

# Sedbergh & District **LOOKAROUND**

February 2022

Issue 406

Donation £1

We are pleased to announce that The Thirsty Rambler are now stocking Lookarounds. So when you are just back from a walk in the late afternoon you can now wander down there and spend a happy hour sampling their excellent selection of drinks, and at the same time pick a copy of the most recent Lookaround.

It is very bad news but the Cricket Club is thinking of 'calling it a day'

because of lack of players. If you are a cricket enthusiast please read the article on page 81 and become involved!

Sedbergh School are now offering apprenticeships, this is an excellent opportunity for young people within our community, see pages 28 and 29 for details. And there are other job opportunities on pages 7 and 16.

*Ed.*

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*Supplied By Heather Pakeman*

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

Wed 2nd Feb - St Andrews  
 Wed 9th Feb - St Andrews  
 Wed 16th Feb - St Andrews  
 Wed 23rd Feb - St Andrews

Groups who would like to run a Coffee Morning  
 please call Lynda Briggs on 07904 055 259  
 or email [lebriggs@hotmail.co.uk](mailto:lebriggs@hotmail.co.uk)



## Advertising in Lookaround

For advertisers key points to note are as follows :-

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

### CONTACT INFORMATION

Email:

**editor@sedberghlookaround.org.uk**

Phone:

**07464 895425**

Address:

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

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

### PAYMENT INFORMATION

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## Advertising Rates

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

## A WORD FROM YOUR NEW MINISTER

*Andy Burgess*

Hello, I'd like to introduce myself. My name is Andy Burgess, and I am a new minister in Sedbergh and Dent. On Tuesday 11 January I was licensed as Vicar to the Western Dales Benefice by Bishop James at St Andrew's Sedbergh. I will be joining the rest of the clergy ministry team and working alongside the various denominations to help serve the communities in this area.

I grew up in Kendal, and love this area for the kindness of its people, and the breath-taking views that are around every corner. I am married to Joy, and we have three young children, Meredith, Daphne and Art. I enjoy walking, going for a drink with friends, reading, and – when I have time – playing computer games. Having spent almost twenty years in the south of England, I am very glad to be back in the north!

February is a cold and dark time of the year, and after all the joy and brightness of Christmas it can be quite disheartening for some – especially after such a difficult couple of years, and the various losses and sufferings we have all had to endure. But I believe that the transforming love of Christ is able to enter even our most difficult times and make all things new. As you look around you in the coming weeks, look for signs of life as Spring begins to reveal itself,



## EXPERIENCE and EXPRESS

**Present**

### AWAKENING & ALCHEMY

*Diane and Maggie warmly invite you to join them for this interactive ZOOM workshop, where we will explore our creative potential through guided meditation, working with the early spring energy of IMBOLC*

**Date: Saturday 5<sup>th</sup> February 2022**

**Time: 10.00am to 12.00 noon**

**Cost: £15**

You will need paper or journal/sketchbook, pen, pencil and any other art materials you may wish to use.

**For more information or to book please contact:**

Maggie: [maggiescott07@yahoo.co.uk](mailto:maggiescott07@yahoo.co.uk)  
07824831109

or  
Diane: [whitedogreikihealing@gmail.com](mailto:whitedogreikihealing@gmail.com)  
07841620081

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and be reminded that God's love is always present, even if you can't sense it moment to moment.

Please do get in touch if there's anything you'd like to explore about the life of faith and the church, whether to discuss a personal situation, or weddings, christenings, or funerals – or just fancy a chat! My email address is [andy.burgess@westerndales.org.uk](mailto:andy.burgess@westerndales.org.uk) and my phone number is 015396 20018. I look forward to getting to know you and this special community better over the coming months.

God bless, Revd Andy.

*Lookaround would like to welcome Andy to the community and to his new ministry.*

*Ed*

## JUNCTION 37 Dangers at the M6 and A684 junction

*Mike Clarke*

There have recently been many instances of vehicles leaving the M6 northbound at Junction 37, driving straight across the A684 Sedbergh to Kendal road at speed without stopping and going straight back down the opposite slip road to continue onto the motorway.

There has been much discussion about this on the Sedbergh Community Forum Facebook page where it has been noted that Google Maps, and possibly other satnavs, were sometimes incorrectly directing people to leave and rejoin the motorway at this point without it being

very obvious that they would be crossing another road. The relevant authorities are aware of the problem and are investigating the matter and a temporary measure has been taken with 'Police Slow' Signs being placed on the slip road. Authority Meetings will be going ahead to try and come up with a permanent resolution but until this is resolved drivers on the A684 approaching the motorway junction should watch out for any vehicles at speed on the motorway slip road and be prepared to allow for the eventuality that they might drive straight across the A684 without stopping.

If you see any incident of this nature you are encouraged to report the matter to the police on their

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[kendal@abarnett.co.uk](mailto:kendal@abarnett.co.uk)

Ribble Valley  
5 Church Street, Clitheroe,  
Lancashire, BB7 2DD  
01200 411 155  
[clitheroe@abarnett.co.uk](mailto:clitheroe@abarnett.co.uk)

website at <https://www.cumbria.police.uk/report-it/reporting-road-safety-concerns> or phoning 101

*Reports recently suggest that the immediate problem, with Sat Navs routing cars through the junction rather than continuing along the carriageway, has been resolved. However the fundamental fault is the bad design of the junction, and there have been plenty of incidents in the past, pre-dating the advent of satellite navigation in cars, and the recent glitch, that demonstrate this. If you do see anything do make sure it is reported. We need to keep the pressure on the authorities to come up with a permanent safe solution to the issue.*

*Ed.*

## WESTERN DALES BUS

### Join Us - And Help To Keep Our Rural Community Alive And Connected

*Liz Nuttall*

Western Dales Bus is a volunteer led incorporated charity, dedicated to maintaining essential transport links in isolated regions of South Cumbria no longer supported by a regular bus service. We are looking for new directors to add depth to our board and support the smooth running of the organization.

The company was founded in 2012 and runs five bus routes between Kendal, Sedbergh, Kirkby Stephen, Penrith and Hawes. Based in Sedbergh and Kirkby Stephen, we own two 16-seater Mercedes

## Sedbergh School is seeking to add to its successful and professional Operations Team who form the core of the Sedbergh School community and everything we do.

We currently have a variety of positions available throughout the school, including

- Catering
- Housekeeping
- Laundry
- General maintenance

With a range of shifts available (day time, evening, full time or part time) we are looking to add to our existing teams of talented operational staff.

In return for your hard work and commitment we offer competitive rates of pay as well as access to school facilities – you will receive free gym membership as well as use of the school swimming pool, tennis courts and more. We also have free parking on site.

Furthermore, you will be working for one of the Yorkshire Dale's largest employers and will be offered a permanent contract directly with the school. We are able to offer a range of contracts including working 52 weeks per year, 48 weeks per year or term time only weeks (ideal for those with children at school age).

For more information, or to begin your application, please contact Louise via email at [louise.brophy@sedberghschool.org](mailto:louise.brophy@sedberghschool.org) or call on 01539 244 020.



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Sprinters and are funded from a number of sources, including the Lottery, local councils, charitable donations and an income stream from passenger fares. With the exception of one part-time employee, responsible for the day to day management of the company, our administrators and drivers give their time voluntarily.

The WDB board meets four times a year. We are a lively, multi-disciplinary group who would very much welcome the support of like-minded individuals, particularly if you can help us in the areas of:

- Funding
- Finance
- Marketing
- Social Media
- Health and Safety

If you are interested in becoming a director of Western Dales Bus or would like to support us through funding or sponsorship or by bringing your skills to help us in other ways please get in touch, we'd be delighted to hear from you. Please call or email Liz Nuttall – nuttallliz7@gmail.com or 07721 868077

## COBBLE COUNTRY NEWS

*Beth Handley*

With stock levels for sale properties down by 13% compared to the same time last year, both buyers and sellers are left wondering when the current frenetic market conditions will plateau. We could have predicted with a high degree of confidence that the supply for property in early 2022 would rise, although this seems less assured. Why is this? Perhaps the arrival of the omicron variant, postponing peoples plans? Maybe the uncertainty of securing a forwarding property as the demand continues to outweigh the supply? Both buyers and sellers need certainty which is something no one can predict.

Buyers waiting for a fall in property prices may not be as lucrative as expected and the continued supply issues, will maintain the high property prices.

Our most recent experiences see almost all new listings obtain extortionate levels of interest with viewing requests submitted within hours of marketing a property. Listings are receiving multiple offers,

pushing prices above and beyond proposed guide prices.

Not only that, but properties are also selling prior to marketing as buyers with their ears to the ground are able to bite before the surge, making this the most successful period for 'Off Market Sales' since 2007.

Traditionally, market conditions year in year out pick up in spring, as the defined weather conditions allow for quality presentation of a property. However, for the past 18 and continuing months, there has never been a better time to sell, to achieve the best price possible for your property.

Here's to another prosperous year of selling and letting properties.

## LOCAL HYDRO PROJECT

Peter Apps

Help generate renewable energy and contribute to tackling climate change.

Small local hydro looking for volunteer input.

Rainepower Community Hydro is a small, community-owned hydro generator located at the Broad Raine Weir, Killington on the River Lune. The hydro has a capacity of 37kW, producing green electricity and reducing carbon emissions. The plant is remotely monitored to ensure its effective operation.

A small team of volunteers, working in pairs on a 5-week rota, attend the site regularly to clean the intake grill of debris and keep an eye

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on the operation of the hydro plant. The scheme has had difficulties and not made any money to date.

Financial support has been sought from other Energy4All coops to keep the scheme alive and have received grants to fund recent repairs.

We're working hard to produce green energy and ultimately provide grants and funding to the community. The volunteers are key to this. Ensuring a clear flow of water into the hydro makes a big difference to the power output of the system.

We are looking for new volunteers to join the rota and help us in this task.

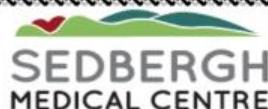
To find out more, contact John Malone Energy4All Ltd Mobile: 07974 171 007 or local volunteer Peter Apps Mobile: 07751 689531

#### B4RN

*Douglas Thomson*

There is light at the end of the tunnel. The last few years of planning for B4RN's broadband's service into Sedbergh have been somewhat fraught. Government changes to their grant schemes has not helped but thankfully our local MP did wonders to achieve a reversal of DCMS plans which would otherwise have scuppered the project.

A new plan is currently being drawn up for Sedbergh which is a combination of different types of installation. Some through fields, some down dirt roads and up gunnels, and some down pavements. I am more hopeful of this plan than any before but as always I cannot guarantee success. Let's hope I can give you a really positive update in the March issue.



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

**2022**

Thursday 10th February  
Wednesday 16th March



#### VOLUNTARY CAR SCHEME

*Ed Cullen*

The voluntary car scheme, which is subsidized and run by Cumbria County Council, provides transport to member of the community who cannot make their journey by private or public transport. The council has about 50 local schemes in action and Sedbergh is one of them.

Passengers pay a contribution towards the cost. Currently is 45p per mile. Most of the journeys we do are to one or other of the hospitals, the Health Centre and the local shops. At the moment we have 5 volunteer drivers, and we would always welcome more.

If you think you might be interested in using our service do get in touch to find out more.

If you are interested in putting your name forward as a driver, please contact the following: Katy Wood, Voluntary Transport officer, Cumbria County Council, Parkhouse Building, Baron Way, Kingmoor park, Carlisle CA6 4SJ. 0333 240 6965 (option 5) 07787396194 or [katy.wood@cumbria.gov.uk](mailto:katy.wood@cumbria.gov.uk)

## **GRANTS AVAILABLE**

*Ann Parratt*

Grants are available for clubs, associations, voluntary bodies and community projects

The Sedbergh and District Community Trust which is a Charitable Incorporated Organisation (CIO) based here in Sedbergh and is completely run by volunteers.

One of its principal functions is the disbursement of funds raised through the charity shop and bookshop which are distributed to local projects, and since the first charity shop, Clutterbooks and Clobber, started in 2009 an impressive £225,000 has been fed back into the community.

Projects have been numerous and varied over the years, many of which would never have come to fruition without these funds. So a big thank you to all those people who support both shops, either by supplying items for sale, volunteering or buying.

This is a great local good news story, one that should be shared, so please do pass the good news on and encourage friends and family to support this wonderful community enterprise.

If your organisation wants to apply for a grant, just pop into the Tourist Information Centre where application forms are available or download one online by visiting [Sedbergh.org.uk](http://Sedbergh.org.uk). The forms are easy to complete, no mumbo jumbo, and your request will be considered promptly. The next round of applications should be in No 72 Main Street no later than 11th February.

Some of the many projects helped by the Trust Grants include:

- Nursery for young ones

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- Choirs
- Resurfacing Tennis Club Court
- Creating a Community Orchard
- Helping finance Sedbergh in Bloom

and a host of other worthy causes, the list is long and distinguished!

The Trustees would like to have a wider and larger membership across the local community, it is free to join and gives you a voice in the community. Please share this email with your friends and family. If they would like to become a member they can email [parrattann@gmail.com](mailto:parrattann@gmail.com) or call 015396 20964 for more information.

(Members of the Trust provide democratic control of the Trust, which is run by Trustees elected annually by the Members. Normally the Members will meet once a year at an AGM to review the work of the Trustees and hold trustee elections. In addition, at any time, 10% of the members can call a general meeting, if necessary, to discuss the running of the charity).

