumbriaunityfestival, and our website at <http://www.cumbriaunity.org/>

What are the Festival themes for 2021?

Throughout this difficult year we have been deprived of contact, but we also have learned how to connect in the absence of physical presence.

Technology has made the distances between us shorter; we've reached out far and wide and



participated in events we wouldn't have been able to join in person.

What better opportunity to be united on a larger scale?

Also, the common threat we have faced this year has given a deeper meaning to the concept of unity.

We have experienced that when we are united we are stronger, more connected, better equipped to find solutions to huge problems.

But we have also learned that the actions of one individual can have exponential and dire repercussions on multitudes of people; that communities, populations, countries, are not isolated entities

and cannot act as if they were.

How does that redefine the idea of unity?

Does unity also mean taking personal responsibility? Knowing that all the systems we inhabit are inextricably connected? Understanding that our choices and actions affect others?

All welcome to join the conversation in the many diverse activities for all ages!

Come and share your local knowledge!

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giving information to visitors

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GROWING OLD DISGRACEFULLY IN SEDBERGH

Maureen Lamb

'When I am an old woman I shall wear purple

With a red hat which doesn't go, and doesn't suit me.'

Jenny Joseph

Jenny Joseph might have fantasised about growing old, but in Sedbergh no-one worries about the idiosyncrasies of elderly people and the elderly have learned to live with the problems of getting old.

1. You don't worry when you meet someone, but really cannot remember their name
2. You can enjoy using the ringside seats in Main Street to watch the circus
3. You can wear whatever you like (and only your children will comment!)
4. You can drop a ten pound note and someone will pick it up and give it to you.
5. You can walk down the middle of the road and only a visitor in a fast sports car will toot at you
6. The banks have shut up shop, but at least there are cash machines so long as you have remembered to write down your number
7. You may be in a hurry but there is always time to stop and talk
8. You can tender the wrong money and no-one will think you did it on purpose
9. You are thankful that the bookstall is open twenty four/seven
10. Your family will always be grumbling at you, but really they are glad you are still there to have someone to grumble at.

LETTING GO

Fritz Hrynyk MA, CST-T, QMCSS

What do you need to let go of?

Our lives are dominated by many things; families, financial demands, falls, the current global crisis, injuries, worries to name just a few of the stressors acting on you, your family and friends for large part of the time. These stressors raise the heart rate, blood pressure and keep you in an excitable state ready to take any action that is necessary. Have you ever shouted at another motorist for bad driving after you have been driving in busy traffic? Or got angry with the kids after a busy stressful day at work?

Or shouted at your partner for not doing putting the tomato sauce on the table when you've been in the bosses office for a reprimand?

How do you deal with these things that make you tense, worried, upset, emotional? For some that might seem an easy questions to answer; take a walk, go for a cycle, go for a run, a large glass of wine or pint of beer? These are all effective to some degree and some of the options are even relatively healthy too.

Another way to help relieve the worries, which is both beneficial and



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2021

Wednesday 16th June
Thursday 15th July



effective, is to have a Craniosacral treatment. I have trained with the Upledger Institute, founded by Osteopath Dr. John Upledger, and have recently been successful in gaining an advanced qualification in CST, increasing my knowledge and understanding of how a busy life and injuries new and old can serve to disrupt the natural balance and even rhythm of the body.

It is a gentle, fully clothed, hour long experience that is given in a warm and comfortable room and aims to allow the body to begin the process of relaxing and unwinding that helps the heart rate to go down, the blood pressure to drop and the whole body to rest and relax. It enters the same state as when you have a big Sunday roast, the adults sit and fall asleep and the body digests the food as the person rests. In the majority of cases benefits can be felt immediately.

What will I feel? This is a common question that is asked and there is no

set answer. Everyone is unique and therefore experiences something different. Feelings can range from a sense of floating or feeling heavy and sinking into the couch, but the most common feedback is a sense of calm and relaxation and the easing of both physical and emotional tension.

Having a CST treatment is very gentle but also deeply powerful. One treatment begins an interesting experience for the client. Having a succession of treatments will reveal a deeper understanding of what is happening to the person on the inside and allow the person to be more in control of dealing with difficult daily problems.

All treatments are given with mask and face shield. There is a shared responsibility for keeping client and therapist safe. Call Fritz at Dalesway Therapies - 015396 21303, 07817 665662 for more information or to book an appointment. Read more at www.upledger.co.uk/what-is-cst.html

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WHAT IS NORDIC WALKING? HOW WILL IT BENEFIT ME?

Vivienne Fitzpatrick

Nordic walking is a low impact open-air exercise that is accessible to everyone. It is a particular style of walking using two specially designed poles to keep the posture upright and to work your upper body and enhance your natural walking experience – it is different from trekking. Nordic Walking is quite unique in that it provides benefits for everybody from those with medical problems to the super fit. Whatever age, fitness level or goal, – Nordic Walking is suitable, effective and enjoyable.

..... it's a gym without walls!



It is all in the poles. Unlike when walking, Nordic Walking Poles are planted behind you in order to propel you along. The technique means that you naturally engage the muscles of the upper body and arms thereby using 90% of your major muscles, and burning 30% more calories. The

forward propulsion promotes an improved posture which can help with back and neck problems.

Using the poles correctly means your weight is shared through your upper body therefore taking the pressure away from your knees and joints and also makes you feel lighter on your feet. Nordic Walking turns a regular walk into a workout!

Surprisingly, given that it is burning so many calories, participants can

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chat as they go, making it a sociable day out. What could be better than walking in the beautiful Sedbergh countryside with friends, knowing that you are also enjoying multiple health benefits.

I am a qualified Nordic Walking UK Leader, hold an Outdoor First Aid certificate, and an NNAS Silver Navigation certificate. I am planning to do two walks a week (Tuesday and Thursday) in our surrounding area, which will vary from approximately 1.5 to 3 hours. Some walks will be an easier pace, around 2-3mph, and some will be more of a challenge at 3+ mph. Walks would start at 9am, in and around Sedbergh, or a short drive to somewhere with sufficient roadside parking.

To get the most out of Nordic Walking it is advisable to first learn the correct technique from a qualified Nordic Walking instructor. The person to contact for your induction course is Nic Sproson on 07976949488, who teaches in Windermere and Glenridding.

I do, however, offer 30minute taster sessions in Sedbergh that will help you understand just how beneficial Nordic walking can be and how it is far more than just walking with poles! Get a taste of how light you will feel on your feet, how the whole body is mobilised and why you need to take the time to learn the technique.

Contact me on vivf1000@gmail.com. I also contribute to the Sedbergh Community Facebook Forum and have an Instagram page [vivs_nordic_walks](https://www.instagram.com/vivs_nordic_walks)

And see the advert on page 6.

TUBS, PLANTERS AND HANGING BASKETS FOR WILDLIFE

Myles Ripley

Tubs, planters and hanging baskets can be used to grow a variety of climbers and small shrubs, perennials, annual plants and vegetables. You can even grow a small lawn, wild flower meadow or arable flowers in a container!

- Arrange tubs of different shapes, heights and sizes in groups and use plants of varying growth characteristics. This retains humidity and mimics the variation in height and structure found in the wild.
- Large tubs can support a small standard shrub or tree. There are many varieties available that have been grafted onto dwarf rootstocks. These may be under planted with a variety of other lower shrubs or herbaceous plants and annuals. This also helps reduce moisture loss.
- Climbers are easy to grow in tubs, as they take up minimal space and can be grown against a wall or trained up and over a balcony railing. They can act as a windshield and reduce the drying effect on the other plants in the tubs, as well as



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are currently suspended.***

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

providing shelter. Their beautiful flowers provide colour and scent.

- Maximise the benefit of your plants by growing varieties attractive to insects and some fruiting shrubs or small trees. Try to include at least one or two native varieties. By careful planning, it may be possible to have something in flower for most of the year. Always use peat free composts - there are many brands on the market.

- Containers are not just restricted to growing shrubs and flowering plants. You may like to consider growing vegetables and salads individually in tubs, or mixed with the other plants you are growing.

- Many attractive water features have been designed around one or

two tubs or containers, or even an old bath or sink! Remember to include a sloping edge for somewhere safe for birds to drink or bathe. A modest-sized water feature can attract damselflies and other water insects.

- Features normally associated with larger gardens that you may like to try with planters are lawns, flower meadows, arable plants or deadwood.

Special care for container grown plants

There is no natural supply of nutrients, so they need a small application of fertiliser once or twice a year.

If you have room for a small compost bin, homemade compost will help. Compost can be used as mulch



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to retain soil moisture and reduce the amount of artificial fertiliser needed.

Containers need regular watering. If you have room, you could set up a water butt, or use waste household water from washing. You could try to use drought resistant varieties, particularly if your terrace is South-facing.

Start composting

A wildlife-friendly compost heap provides a satisfying feast for woodlice and worms

Wildlife havens in your hanging baskets

Hanging baskets are very popular and can be hung in the smallest garden or courtyard. They can be surprisingly good for wildlife too.

You can create hanging baskets full of gorgeous summer annuals and have other baskets that last throughout the year.

If you can, choose native plants as these attract the most wildlife. However, many non-native species are rich in nectar and draw in plenty of insects.

Tips for wildlife-friendly baskets

- Experiment with your hanging baskets – many plants that attract insects will happily grow as long as you water and feed them regularly. Try using marigolds, Verbena, petunias, fuchsias, heathers, dead-nettles, pelargoniums, ivy and nasturtiums.
- Protect winter baskets in harsh weather.

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- Some birds, such as the spotted flycatcher, will sometimes nest in hanging basket

Possible visitors

- Bumblebee
- Froghopper
- Green shield bug
- Honey bee
- Hoverflies
- Lacewing
- Ladybird
- Painted lady butterfly
- Peacock butterfly
- Small tortoiseshell butterfly

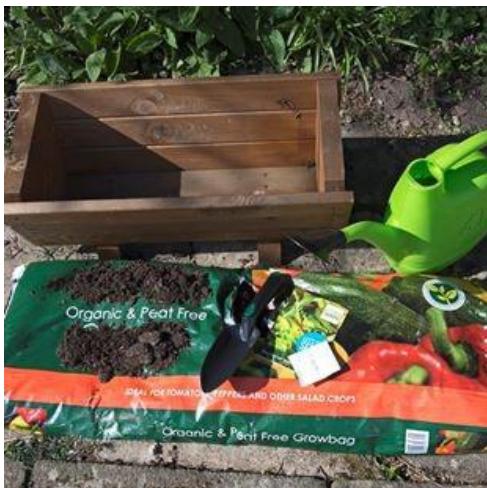
How window boxes can become habitats

Window boxes can be good for wildlife. Even if you don't have a garden you can still plant one up, and you'll get a great view of the small creatures that visit.

Many plants, bulbs and even small shrubs will grow happily in a window box as long as you water and feed them regularly.

Make the most of your garden

- Choose native plants as these attract the most species.



- Include some plants that flower early and late and insects will visit in spring and autumn as well as summer.

- Experiment with your window boxes. Try a herb garden, a meadow patch or use low-growing woodland plants (in a shady spot).

- Ladybirds and other insects use sheltered places, such as window boxes, to hibernate.

(On behalf of the Sedbergh Supporters group of Cumbria Wildlife Trust)

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Your first swift sightings in Sedbergh were similar to last year – the first were on May 5th in Bainbridge Rd and at Ingmire Hall, and then on May 9th over Lupton field on Back Lane. At the time of writing (14th May) 7 pairs have returned to Lowgill and there are 3 singletons waiting for their partners. This is virtually the same as last year, which may be surprising as the weather so far this May has been dreadful, wet, cold and windy. The rest will hopefully return in the next week or so.

June is a peak month to watch and hear the swifts. Eggs generally will have hatched by the middle of the month, meaning that both parents will then be out foraging for insects to feed their chicks. This makes mid-June onwards a better chance of spotting a nest site. Parents go in and out feeding about every 40 minutes on average but as with all wildlife it's unpredictable. Because both parents

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go into the nest at night, a good time to watch is the hour before nightfall.

We need to hear from you – it's the only way we can keep track of our swifts:

- If you have boxes, let us know what's happening (or not!).
- If swifts breed in your house or nearby, are they back?
- Where have you seen screaming parties (these suggest nest sites may be nearby)?
- Have you found a nest site? Swifts enter their nest holes very quickly - this is easy to miss.

Please could you keep a lookout for swifts? All you need to do is go out once or twice in an evening in late June or in the first 3 weeks of July. (Going out more would be even better!) This is to monitor the nest sites that we know about from previous years- such as Back Lane; Main St / New St; Dalesman / St Andrew's; Highfield & Bainbridge Roads; Guldrey area; Maryfell; Sedbergh School library. Particular thanks to the volunteers who keep an eye on the barn at Farfield Mill!



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

And we are still waiting for swifts to take up residence in the boxes within the west side of the tower of St

Andrew's church in Sedbergh. So do let us know if you see them circling around the west side – ie. facing away from Finkle St. An important way to help swifts is for nest site records to be sent to the County Biodiversity Records

Office, which in our case is in Carlisle. Most swift groups do this with the information that their members collect. Records are also important for the British Trust for Ornithology (BTO). All this provides information about how the UK swift population is faring and also can be useful for planning.

We look forward to hearing from you!

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

NOTES FROM DENT STATION

John Carey

Friends of the Settle-Carlisle Line

I recently had to arrange a visit from a phone engineer and on the appointed day I received a frantic phone call to say that the engineer had driven to the end of Dentdale and yet no railway station! Advising that the engineer would need to proceed up the Coal Road and that the railway station was in fact almost directly above him this provoked another call a few moments later to say that I must be joking. All became clear as the station came into view and, thankfully, Dent Station now has its phone line fixed.

The real point is that most local residents take for granted the unusual location of Dent Station but, to an unsuspecting visitor, it comes as something of a shock particularly when they disembark from the train to realise that the village of that name is nearly 5 miles distant! Why not call it

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Cowgill? Well strangely that was at one time considered by the Midland Railway but testament to the importance of Dent as a village that it was adopted instead.

Even more bizarre is the fact that the station is at the top of a hill at 1150ft above sea level making it the highest mainline station in England. This was simply because a route over the Pennines was the only one available to the Midland when they built the line, completed in 1876.

Whilst on the matter of superlatives it is worth mentioning that it is also the highest bus-rail interchange due to the existence of the Western Dales 'S1' bus service running between the station and Kendal. A Cumbria County Council bus stop sign recently positioned at the station proclaims that this is indeed the case and may cause some visitors to question that a bus would serve such a remote location let alone traverse the steep and windy Coal Road. And yet, two or three times on a Saturday the station is served by the volunteer-run bus meeting the Settle-Carlisle trains and providing a valuable service for local residents and visitors. Perhaps a

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renaming as 'Dent Interchange' might be apt at some point in the future!

Whilst both rail and bus services have suffered considerable disruption due to the pandemic things are cautiously getting back to normal. The new rail timetable commences on 16th May reverting to the usual eight trains each way which will greatly assist the travel possibilities for local residents and allow visitors to return, particularly as the hospitality sector opens up.

Remember that the station now has excellent car parking facilities since the recent improvements and is still the best (and cheapest) way of travelling north and south by rail. Local residents can obtain a Dalescard at modest cost giving 1/3 off rail fares on the line by applying online to <https://settle-carlisle.co.uk/product/dales-railcard/>

As regards the station building the Friends of the Settle-Carlisle Line continue to plan the next phase of conservation work whilst we have been delighted to be recently able to open the doors to guests, a necessity to provide the finance for what will be a challenging project. We also have an ongoing appeal at www.foscl.org.uk

Meanwhile, recent visitors may have seen that Network Rail have been hard at work and the refurbishment of the southbound waiting room has now been completed. This had become considerably dilapidated over recent years. The railway station is looking better than it has in recent times and an important asset to the community.

STAYCATION EXPRESS

David Alison

Hello again. Your readers might be interested to know that the "Staycation Express" will be running again this summer on the Settle-Carlisle line. It made its successful debut last summer, and it gives local residents an opportunity to travel the line in luxury coaches at a more affordable price than on some of the other charter trains.

The train is scheduled to operate Saturdays - Thursday inclusive (ie not on Fridays), from 17th July until 9th September. Passengers can board and/or alight at Settle or Appleby, which can be reached by car or by the regular train services operated by Northern. Journeys can be made between these two points, or beyond them to Carlisle or Skipton. The train is an HST (High Speed Train), refurbished to the highest standards. Accommodation is all in First Class Coaches, with seating in bays of 2 or 4, with all seats aligned with a window from which to admire the spectacular views. Refreshments are available on board, and the current Covid 19 regulations are all in place.

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FAMILY MUSINGS

Sarah Woof

Due to us reaching our notable Ruby Wedding Anniversary this May we have been talking more than usual about 'the past'. We have remembered our courting days and the time before those when we became friends, the early days of 'getting to know u' and in my case falling at his feet! Our parents and how much they loved us, all the help they gave us and the encouragement, and our siblings and growing up with them. Also, we have talked about the wedding, the preparations and the actual ceremony.

It dawned wet, our wedding day, so the plan for Dad and I to walk to the chapel next door was shelved and

Les Burrow came with his gleaming be-ribboned white car. When the buttonholes etc arrived there was an error, so one lady had to wear a gent's flower but as far as I know no one took any harm! Janette, my chief bridesmaid, looked after me very well, despite being 7 months pregnant, and the two teenage bridesmaids for once did not arrive by climbing over the garden wall! Our small bridesmaids who both were very sweet were just four years old.

I remember lots of people waiting and watching outside the chapel and kids already on top of the wall biding time until the scramble. The only two people I registered as we went up the aisle were my two aunties both on

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end of rows, until I reached my bridegroom, obviously.

All very happy thoughts and memories and conversation has obviously moved through to the present day, having our own children and, then later, the arrival of our six grandchildren. Inevitably, we have experienced loss, loss of those loved ones, so treasured and loved, all our parents, aunties and uncles, cousins and dear friends who, all in their own way, added colour to this tapestry of our lives. We are who we are because of their being in our lives. Our faith in God is important to both of us and we thank Him for bringing those two shy people together over 40 years ago; in His strength we have overcome obstacles and, as someone was heard to remark about our marriage "at least they haven't spoilt two homes"!

40 years is mind blowing but what is slightly more scary is realising I am only 10 years away from 50 years and our Golden Wedding ... I really do not feel that old!

Thank you to everyone for good wishes and amusing anecdotes and rather saucy gifts over the years. Here's to more family times for us all.

APRIL WEATHER

Brian Wright

This was the most exceptional April I have ever recorded in over 60 years!! It was like 2 months in one. We had pleasant sunny days and many very frosty nights. We had only 9.6mm (0.38") of precipitation which for April is simply unreal! Temperatures were also striking with a maximum of 20.9C (69.61F) and a low -4.9C (22.82F). It was generally a calm month but the wind-chill took temperatures down to -10.5C (13.1C). The maximum gust recorded was 20.1m/s (44.7mph/70.8kph)

April is lambing for me and I have never had one like this in 25 years weather-wise! One morning I went across at 5.30am to find 2 newborn lambs. Fortunately she had cleaned them up so, for the first time ever, I towelled them and put little plastic coats on. When I got back to the house the temperature was - 4.8C (23.36F)!!!! Generally lambing went reasonably well except too many tups of course!!

For the first couple of weeks we saw a pair of owls regularly roosting in the garden. For the latter part of the month we haven't seen them so



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let's hope they are nesting again!
Birds are generally getting on with
their nesting.

The garden is turning green as the trees and shrubs begin sprouting. I decided the swift boxes needed cleaning out as the sparrows and taken over last year. Having done one I started on the second only to be buzzed by bumblebees!! I quickly came down and put a bee-suit on. I didn't fancy being stung at the top of a 2 section ladder!!



More April weather - here's picture of Pinfold Caravan Site on 1st April 1975, looking quite chilly, not really a Spring morning. At least it wasn't May though!

Picture supplied by Martin Stockdale.

JOAN PARK TRIBUTE

Family and friends

Joan was born in 1930 in Thurnham, near Lancaster, and by 1936 the family were living at Lincoln's Inn Farm her, where her mother ran the farm and her father ran a small caravan site. Her parents were Peter and Martha Cummings and Harold was her brother.

Joan also had a half-sister, Ivy, who went to live in Australia as a very young child. Several years ago extended family members got in touch with Joan. She was pleased to be able to meet some of them.

Joan's father had served in the First World War with the King's Own Royal Lancaster Regiment. He was a prisoner of war in Germany and was, no doubt, very lucky to come home alive. Joan proudly displayed his letter from the King in her living room, celebrating his release and safe arrival back home.

Joan attended the National School until she was 14 and then went to work for Mrs Robinson at her bakery, which is now Leighton's hairdressers, as a confectioner but helped with other tasks. She cycled to work for

7.30 every morning but found it not very pleasant going home on winter evenings.

Joan married Jack Park in 1957 and they lived with his father on Fairholme. and looked after him for about six years. Then they moved to Ingmore Gardens where Jack looked after the gardens and continued working for the Gas Board. They enjoyed life there, growing vegetables, keeping hens and running the caravan site. Jack used to enter vegetables in local shows.

She liked nothing better than going for a cup of tea and a cake with her mother who lived on Mountain View,



once they stopped farming. Jack and Joan had a daughter, Susan, and she has two sons, Cameron and Ruben and they live in Cyprus. Cameron has been in Sedbergh to help sort things out with his cousin, Tanya, and they organised the funeral with Judith Bush and JJ Martins.

Jack died in 1988 and it was at this point that Joan bought a house in Bainbridge Road.

Joan was a quiet person. She had never been a great adventurer. She loved Sedbergh; the deep family



connections there and the fantastic network of friends and neighbours.

Thanks to everyone who has contributed to Joan's life, and wellbeing, over the years especially to Christine Dodd and Jackie Alderson her longstanding carers and friends, to Nicola Donaghue, PPA, Sedbergh Medical Centre and, more recently, the staff at Heron Hill for making the final few weeks as comfortable as possible. Photograph from Colin Cowperthwaite which I think was taken at Waterside Farm, at one of Mary Airey's annual charity garden parties. She is with my mother, Auntie Agnes, Judith Walsh and Rosemary Lord.

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KILLINGTON WI

Wendy Fraser-Urquhart

The afternoon WI for the Entire District. BLOOMIN', ZOOMIN', MARVELLOUS! Yes! That is what we are, but hopefully, for the last time. If all continues to go well our next monthly meeting will see us back in The People's Hall. However, for our May meeting, Margaret Denton welcomed 13 of us, gathered on Zoom.

We were soon joined by our speaker, Diane Allen whose talk was entitled, "Saga in the Dales". Diane, who now lives in Settle, writes historical family sagas. She told us that after working in publishing for many years she decided to have a go at writing her own book. After a steep learning-curve it was accepted by Pan/Macmillan and since then she has never looked back. She now writes her novels under two different names [for two different publishers] which have been printed and sold worldwide. The number of her books

is now well into the teens and her latest, "A Perfect Daughter", will be available in September and is about a family based in Dent. When I first saw Diane's details on our WI 2021 Programme I went into "England's Book Town", [guess where!] and came home triumphant with three of her books. The term we must now use for second-hand is pre-loved, and I observed that the first book, set in Dentdale, had been pre-loved. Written on the fly-leaf was (2012) Belongs to Angela Brooks. The second book said, 2014 M. Brooks. The opening location in this tale is a farm called Paradise, located on the side of the dale above Garsdale village. This was particularly interesting to me as it features in my family history back in the seventeen hundreds. Certainly, part of the charm of Diane's books is, for us, the joy of relating to all these familiar locations. In conversation with Diane, after her enjoyable talk, we discovered another connection. As a child she had lived at The Red Lion in Killington. This was the very house in which the very first meeting of Killington Women's Institute was held almost eighty years ago. Our hearty thanks were proffered to Diane.

After Diane had melted away into the ether we continued with our meeting. We congratulated 3 birthday girls this month, Valerie, Lavinia, and Marion. Marion had a second cause for rejoicing as her first grandchild, Finlay Joseph arrived safely 5 days ago. We moved on to vote on the resolution for the National W.I. for this year. We unanimously endorsed the selected proposal "to increase the



awareness of the signs of ovarian cancer". Margaret gave us our Treasure's Report and also told us that she has received the order form for the 2022 calendar. [Yes! Time to get busy with those Christmas cards]. Summer activities were considered – a garden party to be held at Sally's on 8th July, and possibly an outing in September.

The last part of our meeting, our competition, was very enjoyable and informative. The title was, "A Favourite Book". It is just as well it was not, "My Favourite Book", for I think that would have proved an impossible choice. There was a very wide variety of genre [that's very much an 'in' word, isn't it?] and the really interesting part was to

understand why each person had chosen their particular book.

Pat selected a poetry anthology entitled, "A Poem for Every Day of the Year", a selection of seasonal poems but one from which she gained pleasure wandering hither and thither through it.

Alison's book was called, "Gift from the Sea", by Anne Morrow Lindbergh. This was one woman's reflections on a stay by the sea in the 1950's, away from her husband and children. She praises the simplicity of it all and finds, in various sea shells, reflections of phases of our lives.

Marion chose, "Mr Magnolia", written and illustrated by Quentin Blake. It tells the story of Mr. Magnolia who has only one boot.

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Eventually a parcel arrives and "Whoopee for Mr Magnolia's new boot". Marion writes, "We spent many happy times reading it to our children. We can recite it off by heart together still as a family and are looking forward to lots of fun now reading it to our grandchildren."