## DARK SKIES EXHIBITION

*Barbara Hartley*

The Sedbergh and District History Society will be putting on an exhibition in St Andrews Church to coincide with the YDNPA 'Dark Sky Festival' between the 18th of February and the 6th of March.

The exhibition was first shown in 2020 and has now been updated to include information on the new Webb Space Telescope, successfully launched on Christmas Day.

If anyone has photographs showing our local dark sky, and would like to show these as part of the exhibition, can you let us know. It would be great to include them.

You can email Barbara at [barbara@garsdaledesign.co.uk](mailto:barbara@garsdaledesign.co.uk) or Karen at [karenbl@btinternet.com](mailto:karenbl@btinternet.com)

---

## SPRING SHOW FURTHER CATEGORIES

*Marion Wood*

The article in last month's edition of the Lookaround, missed some classes off the list. So please note, artists, photographers and children here are the subjects for you.

### **Art**

Painting: Still life

Painting: Portrait

Painting: Landscape

Painting: Mixed Media

A page from your sketch book

### **Photography**

Wildlife (size minimum 8x6, maximum 12x10)

Local View (Cumbria or Yorkshire) (size minimum 8x6, maximum 12x10)

Spring (size minimum 8x6, maximum 12x10)

"A Misty Day" (size minimum 8x6, maximum 12x10)

People and Portraiture (size minimum 8x6, maximum 12x10)

Lockdown (size minimum 8x6, maximum 12x10)

Shadows (size minimum 8x6, maximum 12x10)

### **Children**

A footprint (age 6 and under)

Make a headband (age 7-11)

Rainbow jelly in a glass (age 11 and under)

A mug of flowers (age 16 and under)

Photograph of a garden bug (maximum 5x7) (age 11 and under)

Photograph of hands with a view (maximum 5x7) (age 16 and under).

*We would like to apologise to the Spring Show Organisers for truncating the list!*

*Ed.*

---

## TREES FOR THE FUTURE

*Peter Apps*

Fancy planting trees for the future?

We are a small band of mostly post retirement age people who like to plant trees and got themselves organised. Under both the Sedbergh Environmental Network and Childrens Wood umbrellas, we plant trees on suitable land provided and fenced by landowners. Mostly we work for just a couple of hours mid-week but will happily look at other times when we can work with volunteers who have weekday commitments. So, if you have some free time, and want to do something for our childrens' future world, or have some land that might be suitable for planting, get in touch! Peter 07751689531

## FAMILY SERVICE

Dentdale Methodist  
Chapel

**SUN FEB 13th  
2pm**

Short service for all ages

Followed by Afternoon Tea

EVERYONE WELCOME



### DENTDALE CHRISTIAN FELLOWSHIP

*John and Sarah E Woof*

We are always looking forward, to looking ahead in the leadership of DDCF and, so we are often told, are those who participate in our activities. When planning larger events, which includes inviting speakers, singers and others to take part we have to plan ahead. For example, one of our speakers for August Festival 2022 was booked in July 2021. The Festival this year starts on Friday August 5th and ends on Monday 8th.

Meantime, other things are in the planning for Palm Sunday, Easter and Pentecost, a gathering or two at Carnforth for those of our number

who live around there and don't have a car. Also, Bring and Share meals and other events, working with other local churches, and most importantly praying.

All our 'happenings' will be advertised in Lookaround, on DDCF website and FB page, and on the notice board in our garden. They are always open to all.

We delivered Advent Boxes to the primary school children in our village and realise we need to include materials for younger siblings next time. Do get in touch if any ideas or suggestions, or would appreciate prayer or just a relax in our garden. God Bless.

---

### DENTDALE MEMORIAL HALL

*Sarah E Woof  
Chairman*

As we journey on through 2022 we look forward to welcoming back to our premises those hirers for whom meeting inside has just not been possible, due to restrictions and safety during the covid pandemic. Some have returned and we hope others will. We certainly are doing our best to keep everyone safe with extra cleaning and preparation.

This year brings changes and you will see an advert in this Lookaround for a Caretaker and Cleaner for the DMH. John Woof, who has served the Hall so faithfully for many years, opening and locking up, setting up, cleaning and generally looking after things, is giving it up.

Another change is that of Chairman. I came onto the committee of trustees back in 2002 as Secretary. The late Graham Dalton

was Chairman and when he retired as such in 2009 I became Chair. You do the maths ... it is a long time, so we have now put a limit on the period of time for being Chairman, details of what is required are available around the village, and we look forward to a new person at the helm, come our AGM in March.

Meantime, we have begun to think about Dent Gala in August. With my very best wishes and thanks to everyone who serves DMH.

## 2023 SEDBERGH CALENDAR

*Debbie Wilson*

It is hard to believe but here at the Information and Book Centre our thoughts have already turned to 2023, or more particularly the Centre's calendar for 2023! I know that there are many great photographers in and around Sedbergh and we are truly blessed by our surroundings so if any of you fancy donating some images for the calendar, that would be fantastic. We would love to see your photographs which capture the unique essence of the area. Please send any photographs you may have taken to [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk), photos would need to be suitable to be blown up to A4 size. Credit will be given for all photographs used and all photographers featured will receive a free copy of the calendar. All photographs need to be submitted by the end of March in order that final decisions can be made in April so please do submit any entries soon If you have any queries please email [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk) or give us a ring on (015396) 20125

## IGNITE YOUTH CLUB

*Heather Askew*

Happy New Year everyone from Joe , Henry, Ted, Mat, Lucy, ( new recruit Catherine ) Chris & myself. We have had such a enjoyable fun filled year despite the covid restrictions. Thankfully we had some nice warm weather in June & July allowing us to be outside and we were able to use the People's Hall playing field for games. We played rounders, football, team games with buckets of water, each team had to empty the bucket using only a paper cup one by one running backwards and forwards until the bucket was empty, The outcome? Almost everyone got wet. Another session was a walk from people's hall playing field to the top of Winder Fell.

Our six leaders had their hands full keeping up with 30 children but enjoyed the challenge. Then on their return Chris and myself had pizza and chips ready from AI- FORNO for the starving runners. When the weather was wet it was games in Cornerstone Church hall, also thanks to the Rev David and Sarah Crouchley. The manse lawn turned into a play ground. When we played



### Guitars for sale – Sedbergh based:

I'm having a dear out and need to sell some guitars, including a jazz archtop, an acoustic and an electric.

All are quality instruments, professionally set up and ready to play.

Contact me on 07771 987382 if interested.

some team games back at the people's hall field

The kids would wear high vis waist coats for team playing sack race, egg and spoon, and tug of war, At times you might have thought it was Sedbergh gala.

On August 10th we had a visit from our pioneer minister Becca Gilbert. She wanted to join us and have a chat to the children so at the end of our session we sat on the grass and let her entertain us. It was a sunny and warm evening so all good, thanks Becca.

Late August was quite different, we arranged for the kids to be dropped off at Sedbergh Golf Club. Then we walked them over Abbotholme bridge up onto Holme Fell for an organised treasure hunt. Henry's favourite game two teams The A Woks versus The Wookies. We also had a riddle for them to solve and again a fine warm evening followed by a picnic then back to the collection point.

Sept was games in the church hall, picnic on the manse lawn with outdoor games. The next few sessions were a drama evening when the youngsters were encouraged to prepare and dress up for a drama and act it out.

We had a domino drive and made a Christmas table arrangement to take home. This was now into Nov, when we missed a couple of sessions due to the covid. However the finale to our year was Dec 4th, when we took 45 of our team children plus Leaders to Planet Ice Blackburn. We had a great time, set off at 10-45am travel by coach to Blackburn . It took no time at all to fit the skates, also there are skating aids available

giving you a feeling of safety. The youngsters were all very well behaved. We did have one mishap a young girl fell and hurt her arm, but thankfully she was ok. We had two and half hours skating then back on the bus, called in Garstang 5 pm for fish and chips. They were excellent. Home around 6 pm. What a fabulous day. Thankyou everyone who came along.

I would like to say a special Thank you to our young leaders. The youth club would not function without their dedication, making sure they have attended the safe guarding procedures, and receiving the certificates, turning up each session prepared and organised in what they plan to do. At the end of each session one of them gives a word of encouragement to look out for one another, and show Christian love at home and school.

Please encourage the children to come along, we meet every fortnight and hope to open our doors very soon, watch our Facebook page, we require you to be age 11-15 and fill in a registration form when you arrive. If you have any queries please contact me, Heather Askew, telephone 015396 25465.



Sedbergh  
Grief Share  
07498 870267

Drop in meetings for  
anyone struggling  
with bereavement

Tuesday 1st Feb & Tuesday 15th Feb  
10am - 12 mid-day

Cornerstone Community Church  
Join us for coffee and a chat  
(in the manse garden if fine)

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

**ROYAL BRITISH LEGION  
SEDBERGH & DISTRICT BRANCH  
News Update 2021**

*David Parratt, Secretary*

Sadly, John Estensen passed away in October. John was a stalwart and long serving member of the Sedbergh Branch and he had held various positions on the committee.

The branch strength at present is 121, of which 66 are full members and 55 are affiliated members from Sedbergh School. There is a need to recruit additional members and focus in particular in attracting younger members to take the branch forward in the future. Despite our sustained success in fundraising, the actively participating volunteer base has not grown in relation to this and

membership has shrunk by approximately 17% in the last 5 years.

Branch Officers and Committee Members are as follows:

President: Tony Reed Screen  
Chairman: Nick Cross  
Treasurer: Martin Gray  
Secretary: David Parratt  
Membership Secretary: David Parratt

Poppy Appeal Organiser: Nick Cross

Standard Bearer: Nick Cross  
Committee Members: John Pease, Rose Pease, Myles Ripley, Dennis Whicker, Keith Birbeck, Nigel Whiting

Various fund-raising and other events eventually took place in 2021,

## DENTDALE MEMORIAL HALL

### Cleaner/Caretaker

Due to our current cleaner/caretaker retiring, a position has become available for a Cleaner/Caretaker to join our friendly team.

Flexible hours of work dependant on lettings

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Application/Information from Jill Mitchell on  
[dentdalememorialhall@gmail.com](mailto:dentdalememorialhall@gmail.com)

Closing date: 11<sup>th</sup> February 2022

This post will be subject to relevant safeguarding checks.

## ROYAL BRITISH LEGION

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

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

Membership costs £18.00 - call 20964

email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

For more information, visit our website:

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



having been postponed initially due to the effects of the pandemic.

The Centenary of the formation of the Royal British Legion took place on 15th May. In London at the Cenotaph in Whitehall a wreath was laid to mark the occasion. At the same time at 9.00, Col Tony Reed Screen, President of our branch, laid a wreath at the town war memorial. Although 15th May was the actual centenary, other events linked to it took place nationally and in Sedbergh throughout the year as Covid restrictions began to ease. A commemorative message was received by all branches from Her Majesty The Queen as Patron, congratulating the Legion on its centenary. The message is now displayed in the branch committee room. In addition, the Legion published a Centenary Book, "We are the Legion".

The Legion invited communities to celebrate Captain Tom's amazing achievements in a special event over what would have been his 101st birthday weekend. The challenge centred around the number 100 from 30th April to 3rd May. Sedbergh

School sailors sailed 100 laps of Killington Lake and raised over £160 towards the Captain Tom 100 challenge.

The branch held its annual dinner at Sedbergh Golf Club on 3rd September. On Sunday 5th September, a combined Dedication Ceremony for a new Standard and the laying down of the old one took place in St Andrew's Church. Archdeacon Vernon Ross, Archdeacon of Westmorland & Furness officiated. Invitees included the Lord Lieutenant of Cumbria, Clare Hensman, the RBL County Chairman, SLDC representatives, Sedbergh Parish Council Chairman, Kevin Lancaster, the Headmaster of Sedbergh School and the Headteachers of Settlebeck and the Primary School. The old Standard is now hung in the church alongside the Ladies Branch Standard.

A Poppy Appeal Coffee Morning was held on 3rd November in St Andrews Church Rooms and £309 was raised for the campaign.

In order to celebrate and mark the centenary, impressive displays were provided, which were installed inside

and outside St Andrews. The branch wishes to note its grateful thanks to Barbara Hartley and all those who helped her in providing these displays, including the impressive lighting over the Lych Gate installed by Steve Longlands. The internal displays covered four main themes: The formation of the Legion and its history; the work of the Legion, supporting the armed forces, veterans and families; Remembrance and the National Memorial Arboretum and the Story of the Poppy and the Poppy Campaign. Between 8th and 10th November, Sedbergh Primary School pupils were given conducted tours of the displays by committee members.

The normal format for Remembrance Sunday on 14th November was able to take place with a two-minute silence at 11.00, followed by the laying of wreaths at the town war memorial. A memorable Remembrance Concert, courtesy of the Town Band took place in the church in the evening.

Earlier in the year, Brian Capstick provided a further update to branch members on the 'Rawthey Project', a veteran's rehabilitation programme which Brian had set up since leaving the Army as a warrant officer. The branch continues to support this project and branch funds have been raised as appropriate in order to provide emergency grants for veterans in need. It is felt that there will be a significant increase in mental health issues following on from the pandemic. One of our committee members, John Pease



has approached BAE with regard to possible business support with the Rawthey Project and they have offered to help once the project has been established as a Charitable Trust which is in hand. BAE currently supports Combat Stress and have done so for a number of years. Combat Stress is the UK's leading Charity for Veterans' mental health.

A 'Hells Fells' event was held between 2nd and 6th August organised by Brian Capstick and supported by the branch. This was an adventure training package with a format similar to the previous year involving disadvantaged children and veterans' families who need support and rehabilitation. This provided a platform for outreach and a pathway out of social exclusion. A further event took place between 6th and 8th August with priority for the veteran community up to a maximum of 500.

The branch has continued to provide Branch Community Support at local level, maintaining contact in particular during lockdown periods with elderly widows and widowers of Legion members in Sedbergh to check that they are receiving sufficient support either from family, neighbours or the Covid 19 Sedbergh & District support group when in operation. Training for BCS has recently been formalised and the branch BCS sub-committee has been engaged in this with refresher courses.

The Sedbergh branch wishes to thank everyone that has been involved in helping with the Poppy

Appeal collection and the general public for their continued and generous support. £8240 has been collected to date during the 2021 Poppy Appeal. The final figure will be confirmed in due course.

During the year new Legion strategies and plans were announced nationally and at local level. The County Office at Penrith closed and the County MSO(Membership Support Officer) and Secretary is now working from home. The following was noted:

The Legion's aim is to serve beneficiaries more efficiently and to make it easier for them to get the help they need;

- to simplify the current welfare support journey;

- to provide additional funding;

- to support mental wellbeing;

- to develop new ways of working; closure of Area Offices - move to a new regional hub model;

- membership - need to engage with younger people.

The Branch Centenary is due on 11th December 2022. Consideration is being given on how to explore the most appropriate way of commemorating this milestone, including focusing on events leading up to the Remembrance period and beyond. It was also considered that community engagement and raising awareness of the Legion continue to be important issues.

We would love to receive any photoes, memorabilia or just written accounts of Sedbergh Royal British Legion events from the last 100 years – send them in to Lookaround and

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they will be passed on. Thanks in advance

The Sedbergh Branch was founded in 1922 and needs to continue to recruit volunteers and new members to keep up its good work. If you would like to become a member or learn more about the Legion, please contact David Parratt on 015396 20964 or email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for an application form. You do not need to have served in the Armed Forces to be a member. For more information, visit our website: <http://www.branches.britishlegion.org.uk/branches/sedbergh> The National website is: <http://www.britishlegion.org.uk>

## **CANARY GIRLS UPDATE.**

*Sandra Gold-Wood*

Firstly, a very happy New Year to all our many and generous supporters.

The Canary Girls Trustees really can't thank you enough.

The good news is that the speaker engagements from Nov 2021 and Jan 22 have brought in a total of £600 which is simply great and there are another six engagements around the County scheduled for this year. Some of them are outside the County and will be on Zoom; these are delivered by the Trustees very able Secretary Val Welti.

Unfortunately, we do have some bad news to report regarding the long awaited Charitable Status. It turns out that we can't have this until we have £5000 in the Canary Girls account. It's a bit of a blow and in fact they did let the Trustees know but somehow the Email went adrift and it was only when we contacted the Charities

Commission to ask why we were still waiting that we found out.

Never mind, it's upward and onward and the campaign continues at a pace. At the end of last month, (Jan) we held a coffee morning which of course I do not know the outcome as I am writing this before it has happened. Still, I am certain that it will and did go well, ever the optimist and very thankful for all your support.

There is approximately £2700 in the Canary Girls account; exact figures are available; just send a request by email. However, it is difficult to know exactly how much we have as the total is always increasing due to the kindness of Mr & Mrs A Nonymous. Believe me the Trustees are deeply grateful.

As soon as we get that magic £5000 the Charity Commission have assured us that it will only take a matter of days to get our official registration. Once this happens there will be no stopping us! A number of interviews have been lined up with TV and Radio. The publicity from this will surely help us to bring the Canary Girls Memorial project to a much wider audience. It has always been our aim that this should be a nationwide campaign because the munitions workers worked. Toiled and suffered all over Britain and deserve their place in the National Memorial Arboretum. But remember folks it started here in sunny Sedbergh.

We should now have an active Facebook page which is linked to our webpages [Canary-Girls.com](http://Canary-Girls.com). Do take a look and find out all about the forgotten heroines to whom we owe a great debt.

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## HARDSHIP FUND

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

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

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

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

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

or

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

All applications will be treated in confidence.

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

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

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## NOTES FROM DENT STATION

*John Carey*

Well, it's that time of the year and I would start by wishing everybody compliments of the season from the Friends of the Settle Carlisle Line and the team at Dent Station!

All is going well at the station, and we have a steady stream of guests staying over the winter period, vital if we are going to meet some of the significant repair costs going forward. The splendid isolation of the station punctuated with the odd train going past the window seems to have its attraction. However, recent guests got slightly more isolation than they had bargained for when the snow fell during Storm Arwen. Travel down the Coal Road became impossible, and all trains were cancelled. There can't be many better places to be snowed in and with central heating and plenty of coal the guests bunkered down for a couple of days with spectacular views down the valley. The main downside was the cancellation of the Flying Scotsman which had been eagerly awaited. Fortunately, the snow disappeared during the week and our guests were able to make their way back home.

Of course, the effects of Storm Arwen were acutely felt throughout Cumbria many houses suffering loss of electricity and phones for several days. The Settle-Carlisle has usually escaped serious disruption as a result of weather events although there have been a few notable occasions in the past such as in the harsh winter of 1947 when drifting snow blocked the line. Fair enough there are odd instances of flooding or

fallen trees but usually nothing which can't be sorted quickly. After all the line doesn't have the complication of overhead wires to contend with.

However, the line was effectively closed over a 5-day period from Friday night on the 26th of November until the morning of Thursday 2nd December. This is unprecedented in recent times and not since the Eden Brows landslip has there been an extended closure. Clearly the weather conditions were bad but no worse than that which has occurred in the past and probably one of several such events that might be reasonably anticipated in a normal winter with the changing weather patterns we are experiencing. It rather begs the question as to why the rail authorities were not better prepared for this and trains running sooner. The rail services could have otherwise been a lifeline for communities along the line to reach work or education.

The Friends of the Settle Carlisle Line is primarily a rail user group and we have taken these matters up with Northern and Network Rail. It does seem on closer analysis that there were failings in infrastructure resilience such as back-up power to signal boxes; lack of resource applied to removing fallen trees at the earliest opportunity; failings in customer information advising as to the problem and finally the use of a 'Not to Travel' order which absolves the railway from compensation or the necessity of providing alternative travel. All of these matters will be examined but, fundamentally, we need to ensure that the line receives the resource that it deserves going



forward and that any future disruption is minimised.

Just as we thought that we were over the worst of the Covid pandemic we now have the spectre of the Omicron variant ahead of us. It is difficult to say how this will affect public transport, but we have already seen the application of mandatory face coverings – a sensible move as it will no doubt instil confidence of other users. Some will stay on the cautious side and simply decide not to travel. Indeed, it is probably best to avoid overcrowded services and this is something that the Friends will monitor very closely. We are promised that as from May 2022 there should be additional stock deployed on the line and this will involve a minimum of 3 and hopefully 4 coaches.

For those deciding to travel it is a good time to have a DalesCard as the winter offer commences on 2nd January and runs until 31st March 2022 or so we are advised. The precise details are awaited but this usually involves a cut-price rover ticket enabling cheap travel anywhere on the line including Leeds, Bradford, Skipton and Carlisle. At other times of the year, it gives a 1/3-off discount and so well worth having at a modest £10. The

rail cards can be obtained through <https://settle-carlisle.co.uk/product/dales-railcard/> for local residents or by joining FoSCL for anyone outside the defined postcode area.

It should also be mentioned that by using the excellent Saturday S1 Western Dales Bus it is possible to leave Sedbergh Dalesman at 0958 connecting with the northbound train to Carlisle, the train departing Carlisle at 1618 on the return to connect with the bus. This is an excellent day out particularly when making use of the winter Dalescard offer. See [www.westerndalesbus.co.uk](http://www.westerndalesbus.co.uk) for times.

Finally, thank you for the comments received on transport matters. We are always pleased to follow up on issues whether rail or bus and please do not hesitate to contact me if I can help. With particular regard to the lack-lustre Cumbria Bus Service Improvement Plan now submitted to the DfT I would urge that comments are also passed on to Tim Farron MP. I do know that Tim has the issue of rural bus services on his radar. Anyway, enough for now!

John Carey, [john.carey@settle-carlisle.com](mailto:john.carey@settle-carlisle.com)

Photos by Mrs Anne Moore



## NOTES FROM DENT STATION

*John Carey*

As we enter a new year at the station we are starting to plan ahead for the works we will need to undertake. External painting of the high level barge boards will be high on the agenda as we need to preserve the existing timbers. The Midland Railway did away with the original ornate barge boards probably due to the need for maintenance and, for much of its life, the station had no barge boards, these being reintroduced in the 1987 refurbishment. Indeed, some other aspects of the station were far more utilitarian than we see today particularly with the exposed west facing windows. After all the station did not receive many passengers throughout its lifetime and was more of a commercial hub for the valley.

Also, we have the major hurdle of the west window to overcome. This is in an advanced state of decay and needs urgent replacement. However, we will need to satisfy the listed building officer which is no easy task. We then want to look at restoring the two large platform facing windows which we think possibly date back to Midland Railway days. Other joinery repairs are on the cards as and when we can.

However, as most will be aware, the Friends of the Settle Carlisle Line are primarily a rail user group. In the last article I mentioned the benefits of the Dales Railcard which, for most journeys, affords a 1/3 discount off the standard ticket price plus a winter offer of a £9 rover for anywhere on the line. The offer is currently



ongoing and runs until 2 April 2022. However, this was all slightly marred by the news that a restriction was being placed on pre-0815 journeys effectively ruling out the use of the card for work or college journeys. For anybody racing for their timetable the first northbound train leaves Dent at 0650 and southbound at 0703 and in both cases the next train is not until 0915 and 0938 respectively. Clearly, only the earlier trains are suitable for work or college journeys.

Applying basic maths the removal of a 1/3 discount effectively creates a 50% increase in fares for anybody using the card for occasional journeys, whilst there is a weekly season ticket option available, which may suit more regular weekday journeys on the line. This is perhaps an unwelcome start to the year which will have taken some folk by surprise. This is on top of the 3.8% inflationary increases which will occur to most tickets as from March 2022.

The Friends have naturally raised the issue with Northern Trains and the Settle Carlisle Railway Development Company who administer the railcard. The card was originally introduced to encourage local rail use and this seems to do

the reverse. We point out that there is perhaps a failure to understand the needs of the rural economy and as one local regular user commented 'many folk do more than one job in the rural economy which might make their journeys less frequent' the point being that a season ticket is of no use. The speed of implementation with lack of consultation does seem a little harsh in all the circumstances. However, there is currently little indication that the rail authorities will back down. It is possible that the change has been forced from on high by the Department for Transport.

Regardless of the above set-back the rail cards are very much still well worth having and can be obtained through <https://settle-carlisle.co.uk/product/dales-railcard/> for local residents or by joining FoSCL for anyone outside the defined postcode area. The cost is currently £10 and so it only needs relatively few journeys to recoup the cost.

Our discussions on services continue and we have monthly meetings with Northern. Currently we await the outcome of a review of the options for the line. These possible options include for better timetabling, improved stock and even dedicated trains. The focus is inevitably on





leisure which gives us slight cause for concern. We point out that the railway serves a variety of needs of which leisure is undoubtedly one but, critically, it should provide a local service in a region where economic opportunities are fewer than most.

Leisure use can only bring benefits to the area when folks actually alight from the train and spend their money with local businesses. However, for this to happen onward transport from the train is critical such as provided by the Western Dales Bus which connects with Dent Station on a Saturday. FoSCL recognise the importance of the leisure sector to the rural economy and we take part in tourism industry forums. Not only that but we are very much in the tourism sector ourselves by our acquisition of Dent Station!

On timetabling, one quick fix we would like to see is the replacement of the afternoon southbound semi fast service with an all-station stopping service. This will alleviate the almost-4 hour gap which currently exists in the weekday timetable. In fact, there is no southbound train at Dent between 1215 and 1604, the intermediate train running straight through Garsdale and Dent stations.

We believe that this exists only for operational convenience of the railway. Similar gaps exist on a Sunday.

On a positive note, as mentioned previously, we are advised that the railway should receive increased stock as from May 2022 from when trains should be a minimum of 3 carriages and often 4. This will relieve the overcrowding which occurred over the summer months. We have responded that we believe 4 carriages should be standard.

We are not out of the woods as regards the Covid pandemic and there was always the spectre of a temporary reduced timetable for the line in the event that infection rates escalate. The previous



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## New classes & Events

Weekly Friday morning Yoga classes:  
9.30am -10.30am Mindful Yoga flow  
11am -12 noon Yoga for Beginners  
plus Friday evening Yoga and Gong meditation 25th Feb & 25th March

New Monday evening weekly Meditation group 7pm-8.30pm

Monthly Sunday morning Meditation Gatherings 27<sup>th</sup> Feb & 27th March

*Learn to Meditate days 26<sup>th</sup> Feb & 26th March  
Mindful Stargazing Mon 28<sup>th</sup> Feb 6pm-8.30pm*

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implementation of the key worker timetable was disastrous, as it notably failed to deliver what it said, with trains arriving in Carlisle and Leeds between 10 and 11am! Again we feel that this was more for operation convenience of the railway. It was only through our intervention that the early morning commuter service was eventually reinstated, but only as a bus. We have lobbied hard on this as result we are advised that the S&C will not be seen as an easy option for cut-backs and should escape any future temporary timetable reduction whilst other lines might not be treated so favourably.