Sarah selected another saga set in Gibbs Hall in Dentdale but originally published in 1844. It is called, "Hope on. Hope ever", by William and Mary Howlitt. On the way the reader learns much about the character of the Dales people, not only their petty jealousies and historic feuds but also their kindness and readiness to help in adversity, and about the practicalities of maintaining contact between the remote dale and the

wider world. This book was re-published by David Boulton in the early 2000s and I recently noticed a copy of it in the charity shop window.

Valerie sent me details of her book, "The Complete Adventures of Blinky Bill" - who was a young Koala bear. It is his life and adventures growing up in the Australian bush and the different animals he meets along the way. It was first published in 1939 and the last reprint date is 1950. I was given it for my seventh birthday by friends of my fathers who lived in Australia then. They used to live on Pacific Highway and that always sounded exotic to me, compared with cold Aberdeen.

My own choice was, "Katherine", by Anya Seton. This historical but well

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researched novel, is the story of Katherine Swynford, the mistress and eventually the wife of John of Gaunt. I have read it many times, most recently last week, and given it to many friends through the years. I first came across it as a young teacher when I noticed a girl reading something under the desk during one of my lessons! Of course, I confiscated it and she didn't have it back until I had read it! Apart from being a thoroughly "good read" it brings back memories of some of the happiest days of my life. Had we ever had a daughter she would have been called 'Katherine'.

NEXT MEETING – Tuesday, 8th June 2021 at the People's Hall at 2 pm. Our speaker will be Jackie Huck and her subject will be, "A Lancashire Childhood". The competition is for "A Childhood Artefact". This meeting depends on the next release of guidance. It looks as though it will be the following requirements. Members will need to send confirmation of attendance the day before. Numbers will dictate whether we use the committee room or the main hall. We will also ask people attending to confirm before coming whether they have had a vaccine OR have had a negative covid test in the last 24hours. If everyone has then we should be able to remove our masks and sit 1m apart instead of two. Please do not let any of this put you off attending, we would love to see all of our members again. If you are not sure or have any questions, please get in touch with Marion by email or phone (number on back of programme).



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DENTDALE W.I.

Thelma Belfield

Once again our May meeting was 'virtual' and we were fortunate to have Rosie Cumella as our speaker. Rosie works with The Calvert Trust as a fundraiser and she treated us to a very informative and interesting presentation on the work of the Trust.

Historically, the Trust was founded in 1976 when John Fryer-Spedding with the help of Elinor, Viscountess Rochdale, developed a project to provide accessible outdoor activities and opportunities for disabled people. The Trust was named to honour the Calvert family who were the original owners of the land on which the trust is built. Raisley Calvert was a friend

of William Wordsworth to whom he left a legacy enabling him to continue his poetry writing. The Fryer-Spedding family donated two farmsteads, and the Lake District Calvert Trust Centre opened in 1978. Sited overlooking Bassenthwaite Lake the centre provides a huge range of outdoor activities for disabled people, including climbing, abseiling, horse riding, archery, canoeing and paragliding. There is a Hydrotherapy pool and, also, a fleet of minibuses which are used to transport visitors to the centre out into the Lake District National Park to experience the joys of the great outdoors.

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Rosie quoted the Trust's mission statement which is to develop skills, self-confidence, motivation, independence and friendship with a 'Can' rather than 'Can't Do' attitude. She herself joined the Trust three years ago. Coming from a family who enjoy all outdoor activities, bringing with her great enthusiasm and determination to help support disabled people experience the same activities.

The centre has facilities for all disabilities and caters for all age groups. Visitors range from toddlers to ninety-year-olds and they come as families, individually, as school groups and groups from other

charities such as MIND and Help for Heroes.

Rosie described some of the facilities at the centre that she has tried herself, the hydrotherapy pool which has above and below water lighting and includes a Jacuzzi and a sauna. She has also tried the High Ropes Course, which is similar to Go Ape in the Lake District but is wheelchair accessible.

There are over 3000 visitors using the centre each year, and Rosie shared the experiences of two of them. The first a lady who was a professional climber and who sustained a serious injury in an accident, which left her wheelchair bound and her professional life in

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tatters. Her experience whilst visiting the Calvert Trust has given her a new future and has resulted in her being able to 'climb' again, and she has since climbed The Old Man of Hoy. No greater tribute could be paid to the centre I am sure.

Another visitor, a young thirteen-year-old boy, autistic, blind and with cerebral palsy, who has experienced all the facilities at the centre and has raised £217.000 to help support the Trust financially. His project saw him achieving activities based on his age including 13 minutes standing unaided, walking on a treadmill for 13 minutes and completing a 13-minute walk. His efforts have achieved worldwide acknowledgement. Rosie

told us that it costs one and a half million pounds annually to run the trust. Income is from visitor bookings and fund raising, so her work is never done.

Although Rosie focused her talk on the Lake District Centre she told us of the two additional centres of the Calvert Trust. The Kielder Water Centre and The Exmoor Centre each having the same ethos, and providing accessible outdoor activities for disabled visitors and their families. All the centres are planning to reopen on 21st June 2021.

Rosie's obvious enjoyment of and enthusiasm for her work was tangible, a true endorsement of the success of the Calvert Trust.

The business part of our virtual meetings during the pandemic has been quite limited owing to the restrictions on our activities, but as these are gradually being removed we have planned a dual purpose event for Saturday 29th May. First and foremost, it is a fundraising Mini Market being held on The Green in Dent village between 10am and 12 noon. Home baking, crafts and plants are available. We hope this will boost our donation to The Rawthey Project. Equally important is that the event is to provide an opportunity for our members to meet, socially distanced of course, after such a long absence.

Sadly, again this year, our June Summer Outing has been suspended due to the pandemic but we are looking to having an outing once restrictions are lifted. With this thought in mind we are hoping to resume our traditional meetings in Dent Memorial Hall from July.

Rita, our secretary, reported that the virtual National WI AGM is going ahead, and Thelma has been invited to participate as one of the nine local WI Link delegates. The Resolution 'Increasing Awareness of the Symptoms of Ovarian Cancer' will be discussed at the meeting.

Rita also reminded us that there is to be a Church Sale in the village on Bank Holiday Monday and, also, that the Memorial Hall committee are planning a Car Boot sale for the August Bank Holiday when it is hoped the WI will have a stall there. It is so good to hear local plans being made once more.

As usual, despite Covid restrictions we do have a competition each meeting and this month it was for 'An

Old Toy'. By necessity, these entries were submitted by photographs and there were four entries - a 63 year old much loved teddy bear, a beautifully dressed doll which is 70 years old, Patch, also a much loved toy dog at 71 years old and Steve Austin the six million dollar man at 50 years old. The 63-year-old teddy won with Patch and Steve Austin as runners up. It was great fun to be sharing pictures of these treasured mementoes.

As always our meetings are interesting, informative and friendly, sharing the opportunity to be together and, as I said earlier, we are hoping to meet 'actually' in July and as always visitors and new members are very welcome.



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SEDBERGH W.I.

Valerie Welti

"A call to increase awareness of the subtle signs of ovarian cancer" is the proposed campaign resolution of the WI nationally for 2021/22. At our May meeting via Zoom 14 members had the opportunity to discuss, watch a presentation and films and be made aware of the work of 2 major charities: Target Ovarian Cancer and the Diane Oxberry Trust. We all felt better informed by the end of the evening, and had no hesitation in voting for this resolution to go forward.

Sadly, there is no routine screening for this form of cancer so diagnosis is often not made until the later stages when it is difficult to treat. With an

early diagnosis survival can be up to 90%. So, it is really important for **all** women to be able to pick up these symptoms themselves. The main symptoms are: persistent bloating; feeling full quickly and/or loss of appetite; pelvic or abdominal pain; needing to go to the toilet more often than usual. If you experience any of these symptoms, that are not normal for you, regularly (at least 12 times a month) please go to your GP. They can order a CA125 blood test to check for ovarian cancer, and also an ultrasound scan.

Our meeting certainly raised member's awareness of these subtle signs of ovarian cancer, that are often explained away as minor problems, to be expected as we get older.



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Hopefully, they will be nothing serious – but so much better to get it checked out with the GP. We will definitely be talking to female friends and family members of all ages now, to raise their awareness, too.

With up to 6 people allowed to meet outside our Walking group set off for their first walk of 2021 in April. A circular walk of just over 6 miles from the People's Hall taking in part of the Dales Way, St John's church Firbank, Fisherman's Bridge and lunch, sitting in sunshine looking over the River Lune.

Spring flowers, birds singing and the return of the sun allowed us to enjoy some garden get-togethers of up to 6 members. It was a welcome change to see each other "for real" and to be able to involve those members who do not Zoom.

Manna House, Kendal were planning Barbecues for May so we had requests to donate relishes, sauces, kebab skewers and bottled gas.

Following Cumbria-Westmorland Federation of WIs circulating Sandra Gold-Wood's article about the forgotten female munition workers of both World Wars (also printed in May 2021 edition of Lookaround) many of the local branches and individual members have offered her their support and concur with her desire to have a memorial to these women in the National Memorial Arboretum, Staffordshire.

There were only 6 members of Book Group available for May's meeting, and with the heavy rain showers we met by Zoom again.



Carlisle Library has resumed its Reading Group Loan Service for the first time since March 2020. So hopefully it will have been the last time that we had to download the chosen book from the Borrowbox App. The book was *Kim Jiyoung, Born 1982* by Cho Nam-Joo. This was a book translated from Korean, and an international bestseller.

We gave it an average score of 6 with a wide range of views in the group: from not finishing it, to scoring it 8 out of 10. The book is interesting in giving an insight into the life of an ordinary woman in South Korea. It certainly made the group appreciate that although the situation may not be perfect in the UK, we no



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longer have the pressure of such widespread rigid gender stereotypes and misogyny. Many of the group felt that they did not engage emotionally with the main character as the book slipped into more of a treatise, using statistics, to show the inequality of women there. The author, who had been a scriptwriter for TV programs, before having to give up her career to raise her children, said her intention was to make the discrimination and social judgment that women face on a daily basis "into a public debate". It certainly seems to have done that, becoming part of the feminist campaign in South Korea in 2018.

Well, keeping our fingers crossed for predictable periods of warm, dry weather so that we can have more group gatherings outdoors over the Summer months.

Our next meeting, via Zoom again, will be on **Wednesday June 9th at 7.30 pm** for a talk by Mark Crutchley of Greenpeace on "Sustainability – whose responsibility is it?" If that sounds of interest and you would like to join us for the evening please contact our President, Ellen Morrison, 07702 919745.

50 YEARS AGO

Colin Cowperthwaite

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

Sedbergh hotel bid to 9,950

One of Sedbergh's oldest hostelleries, the White Hart Hotel, which dates back to the late 16th century, was put up for public auction on Friday. The hotel, owned by Dutton's Brewery Ltd., part of the Whitbread Group, was auctioned by Mr T.H.H. Hodgson of Michael C.L. Hodgson of Kendal, and was withdrawn at 9,950 pounds for private sale.

Garsdale Sport Day

Garsdale Sports Day was held at Thurnsill field by permission of Mr R.T. Middleton, and excellent weather attracted more competitors and spectators than last year. All children received an ice cream, the gift of Mr Alec Farrer, a local garage proprietor. Garsdale Primary School was used

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for catering, and two sittings had to be held for both tea and supper, such was the demand on their services. The children's races were held in the afternoon and the adults in the evening. David Allen, a local athlete who acquitted himself well at Sedbergh Gala, won the men's mile race. High jump was won by Malcolm Winn. The event was organized by Garsdale Sports Committee.

Sedbergh 'stop' sign 'on wrong road'

Facing automatic disqualification from driving on the "totting up" procedure, a Teesside surveyor last Wednesday retained his licence through the sympathy of Sedbergh magistrates. Geoffrey Nicholas Crass, aged 23 years of Stainton, Teesside, was fined five pounds and had his licence endorsed after pleading guilty to failing to conform to a 'Stop' sign in Finkle Street, Sedbergh, on April 14th. With two endorsements already on his licence in the period of three years he faced disqualification, but the chairman of the court (Cmdr. R.S. Young) accepted his point that the 'stop' sign was wrongly placed. Defendant told the Magistrates that he was on honeymoon in April and passed through Sedbergh looking for the road to Brough. Travelling down Finkle Street he failed to see the stop sign because he was apparently travelling on the main road. The stop sign halts traffic on the apparent main route and allows right of way to traffic emerging from a 'T' junction. Cmdr. Young said the Bench was not disqualifying him because they considered the road and the placing

of the sign constituted special circumstances. "We have had this road question up many times before", said Cmdr. Young. He told the clerk (Mr G.R. Hague) "I would like you to write to the proper authority and point out that this sign is on the wrong road". He added that the Bench had tried before to get the priority changed on Finkle Street.