As always we would be pleased to take forward any public transport concerns in the area via the e mail address below. Finally, we must all remain optimistic for a much better and eventually Covid-free 2022!

john.carey@settle-carlisle.com

## TIM'S COLUMN

*Tim Farron MP*

For me 2022 started with a commitment to run every day in January. By the time this Lookaround is printed I should have run at least three miles every day for the past month and with a bit of luck I should have also managed to run the half marathon distance on at least a couple of weekends. If you would like to support me with this I am raising money for Wave Forward, a brilliant little charity that provides much needed support to young people in South Cumbria, helping to improve their mental health and wellbeing. You can donate by going to the Just Giving website and searching on Tim Farron.

I've decided not to use this column to get involved in a discussion about the current Government and their behaviour. I am sure that you are more than capable of making your own minds up about these things and anyway by the time you read this who knows what else we might have learned? I hope you find it a bit more hopeful if I focus instead on what I have been up to in Parliament.

Well, I have started the year spending quite a bit of time on my feet there.

The International Trade Secretary made a statement on the new trade deal with Australia and I took the opportunity to repeat to her the concerns I have heard about it from farmers around here. That's to say nothing of the fact that the NFU has called the deal "one sided" and the RSPCA have warned that the deal could "sell out" our high animal

## CHAIR, GENTLE and CORE YOGA CLASSES



Start your week with *Monday morning* yoga:

10-11 Gentle yoga: slow stretches, balance work, both sitting and gentle floor movement, some remedial exercises

11-12 Chair yoga: very gentle mindful movements on chairs with guided relaxation at start and end of class. Good for shoulders, back pain, stress, suitable for wheelchairs

Challenge yourself with *evening* classes:

7-8pm Core yoga: Build core strength and stretch muscles on Wednesday evenings. Suitable for those with a reasonable level of fitness – runners, climbers, horse riders and those wanting a challenge, increasing in intensity throughout the course

5-6pm Yoga: An all-round class with building core strength, balance, gentle stretching.

Classes held at the beautifully refurbished Dent Methodist Chapel.

Text Elly on 07724 803508 Email [ellyarcher@talk21.com](mailto:ellyarcher@talk21.com) to book or for further details.

welfare standards. The standards of welfare that Australia has in its abattoirs and while transporting animals the vast distances there are in that country simply do not compare with those we have in place here. The deal the Government has agreed is so unfair to our farmers and, in my opinion, simply shows how little they care about them.

In a debate on access to radiotherapy in this country I took advantage to ask the minister to instruct NHS England to get on with things and work with our NHS trusts and finally deliver the long discussed satellite radiotherapy unit to our hospital in Kendal. The delay we have experienced seems to me yet another example of how little this government seems to care about those of us who live in rural communities. The current plans to close the hospital in Lancaster and move our nearest A&E unit down to Preston is, if you needed one,

another example of this lack of concern or even understanding.

Finally, I led a debate in Parliament on the housing crisis resulting from the growth in the numbers of second homes and holiday lets in beautiful parts of the country like ours. I presented the minister with seven ideas for action that would help things. Sadly, all I got in response was a promise to start a consultation later this year. I suppose that is better than nothing but what we desperately need is action now. A consultation doesn't guarantee action at all. Meanwhile I have more and more families telling me about how hard it is to find anywhere to live around here.

As ever if there is anything I can do to help you please do get in touch. You can email me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or give us a call on 01539 723 403.

Thanks for your support.

## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

On 26th November a dinner was held for both the recently retired Headmaster, Andrew Fleck, and the recently retired Chairman of the Governors, Hugh Blair. Prior to the dinner a short ceremony was held in Powell Hall to unveil the new traditional portrait of a retired Headmaster. To everyone's surprise this time the portrait is quite different. To begin with it is landscape shaped rather than the normal portrait shape, but more importantly it shows the Headmaster, Andrew Fleck, flanked by the Bursar, Peter Marshall, and Hugh Blair, the retired Chairman, sitting round a table seriously discussing a matter apparently of

importance. It will hang with the portraits of other previous Headmasters around the walls of Powell Hall.

On 26th November at a dinner for the in-Cumbria Business Awards, the School won the category of Best Community Involvement. They also won the Inspired Brilliance Gold award for photography, Mr Cooling's photographs being called "breathtaking" and "stunning" by the judges. The Prep School were also recognised in the Single Blog Post category, the Blog was praised for offering engaging and practical ways to engage in mindfulness during the first Lockdown

Meanwhile in China the Rong Qiao Sedbergh School won the Enterprise

## Apprenticeships at Sedbergh School

At Sedbergh School we are committed to the development of everyone in our School community, both in their formative educational years and beyond. Our apprenticeships are open to all levels of experience and age.

*"I am delighted to launch our new apprenticeship scheme which will allow us to expand the range of opportunities available to young people within our local community who are at the start of their careers. The training and mentoring they receive will enable them to develop their skills, and work towards a recognised qualification which will, in turn, guide them towards securing long term employment. Sedbergh School recognises our responsibility to help young people who wish to work and live in the National Park, and this is an excellent opportunity to continue to build a skilled local workforce and future managers in all areas of our operations."*



SEDBERGH  
SCHOOL

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SEDBERGH  
SCHOOL

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Peter Marshall COO, Sedbergh School.

and Employability award for its excellence in promoting the whole-person education model attaching equal importance to the all round development of the students' moral, intelligence, physical, and social education

The Environment Awareness Group visited Glasgow during COP26 with signs mad from recycled materials. Some of the Y4 pupils wrote to the world leaders to give them some of their feedback and ideas

The production of The Thirty Nine steps was sold out with a hopeful waiting list, and was both very funny and well done.

Following storm Arwen the boarding pupils at the Prep had to be

evacuated to the Upper School boarding houses for the weekend due to lack of electricity. The ground staff had a busy time clearing the fallen trees.

The Prep School annual Christmas Fair was cancelled in the light of the covid situation nationally. The lateral flow testing was stepped up to three times a week. However the performances of a Nearly No Nativity and Squeak went ahead on two consecutive days

The School has received the gift of a Boer War sword belonging to Hugh Maxwell Blair, killed at Koodoosburn in 1900, from a former staff member, Jonas Peter Atkins

Prep School girl Elsie-May Dancy (12) went viral with a video speaking

## At Sedbergh School, in partnership with Kendal College, we offer apprenticeships in ...

- Joinery
- Painting & Decorating
- General Maintenance
- Electrics
- Grounds & Gardening
- Production Chef
- Commis Chef



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SCHOOL  
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On a Sedbergh School apprenticeship you can gain all the skills and training you need whilst having the full support of the Manager and his/her team. You will develop vital experience and qualifications, while you earn a wage (dependant on age and apprenticeship). Whilst on a full-time permanent contract, you can enjoy employee benefits, including swimming pool, gym and free parking.

### How to Apply

If you would like to be part of our team and enjoy this fantastic experience, please email Lizzie Harrison on [eh@sedberghschool.org](mailto:eh@sedberghschool.org). You can also call us on 015242 79205.

*Sedbergh School is committed to safeguarding & protecting the welfare of children. Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Disclosure and Barring Service.*

to local farmers on the importance of eating locally sourced food rather than imported food. The video was retweeted by the president of the NFY. She earned a Blue Peter badge and has been invited to join in Milly Fyfe's show in 2022.

Staff member Myles Ripley was named a Community Hero by South Lakes Housing for his efforts in the local community

### **Music**

The School held its Guest Carol Service on Sunday 5th December to a very good congregation who all sang well. One resident commented that it was just like having King's on your doorstep, only better as you could all join in!

Later the same week the choir gave its annual performance of Britton's A Ceremony of Carols in the chapel to an appreciative audience of mixed school and town..

Both Schools finished the term with Carols Services in the School Chapel, after which the pupils went home

### **Cricket**

Year 13 pupil, Tom Aspinall (this year's Captain of Cricket), has been named in the Lancashire Cricket Academy squad for 2022. He has also been selected for England Young Lions for the upcoming U19 World Cup in the West Indies. Harry Brook has been selected for England's IT20 tour of the West Indies and will fly back from Australia to join the squad.

### **Swimming**

Year 9 pupil Archie came away from the British Para Swimming Winter National with four medals in Swansea.

### **Rugby**

OS Bevan's cap for England v Australia was the School's 40th International cap and Abbie Ward earned her 50th cap for England

The Prep played Cargilfield in true Sedbergh weather on Monday 15th November and on Buskcombe and lost 5-20

All the games against Ampleforth on 20th November were cancelled' The 1st XV played Wellington College on 14th November in a hard fought and entertaining game at Broadstreet RFC, Coventry, and drew 32-32. On 27th November they played Kings Macclesfield and won with a somewhat embarrassing score of 50 – nil on a very cold and bitterly windy day. However playing Millfield in a very noisy match on 8th November they lost 14-20. They won 40-7 against Llandovery on 11th December.

### **Running**

The senior Boys' team and the U13 girls from the Prep qualified at the Regional Cross country Finals for the National Finals on 4th December. Both the U17 Boys and U17 Girls brought home the team series titles

The OS team achieved 4th place in the annual Alumni Cross Country Race on Wimbledon Common out of 30 schools. Ben Collins was one of the runners.

The Prep School welcomed 27 schools and over 400 children for the South Lakeland District Cross Country Tournament on 12th January

### **Charity**

Sami Lomax swam 2 kilometres followed by a half marathon on Wednesday 17th November in aid the Men's Mental Health

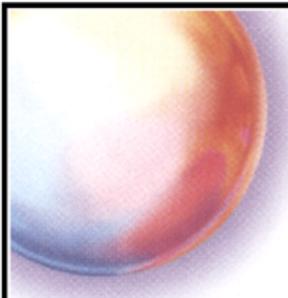
The Prep School held their annual duck race on 19th November in aid of Children in Need in the local beck

OS Charlotte Preston (12-17) cycled 900 miles from Land's End to John o' Goats in 9 days with her father to raise money for Macmillan Cancer and Cancer Research

At the end of term the pupils carried out works in various places to help the community. Sedgwick helped around the Preston Army barracks, Winder helped at Brathay clearing the damage done by the two recent storms, School House helped clearing the grounds etc at Ghyll Head, Robertson made wreaths, cards and mince pies for local residents, Powell supported St John's Hospice, Lupton cooked a Christmas dinner at St Mary's Church in Liverpool, Hart undertook hedgerow and planting trees at Marrick Park, Evans carried out maintenance work, conservation, painting and litter picking in Ripon, Carus sang carols in Liverpool raising money to KINDLiverpool and donated toys with their donations

The Prep School held a sponsored reindeer rush (running the equivalent of running to Cherbourg) to raise funds for St John's Hospice and raised £845 against a target of £500

Prep School boy, Louis Hoskin, son of a master at the School, has raised over £8,000 since the summer holidays with his saxophone for the Ancre Somme Association, and plans to play it over the coming year at the top of as many Scottish mountains as he can to raise further funds



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of

*Sedbergh Lookaround*

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## Forthcoming Events

The Home Rugby matches in February include the Under 17 rugby v Wimslow High school on 2nd February at 2.15 There will also be two games (U13 and U12) against QES Kirkby Lonsdale on 23rd February at 2 pm. There will be Rugby Sevens against Giggleswick on 23rd February at 2.15 and the Sedbergh U14 Sevens Tournament is on 26th February

Half term will be 11th - 20th February. Term ends on 25th March

The Morgan Run of 4.8 miles for pupils, staff and Old Sedberghians over Frostrow Fell will be on Saturday 26th February at 2 pm

There will be a Senior School Year 9 Open Day on 29th January

The Wilson Run will be on Tuesday 22nd March this year and will be preceded by an OS Dinner the night before.

The Sedbergh School Easter Courses will take place from 4th to 7th April

## Choral Society

The Sedbergh School Choral Society are looking forward to re-grouping as soon as possible ahead of a performance of Mozart's Requiem in Sedbergh on Thursday 24th March under the direction of Head of Choral Music, John Seymour. All members of the Sedbergh community will be very warmly welcome to be involved. Please be assured that no experience whatsoever is necessary. Please do contact Director of Music Chris Allinson ([cfja@sedberghschool.org](mailto:cfja@sedberghschool.org)) should you have any questions.

## NEWS FROM THE PEWS

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

A new chapter has begun in the life of the Western Dales Mission Community, and we could not be more pleased. Reverend Andy Burgess, his wife Joy and children, Meredith, Daphne and Art moved into the Vicarage on Winfield Road at the beginning of December. Andy had to finish off his curacy in Bushey, Hertfordshire, joining the family around Christmas time in order to begin his ministry amongst us here in Sedbergh.

Bishop James of Carlisle licensed Andy before a very full St Andrew's on Tuesday 11th January at 7pm. Besides members of our congregations Andy was supported by family members from near and far, clergy from the Carlisle diocese and all points of the compass, plus our local councillors. A joyous occasion

## THE WORLD DAY OF PRAYER

Please come and join us at  
St Andrew's Church,  
Sedbergh  
on  
**Friday 4th March 2022**  
**2.00pm**

**Everyone is welcome**

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followed by a gargantuan buffet marked the beginning of a new chapter in the life of the Western Dales.