Why the coaches can't stop in Sedbergh

Drivers of trippers' coaches who used to stop in Sedbergh were carrying on through the town because they could not park in the bus bays on Joss Lane car park, Coun. J.T. Clough told members of Sedbergh Public Health and General Purposes Committee on Wednesday. Although there were seven bays reserved for buses on the car park, they were frequently used by private cars, said Coun. Clough, and he had been told that bus drivers were now continuing on through the town to places such



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as Kirkby Lonsdale because they could not park in Sedbergh. "I think we should have some means of supervision", he said. Surveyor to the council, Mr F.J. Lawson, said that he had had tickets printed with a view to stopping cars from parking on the bus bays. Suggesting that it was a matter in which the police might be able to help, Coun. J. Henderson said that the "power of a police uniform might persuade". There were a lot of cars parked untidily in the car park, especially on Saturday, he added. Coun. Clough said that bus bays should definitely be kept for buses alone because they were bringing people into the town to spend money. "We do not want to chase people away from the town", he said. The committee agreed to ask the police to

help keep the area clear throughout the week, including Sundays.

Sedbergh tries to discover the true jobless total

Sedbergh Council's Finance and Housing Committee is worried about the unemployment position in the town, not because the figure is high, but because the committee feel it may be - but no-one really knows. The trouble is that, for official purposes, Sedbergh is lumped together with Kendal, which has one of the lowest unemployment figures in the country. So far, all efforts to persuade the Department of Employment and Productivity to produce a breakdown of the figures have failed, and the committee decided on Wednesday that the Clerk (Mr A.G. Wilkinson) should make an official request for this information. Some members fear that the figure in Sedbergh might be as high as 50 people out of work, representing between 10 and 15 per cent. Coun. J. Henderson who raised the matter, said "We might find that we are in fact a depressed area, though we are never considered in this light because of the picture presented by the overall figures for the area". He said it was essential that the council should have the information, for in reality the situation might be quite bad. "We may be in a far worse position than some places receiving preferential treatment", he said, "and we have a duty to our residents to find out the true position". Coun. J. Dawson, who is the council's representative on the local committee, said he had asked for the Sedbergh figures on several occasions without being able to obtain the information.



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DOWNING STREET

Karen Bruce Lockhart

The eight ton steel door of No. 10 Downing Street, with the old brass letter box stating "First Lord of the Treasury", hides a warren behind it and a complicated history.

Downing Street was part of a development built by a rather unpleasant gentleman, called Sir George Downing, between 1682 and 1684, and was designed originally by Christopher Wren. Sir George was a strong supporter of the republican cause, had been a spy master for Cromwell, supported the execution of the king, was an MP in Cromwell's parliament and carried out various diplomatic missions for Cromwell's Government. He was one of the first

to urge Cromwell to take the Crown. With the coming of the restoration he "now saw the error" of his former views and ingratiated himself with King Charles by providing information, and using his experience as a spy master to hunt down regicides. For this and other services he was given a baronetcy and a piece of land adjoining St James's Park. Samuel Pepys called him odious and a "perfidious rogue" though useful to the king. In his youth, as a nephew of Governor Winthrop, he had spent a considerable time in New England, was useful, therefore, to King Charles in dealing with the Dutch, and had considerable responsibility for the obtaining of New York from the Dutch. He was a man of great political,



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diplomatic and financial ability. Pepys considered him a miser.

In 1682 he had finally got rid of sitting tenants on the land he had obtained by St James's Park. He built a cul de sac of houses on what became Downing Street on the edge of the Palace of Westminster. Henry VIII's tennis court and a cockpit were on part of the land. At the back of the houses was a large mansion facing on to Horse Guards' Parade, known as "the House at the Back", the occupants of which took considerable objection to the building of the cul de sac. There was also a small cottage, where the last private occupant of what is now No 10, one Mr Chicken, lived. The House at the Back was occupied by various royal and other dignitaries, such as Princess Elizabeth (later the Winter Queen), Mrs Hampden (Oliver Cromwell's aunt), and Sir Thomas Knyvet (famous for the downfall of the Gunpowder Plot).

In the early 1730s George II presented the house on Downing Street, at that time known as No 5, the House at the Back and the cottage to Sir Robert Walpole who turned the gift down, but asked that it be made available to him and future First Lords of the Treasury, as he and future Prime Ministers are officially known. Although it has continued as such, only 16 of the first 31 Prime Ministers lived there – most preferred their own much superior houses, such as Wellington's Apsley House. By the end of the 18th century most of the houses in the cul de sac had been taken over by the Government. The Colonial Office occupied No 14,

the Foreign Office No 16 and the West India Office No 81 and the Tithe Commissioners No 20, but by mid 19th century they had all been demolished due to being unsafe apart from Numbers 10, 11 and 12.

A reason for this was that the cul de sac buildings were badly built with inadequate foundations for houses, built on land which had originally been an area between two branches of a river flowing into the Thames, known as Thorney Island, which was little more than a bog. Due to this, and to neglect, despite vast sums being spent on repairs, by the time Disraeli became Prime Minister he called No 10 "dingy and decaying". Hot and cold water and a bath were installed for him. By the end of the 19th century it was in an area of "run-down buildings, dark alleys, the scene of crime and prostitution". It was not until the beginning of the 20th Century that No 10 became truly the home of the Prime Minister,

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although Tony Blair and David Cameron both lived in No 11 as the converted attic rooms were too small for their families. Perhaps, a little surprisingly, it was Ramsay Macdonald, the first Labour Prime Minister, who did much to revive it in the early part of the 20th century.

Over the years vast sums have been spent trying to prop it up and smarten it. In the 1960s the house was at the point of collapse, and the property was practically rebuilt and was given proper foundations up to 18 feet deep. The renovations were estimated at £500,000 and cost over £3,000,000 (about £70,000,000 in inflation terms now). Despite this further massive structural repairs were found necessary in 2006. It now

consists of the three original properties and No 12, access to which is gained through No 11, the official residence of the Chancellor of the Exchequer. It is much larger than it looks from outside, consisting of over 100 rooms. The black front door was originally green, and in the 1960 renovations it was discovered that the black brick frontage was simply yellow bricks covered in a thick layer of pollution. It was cleaned and the bricks painted black as that was Cameron has been in Sedbergh to help sort things out with his cousin Tanya and was at funeral we hope.

the colour the public expected it to be. The Cabinet Office is next door to it, in No 70 Whitehall, which used to be Dorset House.



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SEDBERGH GALA DAY 1971

Colin Cowperthwaite

Fifty years ago, Sedbergh held its eight annual gala on Saturday May 29th. The following reports appeared in The Westmorland Gazette before and after the event.

(May 21st) Making money, say the organisers of Sedbergh Gala, is only a secondary thought. The main thing is that people have a good time. So it is good to learn that the gala does make a profit, and that this profit goes to charity. The gala gets off to a start at 1pm on May 29th - Whit Saturday - with a colourful procession through Main Street, which will be decorated with bunting. The procession will be headed by the Newton Aycliffe Pipe Band and Highland Dancers; behind them will be the Gala Queen in a vintage car, and her attendants in a pony and trap. They will be accompanied by a number of decorated tableaux vehicles, and children in fancy dress. The Gala Queen will open the gala at 1.30pm. Two of the major attractions are the Derrico Alzanas and the Crusaders Aeromodelling Club. The Derrico Alzanas, of TV and film fame, are a daring high wire act from Rotherham,



Gala Queen, Miss Alma Konecznski, pictured with her attendants, Linda Robinson (left) and Elizabeth Thornely.

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who perform without safety nets. Their feats include two artists walking up and down the guy rope at the same time without the aid of a parasol or balance pole - this act is unique in Europe. The Crusaders Aeromodelling Club from Cleckheaton is due to stage a demonstration of control-line and radio-control flying. The latter will depend a lot on the weather - with models costing upwards of 100 pounds, some a lot more, you can't afford to take too many risks! There are plans also for a model hot air balloon to be flown. As well as leading the opening procession, the Newton Aycliffe Pipe Band will give a marching display on the field, and the Highland Dancers will also give a performance. Sporting attractions will include the World Championship 12-stone Cumberland and Westmorland Wrestling Match, which promises some exciting wrestling, together with other classes of the sport. There will be an open meeting of whippet racing, organized by the Sedbergh Whippet Club, a piano smashing competition, fell and foot racing, and a six-a-side football final. Music will

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be provided by Dean's Electric Fairground Organ, and side shows will include a novel 'bingo' stall with good prizes, and children's roundabouts. The food and drink provided includes hot dogs - 1,500 of them! - ice cream and other refreshments, 1,200 bottles of pop, 20 cartons of crisps, and a licensed bar.

(June 4th) Sedbergh held its eighth annual gala on Saturday when about 2,500 people flocked to Howgill Lane Playing Field to enjoy all the fun of the fair. Only one small shower of little consequence descended upon the gay crowd, and the colourful May blossoms and surrounding fells brightly sunlit, made visitors from neighbouring counties feel that their journey was well worthwhile. Led by parade marshal, Sgt J. Robertshaw, and the stirring music of Newton Aycliffe British Legion Pipe Band, accompanied by Highland dancers, the parade marched through the town and the gala was declared open on the field by the reigning Gala Queen, Miss Alma Konczynski, attended by Miss Elizabeth Thornely and Miss Linda Robinson. The Gala Queen's carriage was a well preserved open "Bull Nosed" Morris. The day ended with two dances - one in the People's Hall for the younger set, and Olde Tyme in the Masonic Hall for the older folk.

SEDBERGH NATIONAL SCHOOL

Colin Cowperthwaite

Fifty years ago, Sedbergh's National Primary School on Station Road, the site later to become the town's telephone exchange, was in the process of being demolished, its pupils transferring to the current Primary School on Maryfell in the autumn term. The following article, which appeared in the Westmorland Gazette on 14th May 1971, was accompanied by a photograph of demolition in progress.

'Exit a school, and exit also a staff'

When pupils at Sedbergh Primary School start after their summer holidays, they will have to get acquainted with almost a complete set of new teachers.

The retirement of their headmaster, Mr Richard Metcalfe, who has taught in Sedbergh schools for more than 35 years, coincides with the departure of several other members of staff and will bring to an end a year in which a total of seven staff with many years of service have left.

For Mr Metcalfe it will be a doubly sad occasion, because it not only marks the end of his long period of service with a school and pupils that he has grown to love; it sees also the



Demolition in progress this week. 14.5.71



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demolition of the school in which he was taught and later was to become head.

Bulldozers have already started ripping down the structure of the former Sedbergh National School which was established in 1842 and, later, redesignated as the Church of England School. It was here that Mr Metcalfe attended school as a boy and in 1935 returned to become an assistant teacher. He was appointed to the headship in 1949.

In 1963 there was added to this the headship of the town's primary school when the two schools were amalgamated. They were both replaced by the present primary

school in 1966, still with Mr Metcalfe as head.

The complexities of changing staff at the present school were explained by Mr Metcalfe on Wednesday. His deputy head, Mr J. Harling, left only recently to take up a headship at Askham. Two long-serving local teachers, Miss Campbell and Mrs Dent, retired during the past year, and two more, Miss Hall and Miss Batty, are to finish at the same time as Mr Metcalfe - Miss Hall is retiring, Miss Batty leaves to be married.

Mr Metcalfe's sister, Mrs S. Greenwood, retired from teaching recently after many years' service at the school and is at present part-time clerical assistant at the school but she, too, is to retire when Mr Metcalfe does.

Candidates for replacement staff are to be interviewed soon by the West Riding Education Committee, and a new headmaster has already been appointed. He is Mr Eric S. Marney, at present headmaster of Midgely School near Halifax.

Helping the children to get acquainted with their new teachers though will be three of the present staff who are not retiring - Mrs M. Kirk, Mrs J. Armstrong and Mrs S. Thornber, together with a previous part-time teacher, who is now to go on to full-time, Mrs Craven.

Mr Metcalfe said this week that he would be sad to leave, but at least he looked forward to retirement in his native Sedbergh, where he has taught two or three generations of local people.

THE OLD WOMAN RAVINE

Karen Bruce Lockhart

Carlingill (or Carney Gill as it was formerly known) has a reputation for clanking chains and the finding of human bones. Carlin comes from a Scandinavian word for a hag or old woman, so the rather dark and hidden gill may have had a connection with witches. Before this part of the West Riding of Yorkshire was dumped into Cumbria, this gill or ghyll formed the boundary between Yorkshire and Westmorland from the Stone at Blaithwaite Bottom down to where the beck joined the Lune. This historically caused the kind of difficulties to be expected between two counties when the tiny bridge where the beck passes under the road below Gibbet Hill needed repair. The gill with the Spout and Black Force are a geologist student's lesson in erosion following the ice age, with examples of deep gullies, alluvial fans and cones. There is a theory that the Lune watershed was south of the present Lune Gorge, and that all the becks that now flow into the Gorge went north within the Eden catchment area, but the headwaters of the Lune eventually eroded

northwards and diverted all the north flowing becks south. The evidence for this is apparently complicated but seems to be due to the land being higher so that the rivers natural flowed south. During the ice age a glacier helped the primordial Lune to breach the gorge.