The Interregnum was longer than we anticipated. During this time the parishes have been well supported by Rev David Crouchley, Lay Reader Judith Bush, Rev Lindsay Gray, Rev Becca Gilbert and Rev Christine Brown, who must all be a tad more relaxed now our new Vicar is in place and taking over the reins. Judith, Lindsay and Christine work under the label of "NSM" which stands for "Non-Stipendiary Minister", meaning they are not fully paid members of the clergy. Expenses can be claimed if they so wish.

To all the clergy we offer our grateful thanks for their input and service generously given over the last fifteen months.

The Wednesday Coffee Mornings are on the calendar once again and we look forward to welcoming you as always.

Take care.



### CHRISTIAN AID IN SEDBERGH AND DISTRICT

*Anne Pitt*

We have started to plan our support activities for Christian Aid in 2022. Nationally, the organisation has some ongoing crisis appeals, including the one for the people of Afghanistan. With the arrival of our own Afghani refugees in Sedbergh, who we hope are starting to find their feet and experience a warm welcome in this caring community but very different environment. I'm sure we must be increasingly aware of the plight of those they have had to leave behind.

Our first Coffee Morning to raise funds will take place in St Andrew's Church, Sedbergh, on Wednesday 9th March running from 9.30 and ending at 11.30am. As usual, there will be a cake stall and raffle. We are only a small committee of representatives of the local churches, so we'd value any contributions to help with our events and donations to the activities.

Christian Aid Week this year runs from Sunday 15th to Saturday 21st May, with a further Coffee Morning on

Wednesday, 18th May and other fund raising activities during the week.

If you like a challenge there was a challenge on the Christian Aid website for January, but you could give it a go in February, or some other time of your choice, which is to challenge yourself to drink only water and stand with our global neighbours, who are struggling for water, due to the climate crisis. No coffee, no alcohol, no juice - by taking on the challenge to drink only water and raising sponsorship, and your challenge will refresh you and communities throughout the world. You choose your challenge, two weeks or the whole month.

Looking forward to seeing you, if possible, at our various upcoming events.

### DENTDALE METHODIST CHAPEL All Age services

Sarah Woof

In December, as a change to the usual readings and Carols for our Christmas service we held a family Nativity. All the children who came had the opportunity, if they wanted, to join in and help tell the nativity and act it out. Mrs Pam Dent did the rhyming reading and the children got into costume and we're brilliant. Mrs Sarah Woof led the service, and the ladies of the chapel served a scrumptious tea for everyone.

Following on from this there will be another Family service at 2pm on Feb 13th to which ALL AGES are invited. We will have a shorter than usual service and then continue fellowship over afternoon tea. Do come.

### FAMILY MUSINGS

Sarah Woof

Writing gives me immense pleasure, it is the opportunity to 'escape' into another world, a different life, to actually 'put words into other people's mouths', and I really enjoy the experience. Last year I had the added joy of actually seeing some of my writing in print in a book brought out by the 'WI Writers Group' of which I am part. At present I am writing a novel, a book about the history of the Village Hall in Dent, and usually doing other bits as well; also, Family Musings, obviously, and articles from time to time. Quite what happened to December/January 'Musings' is a mystery but the fault was all mine, not 'Lookaround', Ed Welti or anyone, but I did it all by myself! Thank you to those people who took time to ask If I was OK and where was it?

Here we are in a New Year, a month or more into 2022 and still affected by covid. How lovely life will be when everything can resume, and we can see people's faces. But not everything will be normal, whatever that actually means. Christmas already seems ages ago, the local streets brightened by festive lights

### Sedbergh Red Squirrel Group

Local conservation  
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Report sightings of  
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[sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)

are now dark and drab. I once held a 'Fed up Tea' for charity in February. Fed up because that can often be our mood in February, and also because those who attended would be fed. When we experience loss and look out on dark drab days we all need something to escape to, be it writing, knitting or gin with a friend.

Every year brings challenges and opportunities and, for hubby and I, there are changes afoot. He has faithfully cleaned and done the caretaking at the Dentdale Memorial Hall since 2007, and this year he is giving it up. Just how often he/we have walked up and down the Laning, and/or moved furniture up there is unknown. On top of that I am retiring as DMH Chairman at the AGM, which is in March, bring to an end 20 years as Secretary and then Chairman. Shocking isn't it really? Time for new blood, new ideas and new enthusiasm! And for me, more time to write. Enjoy your hobbies, folks.

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## NOVEMBER WEATHER

Brian Wright

Perhaps the wind played a significant part in this month's weather. Storm Arwen certainly gave us something to think about!! The average wind speed for the month was 22.6m/s (50.5mph;81.3kph). The maximum wind speed, storm Arwen, was 30m/s (67.1mph/108kph) was exceptional!! Most of these winds were from a westerly direction with Arwen more northerly. These winds didn't bring us vast amounts of rain, 120mm (4.7") but we did get our regular dusting of snow for November! Temperatures also varied with a low of -5.1C (22.82F) to a high of 13.7C (56F) averaging 9.8C (49.6F) making it rather mild overall.

Storm Arwen was certainly the strongest wind I ever recall in the 60+ years I've been recording weather readings. We have a Christmas tree that was our first one when we came here 25+ years ago so it will be around 30 years old. In the gale/hurricane it was swaying around like a sapling!! When I actually got a reading, I was very surprised how low it was (67.1mph). Perhaps my anemometer couldn't spin fast enough!! I lost a calf hut smashed to pieces, several large pieces in fact. One was in a pen near the road having been stopped before it got into the road by a large tree. Fortunately, it's covered by insurance as is the freezer that went down in the power cut.

There has been an owl about the garden fairly regularly, so let's hope they nest nearby. I have an owl box up, optimistically! The sparrows seem to have gone on holiday again as I'm

not filling the feeder daily. We get an assortment of small birds feeding, including various tits, house sparrows, nuthatch, woodpecker, chaffinch, robin plus regular invasions from jackdaws!!

## DECEMBER WEATHER

*Brian Wright*

A true mixture to finish the year. Temperatures varied from a low of -1C (31F) to a maximum of 6C (42F). We had a few sunny days that were quite spring like but we also had a dusting of snow, at least on the fells. Precipitation gave us 135mm (5.3") keeping the ground very soft. Winds were variable but not excessive reaching a maximum of 10.5mph (17kph) from the North East.

We had a new visitor to the feeding station, a jay! This was only the second one I've seen since we came up here. The owls have been around at times, even in the tree with the owl box in it. It was so boggy in the paddock that I split the tufts from their ewes on Christmas Day!! They simply had nothing left to nibble! I hadn't seen any activity with the ewes for sometime so I'm hoping they are in lamb. Time will tell! I even got my garden tractor stuck when taking water to the sheep, even though I thought I was well clear of the mud. Midges have been around on pleasant days hovering in small clouds. Although the sparrows have not been seen in large numbers at the feeding station they have taken to roosting in our clump of bamboo.



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Two en-suite rooms available – a large double room and a twin room.

*We are still covid aware and continue to track & trace and ask you to wear a mask when entering the building when you will be temperature checked.*

## **YOUR LOCAL DEFIBRILLATORS**

*Myles Ripley*

Sedbergh Community First Responders are often asked where the nearest public defibrillators are and how to use them. All the local defibrillators are listed below followed by some advice on their use and how to access them. People also ask us how to get a Community First Responder to attend a patient – we can only be activated by the Ambulance Service via a 999 call.

If someone isn't breathing, you need a defibrillator as soon as possible.

- PUBLIC ACCESS DEFIBRILLATORS**
- 72 Main St at the tourist information office
  - Sedbergh Fire Station, Long Lane

- Peoples' Hall, Howgill Lane
- Dent, in entry to car park
- Firbank, the old School house
- Sedbergh golf club on east wall of clubhouse
- Briggflatts in toilet at rear of building
- (soon) Milthrop in old telephone box

### **DEFIBRILLATORS HELD INSIDE BUILDINGS**

- Sedbergh School Sports Hall
- Sedbergh School Hirst Centre
- Settlebeck School

To access the public defibrillators you need a code that the 999 people will supply to you. The 999 people will stay on the line with you giving advice until the Ambulance or a First Responder arrives. As soon as you switch the defibrillator on they give you spoken simple instructions and

you should NOT be frightened to use them. If relatively close to your location they are more important than starting CPR. Essentially there are two pads one of which that needs to be applied to the bare skin over the upper right chest overlapping the collar bone and the other on the skin on the lower left side of the rib cage. There is a pack with the machine with scissors in to cut clothing open to get to the bare skin. As soon as they are stuck on, the machine will ask you to stop touching the patient while it analyses the heart rhythm and decides whether or not to shock the patient. Again, it will remind you not to touch the patient while it shocks them. After that it will tell you to start chest compressions at about 100 compressions a minute – that's when you sing "Staying Alive" or "Nelly the Elephant" to get the rhythm. Every 2 minutes it will tell you to stop while it rechecks the rhythm.

**COVID** – at the minute due to Covid we are recommended not to do rescue breaths because of the infection risk.

If you would like some hands on experience of using one, do get in touch as we would love to get more people familiar and happy to use them. Contact Myles Ripley on 21101 or [mylesripley@btinternet.com](mailto:mylesripley@btinternet.com)

If any other community in our district would like to get one installed close to them, we are very happy to advise on process, funding and costs.

**TEAR THIS ARTICLE OUT AND PIN IT TO YOUR HOME NOTICEBOARD**

## TRUST

Fritz Hrynyk

Having the ability to trust is a strong factor in building a strong, dependable relationship.

Trust in your family, trust in your partner, trust in your friends, especially when they are holding the rope you are tied to while climbing on Dow Crag, trust in your cycling mates that at least one of them will wait for you as you sort out a puncture on a cold, wet night on top of the Coal Road. Knowing that you can rely on someone makes relationships stronger.

When a person decides to come for a treatment there is an initial level of trust. Trust that the therapist can help and trust that the therapist won't make things any worse. When you

come for a CranioSacral treatment it's a big leap into the unknown; you've heard a friend talking about it and that it seems to bring about a good change, but you're still not too sure what it is.

It's up to me, as the therapist, to put aside your fears and explain how just as you wouldn't let your phone run out of battery, don't let yourself run out and that a CranioSacral treatment is the start of recharging your internal battery.

One treatment can be extremely useful to bring about a sense of calm and well being and initiates the process of helping the body heal itself. One treatment is very effective but like any relationship the more time that the two spend together, the greater the degree of trust that is developed. How can this be beneficial for a client? When a person trusts the therapist, they will relax, the central nervous system will calm and the body will let go of more tension and more trauma. The overall effect of this is to enhance the self healing process.

A relationship without trust is a hard one to maintain; a relationship based on deepening trust is a natural, safe and productive one.

"What we do is take away obstacles, like removing stones from the road." John Upledger, founder of CranioSacral Therapy.

Until the end of March I am offering treatments at a reduced rate of £30 for an hour. Call me, Fritz Hrynyk, on 07817 665662 or email [daleswaytherapies@gmail.com](mailto:daleswaytherapies@gmail.com). Visit our website [www.daleswaytherapies.co.uk](http://www.daleswaytherapies.co.uk) for more information.

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## JOHN'S CAMPAIGN

Wendy 7713

John died in November 2014. His story, however, is still repeated and even more so during the pandemic. Far too many people die cut off from the people who care for them. Far too many places have dangerously over-restrictive policies (both predating and during the present pandemic) preventing people from being with people who need them.

I'm re blogging this which I wrote after my mishap before Christmas, simply because I was surprised by how many people hadn't heard of Johns campaign and because lots of people had switched off social media for Christmas. the more I think about it, the more



# John's Campaign

I know it should be used and advertised as being in use, in every healthcare establishment. so apologies to those who have already seen it – I just thought it deserved another outing, especially at the uncertain time we're living in now.....

Following my recent mishap and venture into the current NHS, I've been thinking so much of others that just aren't in as fortunate a position as me.....

I have a voice that's able to challenge, a daughter who knows the system.....what about those who may have agreed and resigned themselves to the fact that the 'consultant knows best'? From what the second doctor said, if they hadn't operated, arthritis would have set into that wrist very quickly and although I

won't regain the movement I had, it will be a lot better than if they'd done nothing as the first suggested.

Also, it's so important for Johns Campaign to be followed in every healthcare setting and for someone to be allowed to be with the person with dementia.

Something so simple. Yes, I know Covid has put extreme pressure on the NHS but not allowing someone else to be there would lead to even more pressure – as we don't feel comfortable, we then turn into 'challenging patients' and we give the wrong answers to some important questions.

Sarah has mentioned loads of things to me that I have no recollection of, like making sure I

keep my shoulder and elbow moving as well as my fingers otherwise they'll seize up. If id have been alone, how much would have gone by and the words left floating in the hospital room instead of in my head?

I'm lucky, I've developed ways to remember what's being said, but even I missed so much. Someone left alone, as Dory was from the 4 amigos, would be in a different position since her daughter wasn't allowed in with her. Dory would have still had a bad experience but her daughter would have been there to support and comfort her.