Above the Lune where the gill crosses Fairmile, the old road from Sedbergh to Tebay which itself follows the Roman road, and a mile or so up the valley of the Lune was guarded by a Roman Fort (Low Borrowbridge). Stretches of the Roman road can clearly be seen only a few feet above the modern road on Fairmile. The road was laid through the Lune Gorge by Agricola in 79AD to link Ribchester (near Preston) to Carlisle. The modern name for this stretch is apparently due to a major sheep or horse fair which was held annually there - it is approximately a mile from Fair Mile Gate to Gibbet Hill.

Gibbet Hill earned this name from the hanging of one man. The place where the gibbet is supposed to have been is roughly where the little car park is above the spot where the modern road (now little more than a

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lane) crosses the beck. The gentleman (and "gentleman" is apt) who was hanged there, William Smurthwaite, was not your everyday villain. On the surface he was a gentleman of standing, being High Constable for Lonsdale and a juror at the Quarter Sessions in Kendal, but he led a double life (not unlike the more famous Deacon Brodie in Edinburgh). With his brother George, he was the leader of a gang which indulged in theft, burglary and the clipping of coins. He and his brother were arrested and tried at the Assizes in Appleby in 1683, but acquitted. However, a year later they were again tried, this time by the notorious Judge Jeffries, and were sentenced to be hanged at Lancaster castle. William's body was then hung in a metal cage from a gibbet at Gibbet Hill. A gibbet was an erection set up to hold such horrors as a warning to others – convicts were not executed on a gibbet. It may seem a lonely place for such an exhibition, but not only was it on a main road north at the time, but it was also the meeting point of two counties, let alone the annual fair.

PROBLEMS WITH BUILDING CONTRACTORS?

South Lakes Citizens Advice

I've been saving up to have my kitchen redone, but I'm a bit worried about it. Last time I had any work done on the house, it took more than double the time I thought it would and ended up costing me a fortune. I'm looking for a different builder this time, but how will I know I can trust them?

Here are some steps you should take when choosing a trader:

- Find a Trading Standards 'approved trader' - use the internet to search for one in your area or the Government's approved trader scheme TrustMark.
- Get references or recommendations - ask people you know or ask the person you hire for examples of work they've carried out in the past. Try to avoid contractors who won't give references - it's a sign they could be dishonest.
- Find out if they are a current member of a trade body - trade bodies have codes of practice and can help resolve problems if things go wrong, so check your trader is a member. Ask who they're registered with and then check the trade body's website.
- Only use certified traders for gas and electrics - it's dangerous to use someone who doesn't know what they're doing. Check the Gas Safe Register for a list of traders and use a registered electrician who can certify their own work. When you're having a kitchen fitted, it's worth checking whether the person you've hired will be doing the electrical or gas work



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themselves. If not, check who they will be using and whether they're registered.

- Get a written quote - this is different to an estimate. A quote is legally binding and the builder can't change it without a good reason - for example, if you ask for extra work to be done. Try to compare quotes from a number of contractors to make sure you're getting a fair price.

- Get a written contract - this should cover exactly what you're paying for and everything you've agreed on, like timings, payments, who will pay for materials and subcontractors.

- Think carefully about payment - opt to pay in stages rather than upfront. Where possible, try to pay by card as this can afford you extra safeguards if something goes wrong.

- Keep copies of receipts - also keep your written contract as

evidence, as well as photos of any problems if they arise.

If you have a problem with a contractor, and you're not sure what to do or where to go, call the Citizens Advice consumer helpline 0808 223 1133 or talk to South Lakes Citizens Advice.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.

South Lakes Citizens Advice, your local charity, is here for you.

How to access:

- Call 015394 46464 - this is being staffed from 9:30 – 2pm
- Adviceline: 0808 2787 984
- email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

THIRSTY RAMBLER

Henry & Claire

This month marks the opening of our brand new micro bar business here in Sedbergh. Twelve months ago, we packed up our old home and life in Northamptonshire and drove 207 miles north to Cumbria to collect the keys to our new house.

Since then, we've worked non-stop to completely renovate the ground floor of our property, converting the space most recently known to many as the Chinese takeaway into something new and exciting. Having stripped the whole space right back to its original shell by removing the entire floor, supporting floor joists and the interior walls, we began the process of starting from scratch and injecting some new life into it. After 6 months of incredibly hard work and with the help of some of the great local trades, we have managed to create a warm, cosy and stylish micro bar that we hope will appeal to locals and visitors alike. We actually completed the work back in December but thanks to COVID-19, sadly we have been unable to open so we wanted to keep it all under wraps until we could, hence why the windows have been covered up! Now with the further lifting of restrictions, we are very excited to finally be able to open our doors to show you what we've been up to in here.

Being a small business ourselves, we are keen to support other small businesses as much as we can so we have selected a range of bottled, canned and hand pulled ales and lagers from local breweries across Cumbria and Yorkshire. We also

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serve craft cider, artisan and classic gins alongside other spirits and handpicked fine wines. Well behaved dogs are very welcome in the bar but as we are small and cosy, we ask that you keep them on a lead and under close control during your visit. So whether you've spent the day rambling around on the fells with your four legged friend in the infamous Cumbrian weather, had a busy day at work and need to relax and unwind, or you just fancy popping out for a friendly chat over a pint, we look forward to welcoming you in The Thirsty Rambler.

In the meantime, stay safe, wash your hands and have a lovely day!

See the advert on page 17.

PROPERTY MARKET REVIEWED.

Beth Handley – Cobble Country

Following a record-breaking start to the new financial year, the buoyancy in the market remains, with the demand for property greatly outweighing the supply. Following the government's budget plan, here's the main points as to how the budget will impact the property sector.

Extending the stamp duty – The stamp duty deadline has been extended until 31st June 2021 currently no tax is paid on forwarding purchases up to £500,000. A transitional nil rate band up to £250,000 will be in place until September, thereafter, returning to £125,000 threshold on forwarding purchases in October.

New mortgage guarantee scheme – one for first time buyers, mortgage guarantee scheme. Started in April 2021 the government will provide a guarantee to lenders who offer mortgages to people with a deposit of just five percent paid by the buyer. Importantly, this has already helped 80% of first-time buyers.

So, the strength in the industry remains, with more applicants than ever registering their details with our office looking for their first, forwarding or second home. Not only is the sales market strong, but there has also been an elevated demand for rental properties of all property types within the area, as businesses begin to re-open as restrictions are easing.

In addition, Cobble Country have had a new member join our small

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comprehensive team. Lily joined us as a senior sales negotiator, NAEA qualified, with 6 years of Estate Agent experience. Lily will be working alongside Sue and Beth carrying out the day to day running of the office. Lily is excited with her new opportunity and is looking forward to helping both buyers and sellers.

B4RN

Douglas Thomson

I had hoped to write that we had started installation but another hurdle to jump appeared. I think we can clear it so we are still pretty well on track to start installation in Queens Drive.

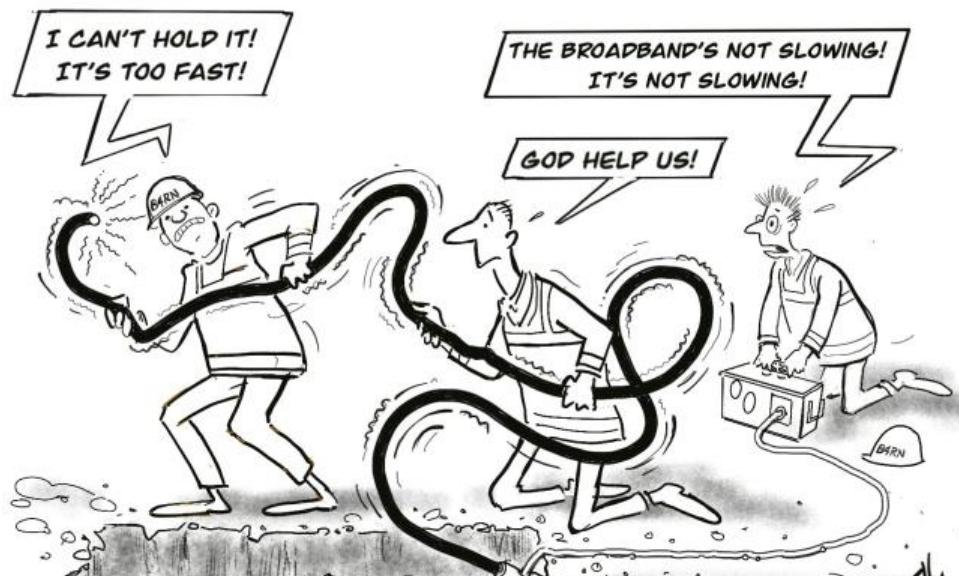
MARKING THE CENTENARY OF THE ROYAL BRITISH LEGION – 15TH MAY 2021

David Parratt

Our Founding History: On Sunday 15 May 1921, a small number of ex-Servicemen walked to the Cenotaph war memorial in London's Whitehall. As Big Ben struck nine, four men representing societies that for three years had been rivals laid a wreath at the base of the memorial. On that wreath were the badges of the four organisations that would officially amalgamate to form the British Legion.

This moment was the starting gun for the Royal British Legion we know today. By Christmas of 1921, the

A VIEW FROM THE FELLS



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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.

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

ranks of our organisation had swelled to include 2,500 branches across the country, as well as overseas. These were the groups around which the armed forces community rallied after the First World War. They made change happen, fundraised during the Poppy Appeal, provided welfare locally and became the foundations for what has become the UK's largest Armed Forces charity.

Centenary Wreath Laying: One hundred years later we are proud to still have 2,500 branches, some with a history reaching back to 1921 and others established in the last decade. To mark the moment of our founding, we have recreated the activity of that day and our National President and serving personnel laid a wreath at the Cenotaph at 0900 hours on Saturday

15th May. That moment at the Cenotaph 100 years ago sparked the beginning of something much bigger and to demonstrate that, representatives from branches around the country were invited to lay a wreath at their local memorial, to coincide with the activity at the Cenotaph 0900 hours on 15th May 2021.

Colonel Tony Reed Screen, President of the Sedbergh Branch, laid a wreath at the Town War Memorial to mark the centenary, accompanied by Nick Cross, Chairman and David Parratt, Secretary. (see photo)

Centenary timeline:

The Royal British Legion has been supporting servicemen and women, ex-serving personnel and their families since 1921. It was established to care for those who had suffered as a result of service during the 1st World War.

After the First World War, Britain's economy plummeted, leaving 2 million people unemployed in 1921. Over 6 million men had served in the war. Of those who came back, 1.75 million had suffered disability and half



of these were permanently disabled. Then there were those who depended on those who had gone to war, the wives and children, widows, and orphans as well as the parents who had lost their sons in the war on whom they were often financially dependent.

The Women's Section of the British Legion was swiftly established. In September 1921 Anna Guérin arrives from Canada and persuades the Legion to adopt the Poppy as a symbol of Remembrance. That same year the first Poppy Appeal raises £106,000 (£5.21m in 2021) and 2,500 branches of the British Legion are established across the country.

The following year the Legion's Poppy Factory opens in the Old Kent

Road, London where 40 disabled men manufactured 1,000 poppies a week.

The first Festival of Remembrance is held at the Royal Albert Hall in 1927, with the first Field of Remembrance appearing on the lawns outside Westminster Abbey in London a year later.

Through the 1930s the Poppy Appeal goes from strength to strength and the British Legion purchases Haig House in Ypres, Belgium to provide a base for pilgrims visiting the battlefields of the First World War.

At home, the abdication of Edward VIII leads to George VI taking the throne, whose daughter Princess Elizabeth later becomes our patron.



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In 1938 the Poppy Appeal raises £600,000 (£40m in 2021) and it is spent on supporting those who continue to suffer as a result of service during the First World War. Today that figure stands at over £100 million.

Attempts to reconcile relations and spread peace between German and British soldiers is well-received but ultimately fails as the following year, on 3 September 1939, the Second World War breaks out after Poland is invaded by Germany.

During the Second World War two founding members of RBL, Fred Lister and Colonel George Crosfield, advise Government on post-war planning. And after the war ended in Europe, RBL votes to include those affected by the conflict within its remit. Throughout the decade, RBL advocates on key issues for veterans and successfully lobbies the Government on the passing of the Disabled Persons (Employment) Act 1944 and the War Pensions Act in 1949; both of which continue to benefit thousands today.

The British Legion also plays a key role in supporting veterans through injury and illness. They take over a 50-bed hospital at Arlesley, Bedfordshire to treat patients with rheumatism and arthritis, and support the work of the National Spinal Injuries Unit at Stoke Mandeville where they champion sport and physiotherapy as treatment for those with spinal injuries.

After Victory over Japan in the Far East brings an end to the Second World War, Her Royal Highness Princess Elizabeth attends the Festival of Remembrance at the

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Royal Albert Hall for the first time. Since then, Her Majesty The Queen has only missed the Festival of Remembrance twice.

In 1950 the number of British Legion branches peaks at almost 5,500. The British Legion also has four 'country' homes and four 'convalescent' homes.

Five years after the end of the Second World War the Legion has provided over 4,000 loans and helped men to set up enterprises as chimney sweeps, steeple jacks, dentists, cosmetic manufacturers and rug makers.

With troops fighting in the Korean War during a harsh winter, the British Legion and its Women's Section help produce 1,500 woollen garments at short notice in 1951. British troops are also deployed in the Malayan and Cyprus Emergencies, and to Egypt during the Suez Crisis.

In the Summer of 1953, the British Legion hosts galas and balls across the world to mark the coronation of Her Majesty The Queen. Later in the year the Festival of Remembrance is televised for the first time on the BBC.

By 1955 the Women's Section has almost 3,300 branches and 16,000 new members.

In 1961 women are admitted to the National Executive for the first time. In the same year, the British Legion's first chairman is knighted and becomes Sir Frederick Lister to mark the 40th anniversary of the founding of RBL.

Two years later Galanos House care home is opened in Warwickshire thanks to a legacy from Christos Galanos, a Greek businessman, who much admired the British. It is our first care home to have single bedsitting rooms rather than wards.

In the same year, the Aden Emergency began after a grenade

attack on the British High Commissioner.

Sir Frederick Lister's death in 1966 marks the end of an era - he was the last surviving member of the group who helped form the British Legion in 1921.

In 1968 The Troubles in Northern Ireland begin in a conflict that will last almost 30 years.

Dennis Cadman becomes the first man who served in the Second World War to lead the British Legion in 1969.

In 1971 the British Legion marks its 50th anniversary and becomes the Royal British Legion. A rededication ceremony takes place at Westminster Abbey and 4,000 members and guests attend a royal garden party at



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Buckingham Palace. RBL also joins the World Veterans Association.

British troops remain in Northern Ireland throughout the decade as The Troubles continue.

At the Annual Conference in 1973, RBL resolves that the wording for the Cenotaph service should change to include 'all who had died in the service of their country'. The change is finally accepted in 1979.

Charles Busby, who flew with the RAF during the Second World War, becomes the first Chairman who is not from the Army in 1975. Two years later the Royal British Legion parades at Windsor Castle as part of the Queen's silver jubilee celebrations.

On 2 April 1982 Argentinian forces invade the British overseas territory of

the Falkland Islands. The deployment of British Forces encourages a new generation of support for the Armed Forces and RBL. The following year the Poppy Appeal is launched by Mrs Sara Jones, widow of Falklands VC army officer, Lt Col 'H' Jones, bringing home the reality of the sacrifice that war involves.

In 1991, RBL organises parcels for each man and woman in the British Forces deployed in the Gulf War over Christmas. It is so popular that it continues the following year and is extended to serving personnel in countries such as Bosnia and Belize.

1995 marks the 50th Anniversary of VE Day and sees a parade of RBL Standards in London. HM The Queen lights a beacon in Hyde Park, the

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signal for a chain of a thousand beacons that flare throughout the UK.

That same year RBL launches its Pedal to Paris fundraising event – a four-day cycling challenge from London to Paris, culminating in a Tour De France style finish at the Arc de Triomphe.

RBL also successfully campaigns to reintroduce the Two-Minute Silence at 11am on 11 November. John Major is the first Prime Minister to officially mark the Two Minutes Silence since the Second World War.

The Spice Girls join Vera Lynn to launch the Poppy Appeal in 1997 with funds increased by over £1 million.

The following year British forces lead a NATO intervention in the

Kosovo War, lasting until 11 June 1999.

The National Memorial Arboretum, part of RBL's family of charities, is officially opened to the public in May 2001 – a space where the unique contribution of those who have served and sacrificed is never forgotten.

Armed Forces personnel are deployed on Operation Herrick in Afghanistan and Operation Telic in Iraq. They are also deployed in Sierra Leone due to the outbreak of civil war.

In 2002 Her Majesty The Queen unveils the Commonwealth Memorial Gates on Constitution Hill in London to commemorate the 5 million men and women from the Indian subcontinent, Africa and the Caribbean who fought with the British Armed Forces in the two world Wars. The memorial is the inspiration of Baroness Flather, the first Indian woman to be appointed to the House of Lords.

In the same year HM Queen Elizabeth The Queen Mother dies. She served as Patron of the Women's Section of the RBL from 1924 until her death and is succeeded by Her Royal Highness Princess Anne.

In 2007 Her Majesty The Queen unveils the Armed Forces Memorial at the National Memorial Arboretum - a national monument to those who have lost their lives on duty or as an act of terrorism since the Second World War.

In 2011 Poppy Scotland merges with the Royal British Legion to form the largest charity group supporting



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the Armed Forces community across the UK. In May of the same year the withdrawal of the last remaining British troops in Iraq is completed. RBL funds the establishment of the RBL Centre for Blast Injuries Studies at Imperial College London, using pioneering science to prevent blast injuries and care for those with blast injuries.

The Armed Forces Covenant is placed in legislation after RBL's Honour the Covenant campaign - a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly. RBL also successfully campaigns for a question about the Armed Services to be included on the census for the first time.

In 2015 airstrikes mark the start of UK military action in Syria as part of Operation Shader.

The Centenary of the First World War is marked by Blood Swept Lands and Seas of Red at the Tower of London where 888,246 ceramic poppies are planted to represent each life of a member of the British Armed Forces lost in the conflict.

In 2018 over 1,000 RBL members travel to Ypres and parade to the Menin Gate to mark the 90th anniversary of the 1928 Great Pilgrimage when veterans and widowed wives visited the battlefields of the Somme and Ypres. The Sedbergh Branch was represented at this event.

The following year D-Day 75 is marked by a seven-day cruise around

the Channel with 255 veterans, their carers and support staff aboard the MV Boudicca, culminating in a service of thanksgiving on the beaches of Normandy.

The Covid-19 pandemic forces the country into lockdown and RBL adapts to continue supporting the Armed Forces community. The Armed Forces play a vital role in supporting the NHS, constructing Nightingale Hospitals and helping administer vaccinations. They also continue their work overseas including a

peacekeeping mission in Mali and on Operation Trenton in South Sudan.

RBL Branch Community Support plays a vital role in keeping in touch with vulnerable veterans in communities around the UK. VE Day 75 is marked with virtual celebrations online on 8 May 2020, celebrating the

75th anniversary of the end of World War Two in Europe. Low key events are held in Sedbergh.

A socially distanced ceremony at the National Memorial Arboretum attended by veterans and representatives from the 14th Army, the Gurkhas and prisoners of the Japanese is held to mark VJ Day 75 on 15 August 2020, marking both the surrender of Japan and the end of the Second World War on 15 August 1945.

The Sedbergh Branch will be marking the centenary of the Royal British Legion throughout this year with various events and displays and further information will appear in the Lookaround in due course.



SEDBERGH FOOD CLUB

Suzie Pye

Sedbergh Food Club Update:

We now consistently receive good stock levels which enables us to offer full bags each week packed by our brilliant volunteers. We have now implemented a new system to ensure no bags are leftover by the end of each session, and we are grateful for members for supporting this new way of doing things. It's been wonderful to see an increase in fruit and vegetables this past month - and we also had caterpillar cakes make an appearance one week! We remain grateful to those who are club members, and also the many volunteers who sign up to help pack and welcome members as they pick

up their bags. As ever, if you would like to become a member and/or volunteer or simply find out more go to our website: <https://zerowastesedbergh.com>

With hazelnuts in our bag this week, and an abundance of wild garlic around here's a recipe suggested by Catherine Hartley for wild garlic and hazelnut pesto:

Wild Garlic & Hazelnut Pesto

100g Wild Garlic Leaf

100g Hazelnuts

100ml Olive Oil

Handful of Grated Parmesan

Salt & Pepper to taste

If your hazelnuts still have their skins on remove as they will make your pesto bitter. In a big pan of boiling water put a big scoop of

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Thanks for your support in such challenging times, James, Nina, Ernest and the teams from the Three Hares & Black Bull Inn

baking powder. Place the hazelnuts in the water for 2-3 minutes. Remove and pat dry with a clean tea towel, the skins should then remove easily. Place your equal measures of wild garlic leaf, hazelnuts and olive oil in a food processor and blitz until a consistency of pesto. Add salt and pepper, and a good handful of parmesan. Topped with a further layer of olive oil, the pesto should keep in a jar in the fridge for a few days. Enjoy!

Sedbergh Community Cupboard Update:

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

Finally, huge thanks to all of you who are members, volunteer, donate, deliver and support Sedbergh Food Club & Cupboard in a variety of further ways.

Suzie Pye & Team 07833534710

Robert Powell

Website Design & Management

Tel: 20482

www.robpowell.co.uk

SEDBERGH ALLOTMENTS A New Allotments Shed

Jim Atkins

The community allotment site at Birks Lane now has a new shed for storage of plot-holders' tools and communal equipment. The shed replaces an old sheep shelter which served the Association well for ten years but which had become increasingly dilapidated and unsafe. The new shed not only provides dry storage but is large enough for a few plot-holders to shelter (once Covid restrictions allow!) and will be wheelchair accessible. The building also enables rainwater to be collected from the roof into two large tanks for use on the plots. We like to think that the timber building appears at ease



within the site and will soon be assimilated as an unobtrusive feature in the local landscape

Sedbergh Allotments Association would like to record its thanks to the following bodies for the generous grant support which enabled this project to go ahead:

Sedbergh Community Trust
Yorkshire Dales National Park Authority Sustainable Development Fund
Cumbria County Council (Community Grants)

The shed was supplied and erected by Tigna of Penrith and the base for the building was prepared by local contractor Alan Steadman in his usual meticulous way. Alan was also generous with his time and advice throughout the project. Thanks also to Garth Steadman for the loan of his box trailer for use as a temporary tool store and to Brian Capstick for the donation of fill material.

The Association looks forward to a 'post-Covid' time when we will be able to arrange another 'open day' for residents and visitors to come and see how we grow fruit and vegetables organically, to chat with plot-holders, and perhaps have a look at the new shed

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SEDBERGH PEOPLE'S HALL

Dr Gina Barney

Re-Opening of Sedbergh People's Hall

The Hall opened on Monday 17 May 2021 and a number of hirers have returned, including the Community Trust, Dog classes, the Sedbergh Annual Church and Sedbergh Parish Council Annual Meetings, Baugh Fell Commoners, Art classes and rug and mattress sales. Welcome back.

There is some doubt as I write as to the situation on 21 June 2021 when further restrictions are due to be relaxed. We will put a notice on our web site.

[https://
www.sedberghpeopleshall.org/](https://www.sedberghpeopleshall.org/)

DALES PEATLAND 'A STIRRING SCENE OF RESTORATION'

Andrew Fagg

An 'enormous' amount of restoration work is taking place at the most damaged blanket bog peatland in the National Park. Thousands of tonnes of coir, brash and stone have been brought this spring to Fleet Moss, Oughtershaw and Bleaberry – an area of moorland covering 166 hectares, located six kilometres south of the town of Hawes. The coir logs and stone, brought to site by helicopter, are being used to block erosion channels.

Brash – a mixture of cut heather, cotton grass and other peatland plants – is being spread over bare areas of peat to re-seed it and protect it from eroding further. Much precious peat has been washed off the moor in recent decades. On parts of Fleet



Moss, channels four metres deep have appeared. This means four thousand years of history have in effect been swept away, as peat is formed by sphagnum mosses at a rate of one metre depth every thousand years.

Work on the ground has now been paused for the ground nesting bird season but it will begin again in July, before the three-year project comes to an end in December.

The LIFE Programme – through Pennine PeatLIFE, Yorkshire Water and the Environment Agency – combined with Defra funds have provided a total of £1.3 million for the work, which is being carried out by Yorkshire Peat Partnership under the management of Yorkshire Wildlife Trust (YWT). Farmers have been supported through agri-environment schemes to take off livestock from Fleet Moss and Oughtershaw, and graze only limited numbers on Bleaberry.

Jenny Sharman, Peatland Restoration Officer at YWT, said: “Every time I go out to work on the site, I feel immensely encouraged by what I see. The peat bunds are holding water and in places

sphagnum is beginning to return to the pools. Sediment is filling behind the coir extremely rapidly and the stone dams are also collecting sediment and slowing the flow. Our latest hydrological interventions are timber dams and they are holding back masses of water, too.”

Member Champion for the Natural Environment at the Yorkshire Dales National Park Authority, Ian McPherson, said: “Fleet Moss is currently a stirring scene of restoration. An enormous amount of work is going on to restore this bog. The National Park Authority has declared a climate emergency and the evidence shows that peatland restoration is the most cost-effective action we can take to tackle the emergency. “Getting this bog back into good condition will lead to huge amounts of carbon dioxide being pulled from the atmosphere and stored in the peat. Although it will take decades for the benefits of this work to be felt fully, the difference being made can be seen already. Where a couple of years ago there was bare peat, sphagnum moss – our great ally in the battle against global warming – is growing again.”