For some unknown reason, I'd forget, each time when asked, that I had an allergy to aspirin and Sarah was there to correct me. They asked me and if alone, I would simply have

DAA Dementia Action Alliance

## DEMENTIA-FRIENDLY HOSPITAL



said no and they'd continue with their questions, instead of Sarah correcting me each time and them giving me a red wrist band to highlight they had to be careful – that could be so dangerous.....

So many hospitals report themselves as being dementia friendly. But so many now are refusing admission to supporters even at the entrance, as was the case with Dory. Even mine said 'only patients allowed', but as soon as we mentioned Johns Campaign Sarah was allowed to be with me. But how many others would not have known to challenge, not had the knowledge, the confidence to challenge someone they see as 'being in authority'

I was much happier, much calmer and much more content in the knowledge that Sarah was there.

I've said it so many times, I'm very lucky to be in the position I am; to be resourceful, to challenge, to have confidence and to have the comforting thought that my daughters will always do the same. Just how many others are not as lucky as me and who suffer the consequences?

You can find out more if you click the link <https://johnscampaign.org.uk/>

## SIGHT ADVICE SOUTH LAKES

*Dennis Whicker*

The Sedbergh Group of the Sight Advice South Lakes had their Annual Christmas Lunch at the Fat Lamb and a most enjoyable meal was had with Dennis providing the Menu Cards and very interesting Quiz. It was nice to welcome James Carey from Sight Advice who had a good time.

On 20th December, Dennis attended one of his Masonic Meetings in Kirkby Stephen where the Members made a Donation of £150 to the Group by the Master David Pigney and the Charity Steward Brian Carlisle. It will go a long way to help the Members of the Group. The picture shows Brian, David and myself.

The January Meeting was to be the Annual Jacob's Join but because of the current Covid restrictions, Meetings at the People's Hall have been suspended until further notice but the Telephone Meetings will continue at 2pm on the first Tuesday of each month and the Third Tuesday while Meetings are suspended.

New members are always welcome. Anyone with sight problems are eligible to join us.



## **ONLINE SHOPPING DELIVERIES**

*Citizens' Advice*

I'm a bit anxious about going out into shops at the moment so I want to do more shopping online, but I have heard that there are a lot of delivery problems. What should I do if my parcel goes missing?

When you're online shopping, it's not always clear whom to contact if things go wrong. As a customer, your contract is with the seller that you bought the item from. It's the seller's responsibility to make sure the item is delivered to you. They should chase the courier to find out what happened to your order if there's a problem.

If your parcel hasn't arrived, check the delivery address you gave the seller, to make sure it's correct. Then contact the seller and ask where your

order is. If the seller claims they've delivered it or doesn't know where it is, you can ask for a redelivery. You might be able to get a refund in some circumstances where the delivery time was essential and you let the seller know ahead of time.

Under the Consumer Rights Act 2015, you can ask the seller to deliver the item to you again if the item wasn't delivered either by an agreed date, or within a reasonable time - usually within 30 days. If the new delivery fails to come within a reasonable time, you can ask the seller for a refund.

Another problem people face is when parcels get left in different places, for example outside or with a neighbour. If your item was delivered by Royal Mail, and they left your

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package with a neighbour or in a certain place because you told them to, it's not the seller or Royal Mail's responsibility if it gets lost. If they leave it somewhere you hadn't instructed, it's the seller's responsibility if it gets lost. You should contact the seller to ask for a redelivery or a refund.

If the item was delivered by a courier, check your terms and conditions or account details - they might include other places for delivery, like your porch or a neighbour's house. If you agreed to them, it's not the seller's or courier's responsibility if your order has gone missing. However if you did not agree to this, then it's the sellers responsibility if your order goes missing.

If you ordered something from a private seller or you're still having trouble after trying the tips above, you can contact the Citizens Advice consumer helpline for help.

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
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## DEMENTIA POEMS The faces of sickness

*Sian Breeze*

We told our son  
That Grandpa's brain was sick.  
As we watched you flashing your row  
of white teeth,  
Leaning your head back,  
Your thin mouth opening like an  
entrance to another world.  
You swallowed us up with your  
laughter,  
Your happy tears fell like cake batter  
from a spoon.  
We watched you at the table  
Sipping ale that tasted like soft  
butter,  
As our son stared on at you  
And wondered to himself,  
How sick could suddenly look so  
good



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### Salad

*Sadie Maskery*

We learned to roll with his anger,  
Frustration as our respect  
Slipped from his grasp  
The harder he tried.  
One day, "Dad", I said  
"The fridge door."  
He turned and roared at me  
"NO, I meant that, I need it open,  
I have not finished yet.  
You are stupid.  
You are stupid, not me.  
Stupid woman.  
I need it.  
Open."  
For the next hour it gaped,  
The light burning, lettuce  
Softened by the summer sun.  
"All right? That's how I like it.  
I like it. Open."  
The fear behind his eyes  
As he made us sandwiches  
With wilted leaves, butter that  
Slipped from his knife  
The harder he cried

## 40 YEARS SINCE THE FALKLANDS

*Martin Dodds*

There are at least 5 residents in the Lookaround local circulation area who have spent time working and living in the Falkland Islands. There are at least 3 more who have visited. There may well be others I don't know about and would be pleased to hear from.

The media have already reminded us that 2022 is the 40th anniversary of the armed conflict with Argentina about the Falklands.

The Argentine surrender in June 1982 re-established British authority in the islands, but regrettably it has not finally settled the issue.

Argentina maintains her claim to the 'Malvinas'. Two main strands of opinion continue to encourage Argentina. Internally, years of appealing to national pride and teaching an Argentine view of the history of the islands has created a strong level of public opinion that would make it politically difficult for an Argentine Government to give up its claim.

Just as important is the degree of widespread international support for Argentina, especially among non-aligned countries, and nations who



have gained freedom from colonialism since the middle of the last century. There is also the cultural and political factor of Latin American solidarity.

Within the international community, and crucially within the UN, there seems to be a lot of misunderstanding of the Falklands. Most members of the UN believe in self-determination, but this is seen from the view-point of the struggle for de-colonisation.

It is hard for many countries to accept that anywhere would choose not to be 'de-colonised'. Argentina has been able to take advantage of this mind-set to have the dispute about the islands referred to the UN De-Colonisation Committee.

The details of the early history of the islands are not straightforward, and the competing claims of Britain and Argentina reflect this. It will not strengthen the case for the islanders to dismiss Argentina's claims without good reason.

The following thumb-nail sketches of the rival claims are inevitably oversimplified. If anyone wishes to discuss further details, by all mean get in touch with the writer;-

Argentine claims are primarily based on

- Inheriting the previous Spanish claim to the islands; this in turn was based on
  - o ancient papal treaty dividing all new discoveries between Spain and Portugal.

o first settlement, [Port Louis] by France (April 1764), ceded to Spain (November 1766) who took

over the settlement in the islands in April 1767.

- o Withdrawal of British garrison May 1774. [see below]

- o Effective control by Spain for 30 years up to 1806

- Claims made by Government of newly independent Argentina [1810] in early 19th century and maintained ever since.

- Increasingly serious but ill-fated attempts to govern the islands between 1820 and 1833.

- Forced eviction of Argentine garrison by British Navy in 1833

British claims are based on

- first definitive discovery and claim for Queen Elizabeth I, 1592 and maintained ever since.

- first recorded landing on the islands, 1690

- establishment of a garrison [Port Egmont] to support British claim. January 1765, maintained until May 1774.

- Spanish abandonment of the islands 1806

- effective British occupation, use and development since 1833/35 to present day.

The islanders' case;

Settlement and development of the islands by ancestors of present islanders from 1835 to present day.



- Distinctive island cultural traits including universal use of English language.
- British style legal framework and Government.
- Right of self -determination
- Desire not to be transferred to Argentina.
- Desire to remain within British sphere of influence, but wishing for good relations with Argentina and other Latin American neighbours.

To me the priority argument in the 21st century is that of the islander's right of self-determination without pressure from any outside authority whether in London, Buenos Aires or the UN.

The reasons why safeguarding this right cannot simply be left to

international arbitration should be evident from the nature of international opinion and information as outlined earlier.

To reach a point where the islanders' rights can be fully safeguarded for the future needs a solid, reasoned programme which goes beyond the Forum of the UN de-colonisation Committee, to educate the international community and the UN and ultimately engaging with the Argentine people themselves.

Meanwhile, in the context of dormant international sympathy for Argentina and populist opinion within Argentina, both of which may very easily be stirred up, the way Britain marks the 40th anniversary needs to be done both tactfully and honestly.

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It is of course right and proper to recognise with gratitude and respect the lives lost and the other sacrifices made by British troops on behalf of the freedom of the Falklands.

It would also be honest to recognise publicly that

- sacrifices were demanded by the non-democratic Argentine junta from their own regular and conscripted forces.
- real bravery was shown by members of the forces on both sides.
- Some of the actions taken by both sides during the stress of conflict may have been ill-judged, and gave rise to much additional suffering on both sides.
- where later there have been a few meetings between ordinary individual members of the British and Argentine forces involved in the fighting, there has been mutual respect.

It would therefore be ironic if the anniversary was marked in Britain by inappropriate ‘jingoistic’ events or statements, which could justify Argentine claims of provocation, and polarise ill-informed world opinion, and so undermine the cause which the Task Force was sent to defend.

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## **WIVES, WIDOWS AND SPINSTERS – WOMEN DID WRITE WILLS**

*Karen Bruce Lockhart*

On 12th January Anna Watson gave the History Society a very interesting talk by Zoom on the making of wills by women in the Diocese of Chester – a huge area covering the county of Chester, Flintshire, Staffordshire, Lancashire and parts of Cumberland, Westmorland and Yorkshire (including Sedbergh)

Wealth had little to do with whether a will was made. The local priest was enjoined to persuade a dying person to repent, forgive, make amends and to make a will dealing with the disposal of his or her estate and dealing with any debts. It was perhaps encouraged because there was a money advantage in doing this to the clergy, the scribe, probate court and executors. Anyone could make a will except slaves, traitors, heretics, the insane – and married women without the consent of their husband.

She had found two fourteenth century wills, one by a Dione (Diane?) in which the wife had referred to herself by two different names, and another where the wife had said she was *compos mentis* – an important inclusion in any will

Married women could not make a will without their husband's consent, although a wife who was formally separated from her husband could be a “femme sole” like a spinster. A husband and wife were seen as one person, and that person was the husband. A married woman had no

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legal status: she could not sue or be sued or be liable for debts. Nor could she be educated without his consent. Any wages she earned belonged to her husband. She was completely under the control of her husband in law whether or not he was henpecked in fact (the situation that caused Dickens's Mr Bumble say that the law was an ass). The word spinster was wider than we now understand it, meaning an unmarried women beyond normal marriageable age, and she had found at least one woman described as a spinster who had had four children and two deceased husbands.

It was difficult to tell what proportion of women made wills. Her

own research seemed to show it was about 7.5%, but many wills had gone missing over the years, and if the will described the testator as "a weaver" it could be difficult to know which sex the testator was.

Women could look after the estate – most men left their belongings to their wife. This could be a burden to the woman who was often illiterate and had to deal with the funeral, payment of debts etc., and who could be left homeless if, for instance, the house had been a tied one as the landlord could immediately evict her. One example of the sort of problem that could arise was a woman who lived in Preston but whose husband died in Dent who wanted to renounce

this burden, which involved dealing with two Deaneries, one in Kendal and one in Lonsdale.

Women were often good managers – one called Agnes was left everything by her husband and twelve years later in addition to the goods and chattels had £66 8s6d to leave.

Women often appear as witnesses to wills – possibly because they were round the sickbed when a man was dying. It would be normal to send for someone to write the will, who would take instructions, take these away and write it up, then read it over to the dying man and have it signed and witnessed. This would pass probate but often there was no time to do this, and the ill man would say what he wanted and the witnesses would speak to what he had wanted if there was a dispute.

Marriage settlements (or “prenups”) were used, not only by the aristocracy or middle classes, but also among the yeoman farmers. But problems could arise if there was a long time between the marriage and death- among other things property could have disappeared or altered – causing it to be impossible to implement the terms. Many women remarried very shortly after the death of their husbands, forced into remarriage by the need for housing and to provide for children.

Women’s wills tended to provide houserom, make charitable donation, name a few persons, provide for servants and neighbours, cancel debts and establish charities.



## SHORT FILMS FROM THE NORTH WEST FILM ARCHIVE

*Robert Fox*

The society met in St Andrew's Church on Wednesday 1st December 2021 for an evening of short films from the North West Film Archive. Administered by Manchester Metropolitan University and located in Manchester Central Library.

The Archive cares for some 50,000 items of film and video, both professional and amateur, relating to northwest England. The selection of films that we saw, chosen and introduced by Julie Leigh, ranged chronologically from pioneering footage of workers leaving the Vickers Shipyard in Barrow (1900) and Denton Holme Cotton Works in Carlisle (c.1910) to more recent pieces of social history, including a documentary on the lives of men and families drawn to our area, in most cases for just a few years, by the construction of the northern stretch of the M6 in the 1960s.

As a resource for uncovering the past, the moving image provides insights quite distinct from the written documents on which we conventionally rely. In the crowds at Vickers and Denton Holme the spontaneous expressions of curiosity and delight at the novelty of being filmed had the immediacy of human contact across more than a century.