'SCENE OF RESTORATION' IN DETAIL:

- About 102 hectares of Fleet Moss is being restored. The Oughtershaw site to the west of Fleet Moss, next to the roadside, is nearly 16ha. To the east of Fleet Moss there is Bleaberry Moor, which is 48ha. In total, 166 ha of peatland is being restored over three years.

- So far, a total of 10,657 one metre long coir logs and 2,100 dumpy bags of brash have been taken to Fleet Moss; 1,949 coir logs to Oughtershaw; and 1,400 coir logs (500 of which are two metres long) and 1,000 bags of brash to Bleaberry.

- The coir comes from Sri Lanka and is manufactured into logs in the UK.

- The brash comes from a neighbouring moor and the stone from a local quarry.

- There are 51,160 hectares of blanket bog in the Yorkshire Dales National Park. Almost all of this peatland was degraded when Yorkshire Peat Partnership began its work in 2009. In the past 10 years, YPP has restored 20,240 ha, leaving 30,920 ha still to restore.

Further restoration works are being planned for other parts of Fleet Moss.

In January, YWT announced that the Garfield Weston Foundation was to donate funds to make the next phase of work possible.

One of the 49 objectives of the Yorkshire Dales National Park Management Plan 2019-2024 is 'to restore, by 2030, all degraded blanket bog/deep peat habitat to ecologically and hydrologically functioning bog that is actively sequestering and storing carbon, and is being managed sustainably' (objective D3).

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PLASTIC FREE Kitchen & Laundry

Kim Bradshaw - The Zero Pantry

Another place where we accumulate a lot of plastic is in the kitchen and laundry. FACT: Persil produces 4.6 million plastic bottles each WEEK! However, there are ways we can combat this.

1. Use a wooden washing up brush with a replaceable head. When worn out just replace the head, not the whole thing and pop it in your compost.

2. Get rid of those plastic sponges. There are compostable sponges available that do just as good a job. Most compostable sponges are washable and last much longer than their plastic equivalent and don't leave microplastics everywhere. Same goes for paper kitchen towels - use fabric or compostable ones that can be washed and reused.

3. Get rid of cling film and tin foil. There are so many products out there now that can replace both of these items. Agreeena is an amazing product made from silicone that can replace cling film, tin foil and also acts as a baking sheet. How about replacing cling film with bees wax wraps or vegan wraps. Use recycled plastic containers instead of wrapping everything up individually. What about investing in cotton bowl covers?

Dowbiggins Crafts in Sedbergh make an amazing selection for The Zero Pantry in an array of fabric designs to match any kitchen colour scheme.

4. How about trying washing up soap rather than liquid? Lasts longer so saves money in the long run and guaranteed to not contain any microplastics.

The Sedbergh Gardener

Garden maintenance and planting design

Rebecca Wheten BA.Dip. Landscape Architecture
mobile. 07792285357

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



5. Join the refill revolution! All cleaning products that you use in your kitchen and laundry are available on a refillable basis at The Zero Pantry. They even now stock laundry powder, dishwashing powder and rinse aid.

6. Learn to love coconut. Everything can be made from the husk of a coconut - scrubbers, dish brushes and soap mats. Such a versatile natural product, why wouldn't we use the whole thing.

7. Try an Ocean Saver – concentrated cleaning liquid contained within a plant based pouch. Pop it in your spray bottle, add water, shake and the whole thing dissolves to become a cleaning product - available as a glass cleaner, kitchen cleaner, bathroom cleaner, anti-bacterial spray, multipurpose and floor cleaner.

As you can see there are many options out there and I have only touched on a few. Although many eco-friendly products are costlier to begin with you will find that they normally last longer than their plastic counterparts and are better for you and the environment.

AFTER SCHOOL

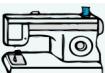
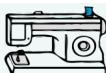
Sandra Gold-Wood

Best friends Zara and Magda where finishing school for the day and preparing for a netball match. In the changing rooms they chatted with the rest of the team. The girls laughed and teased each knowing how unlikely they were to win against the, Knowsley Girls. They all knew the Knowsley Girls were the best team in the county league. The game was just as hard as they had expected and of course they had lost but not that badly. Magda and Zara shook hands with the Knowsley Girls and headed back to the changing rooms with their team mates all smiles. Team Captain, Flora handed round some sweets and praised and thanked them all for their efforts. Jackie Todd, had a rather bad cut on her leg and teacher, Miss Kirkby thought it best to get her home quickly and said she would give her a lift. Wishing them all a good weekend Miss left them all to sort themselves

out. The other members of the team packed up and said their goodbyes leaving Magda and Zara on their own in the changing rooms. Magda confided in Zara, telling her about Ted her boyfriend and how she felt about him. A few tears escaped as she said how much she was going to miss him while she was away. Zara offered comfort to her friend saying that the time would fly by and they could all go out together and asking if Ted had a friend for her. Magda thought he might have and this led them to thinking about going out in a foursome.

It was mid-July and the summer term was coming to an end and soon school would break up for the summer holidays. Just a few days after breaking up both girls would be going away for a couple of weeks; Magda was going to Poland to see her grand-parents and Zara was going to Cornwall with her Dad. They agreed to text each day while they were away to share their holiday experiences and to make plans for all the things they would do once they returned for their individual holidays.

Talking and laughing the girls headed along the canal path that ran along behind the school. Magda spotted Ted waiting for her on the path and waved. When the girls got to where Ted was waiting, Magda introduced him to Zara and he said 'Hello'. Zara sensed he was a little shy and not wanting to cramp her friends style she said her goodbyes and waved as Magda and Ted continued along the canal path. Zara head across the footbridge that spanned the canal and led down in to



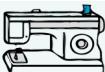
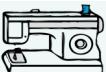
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Waverley Park. There were lots of kids playing on the swings, their squeals and laughter reminded her of when she and Magda had played there. She was starving after a day at school and a netball match and was glad that her Mum would be getting fish and chips from the chippy tonight. The chippy was just around the corner from the old allotments and so thinking to meet her Mum there she rang her on her mobile. Her Mum answered saying she was just on her way. Great, thought Zara this has worked out well.

On a bench over by the swing park where all the younger children were still playing sat Gabriel observing the scene. His eyes followed Zara as she walked past and Gabriel knew she was a girl any parent would be proud

of. She was the sort who would always be polite and speak to strangers never guessing what they might have in mind. Leaving his seat he walked toward the path Zara had taken. Today he had a double Mission. As he reached the bushes he could hear voices and he slowed his pace and stayed out of sight.

Zara was helping an elderly gent to carry his veg into his back garden, the door to which opened onto the allotments. The gent gave Zara a bag of strawberries by way of thanks. She was delighted with her gift and thanked him as he waved goodbye and stepped back into his garden. Zara couldn't resist and ate a few. Then to stop her from dipping in again and spoiling her appetite she twisted the top of the bag tightly and

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carried on walking. As she began to cross the rough ground that led to the yard at the back of some local shops she thought she heard a voice.

Turning she saw a man; he wore tracksuit bottoms, trainers and a T-shirt with a picture of a strange looking face on it and his baseball cap was pulled down over his eyes hiding most of his face. He smiled at Zara and asked her where she was going. Thinking she knew him or he knew her, she answered that she was meeting her mum at the chippy. The man took a step toward her and Zara was able to see his face more clearly. She recognised him, his younger brother was in her class. That's when she noticed his eyes; they had a look in them that made her want to

run and she could not understand why she couldn't, she almost felt as if she was frozen to the spot.

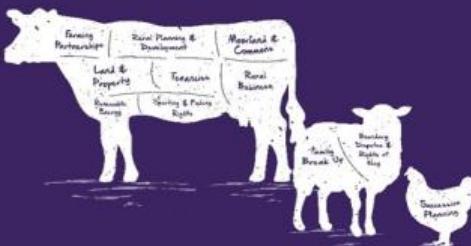
'Oh good, you recognise me don't you Zara, remember I'm Bryn, Nat's brother.'

As Bryn spoke he moved closer his arm snaking round her shoulders. Zara felt all the hair on her body stand on end. Bryn smiled down at her telling her everything would be alright as long as she did what he asked. He gripped her arm.

Zara's heart was now pounding and she tried hard to pull away. Bryn laughed and pushed her down. Following her down he knelt on her arm trapping her. Zara didn't care about the pain she just wanted to get away so she struggled and tried to

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scream but no sound would come. She lost consciousness.

Gabriel stepped up behind Bryn and pulled him roughly away from Zara. He could see she had passed out. Bryn was confused. He looked at the man who stood in front of him and found it hard to believe he'd had the strength to pull him away from Zara.

'Oi, mate what's your game?' said Bryn.

Gabriel looked deeply into his eyes and enfolded him in his arms. A few moments later Bryn fell to the ground a gentle smile on his face. Gabriel told Bryn that he was take the job that was on offer at the local nursing home where he would show people kindness and care and that this was his path in life. Bryn agreed. He felt so at peace and all the hurt and anger he had held onto for so long left him as he walked away.

Gabriel then turned his attention to Zara. He lifted her in his arms and

carried her away from the bushes setting her down on the pathway just behind the chippy just as she came round. 'Are you alright now my dear?' asked Gabriel smiling.

'Oh, said Zara, trying to recall how she had come to be standing here with this man.

Gabriel explained that she had fainted and asked again if she felt alright. Zara, answered that she did and told him that she hadn't eaten properly all day and that was probably why she'd fainted and she thanked him for his help. Gabriel said he was happy to have been of help and suggesting that she had better get along as her mother was waiting at the chippy. As she walked away Zara wondered how the man had known she was meeting her mother. She turned to ask but there was no sign of the man.

The End.

COVID CRISIS INFORMATION.

Suzie Pye/Ed Welti

Sedbergh & District Covid Support: 07872 017730.

The local Covid Support Line is still operational, please call if you need help with shopping, prescriptions, advice or just a chat. The Support Line will close at the end of this month (June) unless another wave appears.

Covid 19 helpline: 0800 783 1966

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

Citizens Advice South Lakes 03444 111444 / 01539 446464

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

Winter Warmth Fund 01539 728118

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

Credit Union (Affinity) 01900 65723 / 01946 817508

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

Council Tax relief 01539 733333

This year's Council Tax bill will be arriving soon. If you are struggling to pay, please do get in touch with the



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Housing 01539 733333

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

NHS Mental Health Crisis line 0800 953 0110

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

Sedbergh Community Cupboard 0783 353 4710

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

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DENTDALE MEMORIAL HALL

Sarah E Woof

Any person or organisation planning to hire any part of DMH must do their own Risk Assessment re covid. This HAS to be carried out, they also need to read our RA.

If at any event alcohol is served and money exchanged, ie included in ticket price or sold at the event or a donation given for it then the hirer must apply to SLDC for what is called a TENS licence. If the event is a private party and the meal includes alcohol, then no licence is required.

We are looking forward to getting back to lettings once again, the Sedgwick Room is available during the week for small meetings of a max of 8 people and from 2pm daily due to shared access and toilet with the Pre School. This will be reviewed late June.

The main Hall is available after the school day (after 4.30pm) and weekends and all day every day in school holidays. The Haygarth Room will also be available in summer hols.

Need help with all or some of this? Get in touch with the Chairman, Sarah E Woof on 015396 25212.

HARDSHIP FUND

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

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

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

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

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All applications will be treated in confidence.

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

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

TIPS FOR COMING OUT OF LOCKDOWN FOR THOSE SENSITIVE TO NOISE

wendy7713

Me and a few playmates, George, Dory and Agnes, have been working with some brilliant audiologists to create a guide for people who are sensitive to noise to help come out of lockdown.

If you've read some of my previous blogs you've seen how difficult it is for me, so I jumped at the chance to be

involved in this. George, Dory and Agnes also have hyperacusis.

It all began when the 4 of us spoke to an audiology conference, indicating how they have the expertise to help those of us with dementia with noise sensitivity – hyperacusis.