There was humanity, too, in the animated gestures and faces recorded in “Fair Hill”, a film of gypsies and travellers gathering for the Appleby Horse Fair in 1977; neither gestures nor faces could ever have been adequately captured in



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words, yet they are an essential part of the history of that extraordinary annual event.

Even more strikingly, words alone would have given only the most superficial impression of the skills of Will Everett, an oak spelk basket-maker in Askam-in-Furness. In footage dating from 1945, Mr Everett demonstrated the complex procedures involved, beginning with the riving and soaking of a branch of oak sapling to create the thin strips, or spelks, and the bending of a piece of ash to form the basket rim. Like the preparation of the materials, the weaving and fashioning of the spelks that followed, to form the characteristic round-bodied basket,

called for traditional skills that had clearly become, for Mr Everett, second nature.

In their different ways, all the items shown offered compelling reminders of a past, much of it not so far distant, to which film and video give unique access. Like any historical source, film footage calls for a critical eye. The nine-minute black and white Pennine Films production of 1937, "This other Eden", was very much of its time: nostalgic and profoundly patriotic in its soft-focus portrayal of the timeless beauty and Englishness of the Eden valley, and with no hint of social commentary. Happily, the beauty is still with us.

But other memories, part of the day-to-day lived experience of the past, are more vulnerable. And it is this vulnerability that makes the materials in the North West Film Archive, however manicured or homespun in their presentation, an indispensable resource. We are fortunate that the northwest is served by the largest regional film archive outside London. Julie Leigh's excellent choice of materials made for a fascinating evening and a new venture for the society. Our warm thanks go to her.

On the night, we were also grateful to Roger Bush, who contributed essential technical assistance. With so many sources still to explore, we can only hope for more film evenings to come.

Meanwhile, the website ([www.nwfa.mmu.ac.uk](http://www.nwfa.mmu.ac.uk)) and an informative catalogue are well worth visiting.

Please don't hesitate to make suggestions for future meetings if any items catch your eye. It is one of the advantages of our move to St Andrew's Church that the projection equipment and screen there lend themselves perfectly to events of this kind.

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## 50 YEARS AGO

*Colin Cowperthwaite*

A selection of news items from local newspapers dating from February 1972

### Sedbergh is happy over Cumbria representation

In contrast to North Lonsdale Rural Council, which does not think it will have enough councillors on the new Cumbria Council, Sedbergh Rural Council is quite satisfied. Sedbergh Rural Council clerk, Mr A. Wilkinson, said that his council is quite happy with having just one councillor, although he will represent some 120,000 acres, stretching from Sedbergh to Kirkby Lonsdale. "We think it a reasonable and perfectly workable system", he said. The Public Health and General Purposes Committee accepted, on Wednesday evening, a report on local authorities meeting at which representation was discussed.

### Captain J.B. Sedgwick MBE, of Sedbergh

The funeral took place last Thursday at Holy Trinity Church, Howgill, of Captain Joseph Bland Sedgwick, late of 2 Guldrey Lane, Sedbergh, who died at Harrogate at the age of 88. A native of Howgill, he was born at Hole House, second son of Mr and Mrs John Sedgwick. After leaving school he joined the Army for a career, and was posted to Bermuda. He returned to England in 1910, and during the First World War saw service in Mesopotamia and on several fronts, and also in Ireland, where he met his wife-to-be, Miss Alice Brawley of Bridgewater, Somerset. After marriage he was

posted to Ceylon where they remained for many years. During the Second World War he was stationed at Iraq and other parts of the Middle East, and after the war was at Market Drayton. Retiring from the Army in 1952, he went to live in Tasmania but, following the death of his wife there, he returned to Sedbergh.

Captain Sedgwick, who was awarded the MBE, was a keen sportsman, and in his earlier years had excelled at Cumberland and Westmorland wrestling, football, cricket and tennis. He leaves a daughter in Tasmania, and two grandchildren. The service was conducted by the vicar, The Rev J.C. Bacon, and the organist was Mrs E. Luffman. Interment was at Howgill churchyard.

### **Dropping of plan for Sedbergh Health Centre is 'disgusting'**

Sedbergh is not to get a health centre, and the news was greeted with cries of 'disgusting' when it was announced to Sedbergh Urban Council on Wednesday evening. In a six-line letter, the West Riding Council informed Sedbergh UDC that "the provision of a health centre for Sedbergh has been deleted from the county building programme".

Councillors felt that the town was being abandoned now that it is scheduled to become part of Cumbria. Coun. G.W. Sisson said: "Re-organisation doesn't take place for two years, but they are already pulling in their claws". "It is absolutely disgusting", said Coun. J. Dawson. "We must demand more details. The county has broken its promise to us. They have no right to break such a promise". Coun. J. Henderson

added: "People of this town have been looking forward to a modern health centre. This is deplorable. The centre has even been put out to tender". The council decided to write to the county to ask for an explanation and also to write to their MP, to their county council representative, and to Lord Aberdare.

### **Problem of a Sedbergh Gun Licence**

Insp. J.F. Cruickshank told Sedbergh magistrates last Wednesday that local police were embarrassed at having to prosecute Mr George Mounsey of Sunnyside, Station Road, Sedbergh for having a walking-stick gun without a shotgun certificate. He said that Mr Mounsey, a garage proprietor, was regarded by the police as a good citizen, and recently helped PC John McMullen when he was in need of assistance. Insp. Cruickshank added that instructions to take action against Mr Mounsey came from headquarters at



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Wakefield. He pointed out that Mr Mounsey had a firearms certificate for a pistol and a rifle, but he did not renew the shotgun certificate for the walking-stick gun when it expired in July last year. Defendant, who pleaded guilty to possessing a shotgun without a certificate, was given an absolute discharge. Insp. Cruickshank said that since Mr Mounsey's case, the rules had been changed to allow police to investigate similar cases at divisional level. Defendant told the magistrates he would have renewed the certificate if he had been sent a renewal notice.

#### **Mr T.W. Woof of Cautley dies aged 77**

The funeral took place on Saturday at St Mark's Church, Cautley, of Mr Thomas William Woof, of High Beckside, Cautley. Mr Woof was 77 years of aged and a retired farmer. A native of Sedbergh, he was the eldest son of Mr and Mrs T.W. Woof. and lived with his family at Sedbergh

and Killington before farming at High Beckside, Cautley in 1921, where he had lived ever since. During the First World War he served overseas with the Army as a dog trainer. After the war he trained dogs for more peaceful work for neighbouring farmers. He was a former member of St John Ambulance Brigade, and during the Second World War he was a Fire Guard in Civil Defence work. He was a very keen gardener and was also a regular worshipper at St Mark's until ill health prevented him. He leaves a widow, the former Miss Louise Gibson of Liverpool, and four children. The service was conducted by the vicar, Canon D.A. Rogers, and the organist was Mrs J. Metcalfe. Interment was at Cautley churchyard.

#### **LOCAL BUSINESSES 60 YEARS AGO**

*Colin Cowperthwaite*

Since Christmas I have been re-reading a local guide to Sedbergh, Garsdale and Dent. My copy was published sixty years ago in 1962, at the time costing 1/3d! One of the things which interested me most was to see the advertisements for local business and services.

Although a few of these establishments are still operating in 2022, the majority have sadly ceased trading during the intervening 60 years. Adverts appear for no less than five grocery stores in the town, along with four tobacconists & confectioners, also two butchers.

Amongst the advertisements for hospitality establishments are:

The White Hart Hotel, with 'every comfort assured, television and other

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lounges, central heating and salmon fishing', under the management of Mr and Mrs James Baker. The Bull Hotel offered nine lock-up garages, ample parking, a games room and shaving points. Daily rates ranged from 25/6d for a single room to 50/- for a double, with breakfast available for an extra six shillings. The Golden Lion Hotel (now The Dalesman), under the management of Mr and Mrs Harry Irving, offered first class bed & breakfast, with patrons' car parking front and rear. In Dent, The Sun Inn (J.N. Brooksbank) offered home cooked ham and eggs and good fishing. Bed and breakfast was provided by Mrs S.M. Shepherd of Lunesdale House, Bainbridge Road, also by Mrs Morgan of St Marks House, Cautley.

Garage services were available at : R.S. Morphet, Central Garage, Bainbridge Road, who were agents for Land Rover, David Brown, Hillman and Commer vehicles. Derek Close offered Shell Petrol and Oils, also breakdown services. Sedbergh Motor Company (J. & B. Douglass) were Morris dealers, offering genuine BMC parts and accessories. S. Braithwaite & Son advertised private cars and coaches for hire, making a joke of their telephone number 'Tooth Hurty' (Sedbergh 230)!

B.R. Blacow of Finkle Street, outfitters and clothiers, were offering 'suits made to measure, underwear and shirts by leading makers'. The Co-Op had two outlets in the town, selling groceries at 71 Main Street and drapery at 25 Main Street. J.T. Capstick (under the management of R. Udale) were high class butchers

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on Main Street - 'Pork sausages our speciality'. J.H. Capstick was a tobacconist and confectioner at 35 Main Street, offering 'high class cigars, cigarettes and chocolate'. Agents for "Ben Wade" briars.

Meanwhile, Dent was catered for by Batty Bros (E.M. Batty) situated on Main Street, who were 'quality grocers offering Lyons Ice Cream, Birds Eye frozen foods, and dealers for Esso Blue'.

Finally, on the A684 just outside Sedbergh at Bramshaw, Thomas Scarr (trading as 'Skyline Chicks') was an accredited poultry breeder offering 'Day-old chickens and Growing pullets'.

## A TRAGIC FAMILY

*Karen Bruce Lockhart*

Have you ever examined the War Memorial in the middle of Barbon closely? It tells a sad story.

Barbon Manor is owned by the Kay-Shuttleworth family. Their principal seat was Gawthorpe Hall near Burnley and they now live at Leck Hall near Kirby Lonsdale. Barbon Manor was built as a shooting lodge in the middle of the 19th century. The present Lord Shuttleworth is Lord Lieutenant for Lancashire

The first Lord Shuttleworth, who had the interesting name Ughtred Kay-Shuttleworth, was a liberal peer. He was briefly Under-Secretary of State for India and then Chancellor of the Duchy of Lancaster. He was born in 1844 and lived to 95 dying in the early months of World War Two. He and his wife had six children, two boys and four girls. One of the daughters, Rachel, played a key role in the setting up of the Girl Guides

The eldest son, Captain the Hon. Lawrence Ughtred Kay-Shuttleworth, was born on 21st September 1887. He married Selina Bridgeman on 1st December 1913, and had three children, Richard, Rosemary and

Ronald. He became a barrister. In the 1st World War, he joined the Royal Artillery, was attached to the Canadian Expeditionary Force, and was killed at Vimy Ridge on 30th March 1917 by a bursting shell. Richard was born on 30th October 1913 and Ronald posthumously on 17th October 1917. Lawrence is buried at Villers Station Cemetery, Villers-au-Bois.

Their second son, Acting Captain the Hon Edward Charles Ughtred Kay-Shuttleworth, was born on 16th June 1890. He married Sibel Adeane in December 1914 and a daughter was born in September 1915. He joined the Rifle Brigade in August 1914. He served in Flanders and was once blown off his feet by a shell and buried in the debris. The report of his having been Mentioned in Despatches reached the family on the same day as the death of his brother. On 10th July 1917 he rode his newly acquired motorcycle near Witham in Essex on his way to return to duty at the Headquarters there. It was said he had "ridden a motorcycle for about six weeks and was a careful driver". Nevertheless, he cut a blind corner and impaled himself on the



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shaft of an oncoming pony and trap. The inquest held neither he nor the driver of the pony and trap to blame. Edward died within minutes of the accident, only 17 days after the birth of his son, Charles Ughtred John on 24th June, and three months after his brother. He is buried in Barbon churchyard.

On the death of the first Lord Shuttleworth in December 1939 the title passed to Richard his grandson. Richard went to Balliol College, Oxford, and having been in the University Air Squadron became an RAFVR officer on leaving in 1938. On the outbreak of war, he transferred to fulltime RAF and a staff appointment, but was posted to 145 Squadron, Tangmere, in May 1940. During the

Battle of Britain on 8th August 1940 he failed to return from combat over the Isle of Wight. He has no known grave.

The title then fell to his brother Ronald who also went to Balliol. After university he travelled extensively in Russia, Poland and the Middle East just before the outbreak of war and kept a diary, which is in the Bodleian Library. On the outbreak of war, he joined the Royal Artillery and in 1942 he was posted to North Africa for Operation Torch. On 17th November 1942 his unit was caught in an ambush. He was returning to a forward observation post by motorcycle when he was killed instantly by a bursting shell. He is

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buried in the Tarbaka Ras Rajel war cemetery in Tunisia.

Neither of the brothers had children and the title then passed to a Cousin Charles Kay-Shuttleworth MC. He was on the retreat from Dunkirk and then served in North Africa. The family bad luck in war followed him. Although he survived the war, he was injured twice, losing a leg the second time and the use of his other leg.

A family that served its country, and paid the price.



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## SEDBERGH COMMUNITY SWIFTS

*Tanya & Edmund Hoare*

In December the sad but not unexpected news was published, that swifts have been added to the UK red list of Birds of Conservation Concern, with an official decline of 58% over the last 25 years. 'Red is the highest conservation priority, with species needing urgent action'. House martins too have been red-listed, with a decline of 57%.