I'm very lucky that I have my own supportive and wonderful audiologist and her advice contributed to what I had to say. Some Audiologists are without doubt experts in hyperacusis but few understand the part it plays in dementia, so to have them listen was a true bonus and has led to this poster being created

If you read it, although it's aimed at people with dementia, it can apply to anyone fearing the noise of coming out of lockdown. Many people have been in silent bubbles so many people will find it helpful advice. Also children with autism, those with learning disabilities – the possibilities are endless.....

shorturl.at/aisBU

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



'Coming out of Covid Lockdown'

Tips for people with sensitivity to noise



<p>Prepare your ears</p> <p>Practice being in noise:</p> <ul style="list-style-type: none">- Television or music on- Play background sounds on YouTube <p>Do something relaxing while you learn to ignore these.</p> <p>Avoid using ear defenders.</p> <p>Use your hearing aids daily.</p>	<p>Learn breathing techniques</p> <p>Use calming breaths when anxious.</p> <p>Smell helps too</p> <ul style="list-style-type: none">- try a handkerchief with a favourite calming scent.	<p>Prepare a phrase and practice it</p> <p>"I've got sensitive ears – please can you turn the music down"</p> <p>Choose your own phrase, and practice saying it.</p> <p>You can write it on a card to show people too.</p>
<p>Tackle anxious thoughts</p> <p>Practice controlling negative thoughts.</p> <p>What would you say to a friend that was anxious?</p> <p>Write it down for yourself to read.</p>	<p>KEEP CALM AND TAKE YOUR TIME</p>	<p>Position yourself in the best place</p> <p>Having your back to the wall reduces noise behind.</p> <p>Choose places with good acoustics.</p> <p>Soft furnishings, such as curtains and cushions help.</p>
<p>Use a trusted buddy</p> <p>Tell them what is worrying you.</p> <p>Practice together.</p> <p>They can help when you are anxious.</p>	<p>Start easy</p> <p>Choose a familiar quiet place to start.</p> <p>Take regular breaks.</p> <p>Feel good about the time that you stay.</p>	<p>Make a plan</p> <p>Then use your plan to learn from.</p> <p>What worked?</p> <p>What will you do differently next time?</p>

For more information, see the DEEP website: www.dementiavoices.org.uk

PERSONAL MESSAGES

BARBON SHOW

Barbon Show 2021 will be going ahead on Saturday 21st August

JOHN FEARNHEAD DRY STONE WALLING

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

EDITORIAL

Firstly, we at Lookaround would like to offer our condolences to the family and friends of Joan Park who passed away recently. Her tribute is on page 28.

Next month Lookaround will be celebrating, hopefully, the continuing easing of Covid restrictions, the ongoing success of the vaccination programme, and finally our own 400th edition.

I've been looking back at milestone editions from our past. The first printing was just a few A4 sheets but by edition 50 it was recognisably Lookaround, with the Public Information section, the diary,

LOOKAROUND DIARY

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

birthdays, personal adverts, and a selection of news and general interest articles. It also (at least according to the cover) had a circulation of 1700, almost three times what we do now. Edition 100 (August 1994) was printed with a picture cover, including the Lookaround Team.

Issue 200 (May 2003) was produced using Microsoft Publisher (as we do now) and printed by Stramongate. I still have the draft files. The advert on the front was for the Gala. By the time 300 editions had been produced, Lookaround was approximately the size it is now, with the now standard picture cover.

Please send us lots of good articles, memories of the past, hopes for the future, pictures, adverts for events so we can do a bumper edition.

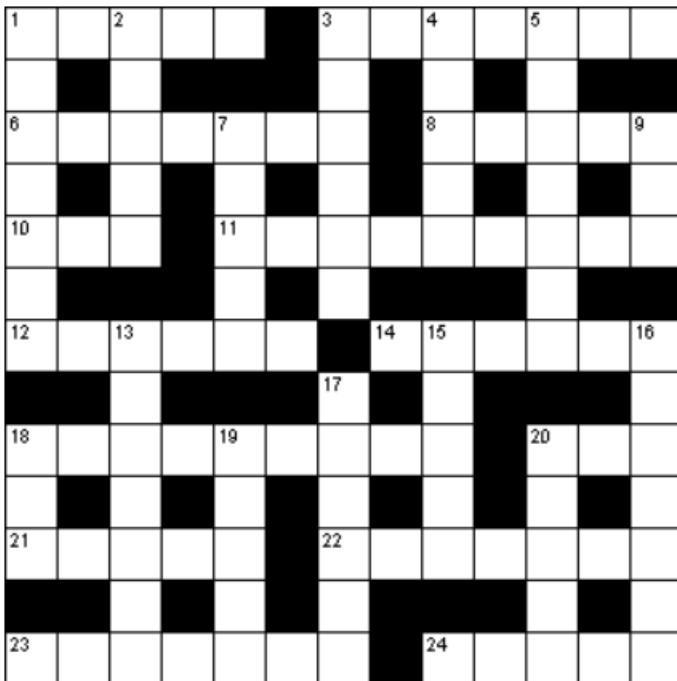
Ed Welti.

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 (SOLUTION ON PAGE 85)



Across

1. Go in, part of garden terrace (5)
3. Ten pals became universal objects (7)
6. Assert length of time is the norm (7)
8. Details change at times (5)
10. Golf accessory, sounds like a beverage (3)
11. Stubborn when changed into beast (9)
12. Unclear and noisy inside (6)
14. On your bike, it's a little tartan demo (6)
18. Confused yearning is lost again (9)
20. Number trap in reverse (3)
21. Weighty money? (5)
22. Even gin at night makes a change (7)
23. Confused, taxing or no use (7)
24. Prankster is a real card (5)

Down

1. Last ice becomes pliable (7)
2. Subject to some smooth emeralds (5)
3. A sleep elicits a polite word (6)
4. Excuse for some Bengali biscuits (5)
5. Mere lad became a gem (7)
7. Stay clear of what sounds like nothing (5)
9. Observe some birdseed (3)
13. Unclear or cubes mixed up (7)
15. Byword in a bad agenda, essentially (5)
16. Boss found woodsman a gerbil (7)
17. Concurs if's mixed up in grease (6)
18. Pinch sharp object in return (3)
19. Some applaud Iowa sound (5)
20. Contemplate in bath inkling (5)

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

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

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are of course always welcome too.

PUBLICATION DETAILS

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

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

February to November is printed black ink on white. The December/January issue may be in full colour.

All copies have a full colour cover by a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £27.50 for an Annual Subscription, or anywhere in the world for £6.00 per issue.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 20/03/2021
 Dates in **BOLD** are start & finish events.
 Numbers in Brackets indicate Advert/Article on a Page.
 Month in Bracket relates to issue that details last appeared.

JUNE 2021

01	1030	Journeys Crossing Oceans (Textiles) (1)	FM
01	1030	Out There (Sue Lancaster) (1)	FM
05		Country Fest tbc	TBA
05	1000	Learn to Meditate 1 (DMC) (7)	Online
06		Country Fest tbc	TBA
07	1030	Song of Silence (Stuart Gray) (1)	FM
07	1900	New Moon Meditation (DMC) (7)	Online
08	1400	Enviro Action for Businesses	Zoom
09		Dentdale WI summer outing	TBA
09	1900	A Requiem for Climate (May)	Online
11		Cumbria Unity Festival (15)	Online
12	1400	Learn to Meditate 2 (DMC) (7)	Online
13	1100	New Moon Yoga (DMC) (7)	Online
15	1430	Alzheimer's Society Virtual Café (Mar)	Zoom
15	2000	Cut Your Carbon Footprint	Zoom
16	1930	Uncovering Costs of EV	Zoom
19		Cumbria Unity Festival (15)	Online
20	1000	Living In Harmony Summer (DMC) (7)	Online
21	1900	Full Moon Meditation (DMC) (7)	Online
30	1200	Enviro Action for Businesses	Zoom

JULY 2021

03	930	Artisan Market (5)	Main Street
08		Spellbound Theatre gathering (12)	TBA
10		Finkle Street Party	
10		Out There (Sue Lancaster) Ends (1)	FM
11		Journeys Crossing Oceans Ends (1)	FM
14	1915	Dentdale WI Pudding is served	DMH
15	1900	Enviro Action for Businesses	Zoom
17		Book Fair	PH
20	1100	Lancashire CC v Cumbria (May)	SS
23	1100	Lancashire CC v Sussex (May)	SS
31	930	Artisan Market (5)	Main Street

AUGUST 2021

06		Dentdale Christian Festival (11)	TBA
09		Dentdale Christian Festival (11)	TBA
11	1915	Dentdale WI Wonders of Wax	DMH
12		Appleby Horse Fair	Appleby
15		Appleby Horse Fair	Appleby
15		Song of Silence (Stuart Gray) Ends (1)	FM
21		Barbon Show	Barbon
28	930	Artisan Market (5)	Main Street
30		August Bank Holiday	
30		Dent Gala	TBA

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

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

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



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 21529 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) 20360 Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB e-mail: ali@interact.co.uk	
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) 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 34032 Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub e-mail: sam@thecapps.co.uk	
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT 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) 20360 Self-Catering Sleeps 6 e-mail: ali@interact.co.uk	
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) 45845 Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	
The Roost at Bowersyke, Killington, LA10 5EW	Sleeps 2 people 1D CH L TV P NS NP NC e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk	07927 295262

KEY

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

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

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

* = Latest Amendments

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

PUZZLE SOLUTION



Lookaround Editorial Team

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

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

BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

S1 Saturdays - Kendal Shuttle

Western Dales Bus

Dent Station - Dent - Sedbergh - Oxenholme - Kendal

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

BUS SERVICES

S3 Wednesdays - Hawes Hopper Western Dales Bus

Dent - Sedbergh - Garsdale - Hawes

From Wednesday 2nd June until Wednesday 27th October 2021

Dent Village	..	0942	1144	1421
Sedbergh Spar	..	0958	1200	1437
Sedbergh Post Office	..	0959	1201	1438
Sedbergh Maryfell	..	1001	1203	1440
Farfield Mill entrance	..	1003	1205	1442
Garsdale Street	..	1012	1214	1451
<i>Trains to Carlisle</i>		1054	1222	1448
<i>Trains to Leeds</i>			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
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
<i>Trains to Carlisle</i>		1054		
<i>Trains to Leeds</i>				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	..

BUS SERVICES

S4 Fridays - Kirkby Stephen Connect

Western Dales Bus

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

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

DENT RAILWAY STATION TIMETABLE

Valid until December 11th 2021

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.48	07.52	10.34	07.03	09.08	10.40
09.16	09.16	11.04 (B)	09.38	10.41	13.38
10.48	10.48	14.01	12.13	12.13	16.33 (N)
12.17	12.17	15.53	16.04	16.04	18.02 (B)
14.43	14.43	17.48	17.32	17.32	18.41
16.46	16.46	20.20	19.38	19.38	20.26
18.15	18.15				
19.44	19.44				

(N) Through train to Leeds, Sheffield and Nottingham

(B) Through train to/from Blackpool North. Runs until 12th September

BUS SERVICES

S5 Thursdays - Kirkby Stephen Shopper

Western Dales Bus

**Sedbergh - Kirkby Stephen - Ravenstonedale -
Newbiggin - Kendal Bus Station - Kendal Morrisons**

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 10.30
Wednesday 12.00
Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30
Parish Priest Kendal
Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30
Rev. David Crouchley Tel: 20329

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

SOCIETY OF FRIENDS - QUAKERS

Brigflatts
Sunday 10.30
Janet Chetwood (Comms Clerk)
Tel: 21715
Sally Ingham (Business Clerk)
Tel:07939 569559

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

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

CHURCH OF ENGLAND

Cautley & Garsdale
Church Wardens:
Cautley: Judith Bush 20058
& Maureen Hinch 20843
Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723
Firbank: Heidi Holmes
Howgill: Helen Hoggarth 20805
& Pauline Marshall 21651
Killington: Jennifer Thornely 20444
& John Mather 015242 76333
Dent & Cowgill
Rev. Christine Brown Tel: 25418
Email: christinelucy2014@gmail.com

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Garsdale Street;
Garsdale Low Smithy; Hawes Junction
Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE
5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

PIONEER CHURCH
Becca Gilbert
Email: becgilb@gmail.com

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Amanda Reynolds Tel: 07545 375721

Combined plans for Western Dales Mission Community - June 2021					
	Time	6 th	13 th	20 th	27 th
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service	HC	HC	FS
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	At St. Andrew's	Service	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP-NC	
St. John's, Garsdale LA10	10am	HCx		SW	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service
Garsdale Street Methodist Chapel LA10 5PQ					
All Saints, Killington LA6 2HA	2pm				
Holy Trinity Howgill LA10 5JD	10.30am		HCx		
St. John's Firbank LA10 5EF	2pm				
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP	
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom service	Zoom service	Zoom service	Zoom service
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
Sedbergh Christian Centre, The People's Hall, Howgill Lane, Sedbergh LA10 5DQ	6pm	Currently meeting live on YouTube	Currently meeting live on YouTube	Currently meeting live on YouTube	Currently meeting live on YouTube
	Wednesday	2 nd	9 th	16 th	23 rd and 30 th
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer MP-NC- Morning Prayer Northern Community			BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word		

Please note that these services are subject to change due to coronavirus.

For details of weekly Cornerstone/Anglican worship by zoom please contact Rev. David Crouchley 015396 20329
or Rev. Becca Gilbert 015396 25166,

for the Friends Meeting House weekly worship by zoom contact Correspondence Clerk Janet Chetwood 015396 21715,
and for Sedbergh Christian Centre contact David Hendrickse 015396 28151

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery

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

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery

Currently cancelled due to Covid-19

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

Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic

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

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

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

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

Location of Public Defibrillators

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

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

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

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

DENT LIBRARY Main Street 01539 713520

Tuesday	0900 - 1900
Saturday	0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

December 2020