We hope that most readers of this column are concerned about wildlife, biodiversity and the environment. When we hear that threatened species, such as snow leopards or blue whales, need help, all we can do is respond to calls for financial support. But for swifts it is different - the future of swifts is in our hands. For nesting places they share our habitat, our buildings, our homes and work places. Loss of these nest sites is the main cause for their decline, with renovations blocking up their nest holes. New buildings with sealed eaves and walls offer no nesting opportunities, so the future looks bleak unless we act.

We can help and make a difference, by putting up boxes and internal nest bricks. There is a wide variety of boxes available, but we usually use the inexpensive and robust Stimpson Model 30 box, with PVC roof to reflect the sun. It can be made entirely of PVC which makes them more resistant to the weather. Playing swift attraction calls increases the chances of attracting swifts to the boxes. John Stimpson was 80 at the end of January and has

made 30,000 swift boxes – all in his workshop garage near Cambridge! We once visited him to buy around 40 boxes, a boot load for our then Volvo estate.

In Derbyshire, and possibly other areas, there is a move to increase insulation for its social housing by adding external wall insulation (EWI) to their pre-and post-war estates.

They are co-operating with swift groups, and this is hopefully a marvellous opportunity to add next bricks at the recommended ratio of 1:1 bricks to houses. Dick Newell of Action for Swifts has now developed an EWI version of the Stimpson box suitable for insertion into the cladding.

He has also created a detailed website with updated information and details about the excellent S-brick, the internal swift nest brick that is a universal nest brick for all cavity nesting birds

[www.actionforswifts.com](http://www.actionforswifts.com). To see lots of projects and information about swifts, look at

[www.actionforswifts.blogspot.com](http://www.actionforswifts.blogspot.com).

Last summer we carried out an ad hoc survey of the occupancy of swift nest boxes in and around Sedbergh

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(we have put up around 140 altogether). It was purely observation of boxes that were accessible – maybe you saw us sitting on pavements gazing intently up at boxes (great patience required)? Together with occupancy information sent by people from their own boxes, we had information on 99 boxes, 46% with nesting swifts. This is a very encouraging result, extra pairs of swifts which would not have bred but for their artificial homes.

Let's all help our swifts by providing more nesting places, nest boxes and bricks. By doing that at Lowgill we have increased our colony to 30 pairs.

To contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043



## THE YEAR OF THE TIGER

Myles Ripley

February 1st is the Chinese New Year and ushers in the Year of the Tiger. People born in a year of the Tiger are predicted to be brave, competitive, unpredictable, and confident. A new year's eve meal is likely to include dishes with lucky meanings such as fish, dumplings, Nian Gao (sticky rice cake), and spring rolls. Parents usually give their children money in red envelopes after the reunion dinner, which is believed to bring good luck, as red is China's lucky color, so it's called lucky money.

Manchester has a large Chinatown and will be hosting a great celebration on Sat Feb 6th complete with dragons

Let's hope that it may also bring good luck to tigers worldwide where all the 6 species of tiger are endangered. At the top of the food web they represent the overall health of many habitats and their conservation implies conservation of all the food web and habitats that support them. You can contribute to their conservation by taking actions that contribute to reducing their habitat destruction which is largely down to deforestation – do you check where your wood products come from? Preserving our habitat starts from building simple yet impactful habits – as simple as doing 3R (reduce, reuse, and recycle) diligently. That approach reduces so



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much other unnecessary waste and destruction all over our lives.

If you've got children in your household, how about adopting a tiger (no not the one that came to tea – not even providing a foster home). In this context, adopting means to donate to the organizations associated with wildlife conservation. By adopting, you can contribute to the local communities to save tigers' habitat, prevent poaching, and other essential works related. Basically, it's to make sure that they're well taken care of. Organizations or projects like WWF, Born Free, and International Tiger Project provide you the easiest way to donate from their websites. Remember – not all heroes wear capes, so the chance is yours!

Want to see a tiger in Cumbria? The South Lakes safari zoo near Dalton in SW Cumbria has a Sumatran Tiger.



## TIME OF DEATH

Sandra Gold-Wood

Nurse Katie's eyes softened as she studied the face of the young woman lying motionless in the clinical whiteness of the hospital room. She appeared to be sleeping, her face peaceful, her light brown hair a shining halo on the pillow and her skin warm to the touch. Katie made her way around the bed checking all the monitors. What a waste she thought as she thanked God that it wasn't her own daughter lying there.

The door swung open and Mr Brown, the consultant, entered the room followed by two of his staff.

'Good morning nurse', he started, and not requiring a reply, he looked directly at the patient and asked, and how are we doing today Davina?

Katie was not impressed and thought Mr Brown perverse as she knew that he and his staff were there to assess whether it was time to turn off Davina's life support.

Who are they talking about, thought Davina as she struggled to open her eyes and did her best to speak, but her mouth wouldn't work. She strained to comprehend what was happening. She wondered where she was and who the voices belonged to. Then she realised that of course she was dreaming.

Davina let out an audible sigh, startling the company gathered at her bedside.

'Does this happen often?' asked Mr Brown looking directly at the nurse.

'Yes, Mr Brown, it's all in the notes,' nurse Katie replied keeping her voice level while thinking I bet he hasn't even read them. She watched as his

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eyes scanned the pages. Speaking to his staff telling them that Davina's heart, lungs, kidneys and liver were all in perfect working order; good news for the transplant list, he added matter-a-fact manner.

I don't much like this dream, thought Davina, trying to ignore the voices and the strange things they were saying. She decided to think about her holiday and imagined herself on a beach in the sunshine.

Again a long sigh escaped her and all turned to see.

'Extraordinary,' exclaimed Mr Brown as he and his staff left the room.

Katie picked up Davina's hand and squeezed it hoping against hope that

her patient would react, move a finger, anything really. There was no reaction. The nurse left the room silently her heart heavy within her.

Davina felt glad that all was quiet, pleased that the strange voices had stopped and thinking what a silly dream. Telling herself she had better get some proper sleep or she'd be no use at work in the morning.

The day dawned bright and clear and sunlight streamed through the window filling the meeting room with yellow light as the various doctors, specialists and administrative staff began to congregate. No one wanted to be there, this was the worst kind of meeting. Mr Brown's secretary read out the names of the three patients

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they would be discussing. It was up to the people around the table to decide what should be done. First on the list was a woman in her 80's with severe dementia. Poor Lillian had very little life, she was frightened and confused and unconscious a lot of the time. No family visited. They had been contacted and felt that she should be allowed to die. The papers had all been signed and it was agreed that allowing her to slip away was the best course of action. The decision was made to remove the feeding tube and up the sedatives. That way she would slip peacefully into oblivion, better all-round they agreed, though no one felt entirely comfortable with such decisions.

The next patient was a young man who'd had no brain activity or reflex responses for over a year after taking recreational drugs at a rock festival. His name was Gary and his organs were mainly good. The gathered specialists agreed it was time to switch off life support. They would then maintain regular checks and should he be able to breathe by himself then they would have to reconsider what should be done. All felt that this was unlikely. They spent time going over the transplant list. They would, with luck be able to save or improve four or more lives. Gary's family had agreed, happy that their son's last act was to help others. The team revisited the notes from the

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tests carried out when Gary had first come to the hospital, after collapsing in the street. It transpired that the E tabs, he had taken contained a mix of among other chemicals of several derivatives of Lysergic acid, some arsenic, and weed killer. It was incredible that he had lived for three days before his body and brain shutdown.

Coffee was brought in and a plate of biscuits but no one could face eating. They sipped their coffees and tried to ignore the next item on the agenda, Davina Cox. It was now two years since she had arrived at the hospital after a serious car accident. Her bones had mended and she was completely healed and yet still deeply

unconscious. True, her vital signs were functioning and her brain appeared to be active but she had not opened her eyes. Written in large letters on her patient notes, were the words, 'she sighs!' Most of them had witnessed this, even Mr Brown, he had been back to her room on a number of occasion to listen again.

'Well, then what shall we do with Davina Cox?' asked Mr Brown deeply aware of the possible outcome.

Everyone began to talk at once and then stopped as abruptly as they had started. Mr Brown, took charge and pointed to the doctor who had been at the hospital when Davina had been admitted. What are your thoughts on this, James?'

Before James could speak the head of hospital administration, Ken Parker, jumped in stating that the hospital could not afford to keep Davina alive any longer. Adding that it was a waste of a bed and staff hours, it just could not go on.

Mr Brown turned to Ken, undaunted. 'Yes, Ken I am sure all of us know your thoughts, you have always made yourself clear on this matter, however, you are just one voice and what you have said has been noted, now James what are your thoughts?'

Ken Parker, was seething as if it wasn't hard enough to keep the hospital running, yes, it did seem that two of the patients on death row as he called it would be allowed to slip away and, therefore, free up two beds and many staff hours. He still felt it would be better for the budget if it were three empty beds. He knew they all thought him heartless and, perhaps, he was, but he would not be doing his job if he didn't try and save funds. The hospital was in debt to the tune of three million as it was and the operation list wasn't getting any shorter. For some time, Ken had been experiencing pains in his chest. He didn't mention it, as he was sure it was indigestion. Suddenly, a terrible pain shot through his chest. He felt as if he had been stabbed. He held on to the table edge and with his teeth clenched together he struggled to keep his composure. Those around the table turned to look at him as he slipped unceremoniously from his chair and onto the floor.

All those present where swept up on a cloud of relief as they stepped

forward to help. Mr Deforge, the heart specialist, knew exactly what had happened. He'd had his eye on Ken and had tried to get him to agree to a check-up, but Ken was always too busy. A porter arrived with a trolley and Ken was whisked off to resuscitation followed by two members of Mr Deforge's team.

'What an exit, didn't think he had it in him', said Dr Wells pouring herself another coffee and asking who else wanted one.

Once they had all settled round the table again they began to discuss whether the meeting should continue given Ken's sudden absence. All agreed it would be easy to carry on but, probably, not legitimate. The meeting broke up a little later and each person went away feeling much relieved. The situation concerning Davina Cox would have to wait another two months or more depending on how long Ken Parker was off.

The resuscitation team fought long and hard for Ken Parker's life. Nothing they did could bring him back, and he died without recovering consciousness. With his wife's permission some of his organs were taken for transplant. Around the hospital there was shock at his passing he had after all been a very efficient and effective administrator. However, no one could deny the sense of relief that was felt too. Ken had not been easy to work with and the staff knew that this time of reprieve would only last until a replacement was found. Meanwhile, the day to day life of the hospital continued.

Nurses Katie and Nurse Laura, still looked after Davina Cox alternating their shifts, and sending up little prayers for Davina to come back to the world as she was far too young to give up on. It saddened them that she had so few visitors. They knew from Davina's notes that she had been brought up in a children's home and had no family. A few of her work colleagues had dropped by on occasion but even they seem to have drifted away lately.

It was now six weeks since Ken Parker had died and interviews were under way to find a replacement. Jack Morton, Ken deputy, had been doing his best to keep things running, but there was no way was he going to take on such a stressful job. They could keep the extra money he was happy being the deputy, less responsibility and more family life. He freely admitted that he did not want to be a person involved in making life or death decisions based on the hospital budget.

Davina could hear two voices today, they were kind and gentle voices. She could feel a breeze touching her skin as the door was opened and then closed. She felt some tingling in her fingers. Oh, I've got pins and needles, she said to herself while opening and closing her fingers. Her eyelids flickered and then her eyes opened fully. She couldn't tell if what she was seeing was real. Where am I, she whispered? She could clearly see that she wasn't in her bedroom. She asked herself if she was still dreaming. The suddenly, she knew without a doubt that she was not

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dreaming. Taking some deep and calming breaths Davina began to look around the room more carefully. It's a Hospital, oh my Lord, what on earth am I doing here. Hearing sounds from outside the room, she called out in a voice filled with panic, 'Help me, can someone help me, please, is there anyone there? Oh please, please help I'm in here, hello, hello.'

At that moment, Jack Morton was passing Davina's room; naturally he knew about Davina and, like everyone else, he wanted her to come back to life. He thought his hearing was playing tricks because he heard a voice calling. Surely not, he said to himself, I must be imagining things. At the nurse's station he could see Katie, and he quickly realised that the voice was coming from Davina's room. Calling out to the nurses to come as he rushed into Davina's room to find her wide eyed and frightened. All of which was to be expected but, he like the nurses, was overjoyed to see that Davina was conscious.

**The End.**

## DENTDALE W.I.

*Thelma Belfield*

It seems like only yesterday that I was reporting on our October meeting and describing the pleasure we all had being able to sing *Jerusalem* together and now here we are three months have passed, another year has dawned, and our January meeting was again held virtually due to the increasing risk nationally and locally of the latest Omicron variant of Covid.

However, in the interim there have been activities and events of interest in our group, beginning with our AGM back in November when our resident committee and president were re-elected but with the welcome addition to the committee of Gill. During 2021 Gill, in addition to being our competent minute taker at monthly meetings, also took on the role of Programme planner and has produced an excellent and varied profile of speakers for the coming year. Grateful thanks were given to Anne, our teller who counted the votes and kept everything strictly within the rules. Anne is not a member of our WI, but we are hoping after her short taster she will join us at some point in the future.

After the formal part of the meeting was over, we enjoyed tea and cake (chocolate cake, coffee cake, fruit loaf – scrumptious) and finally a singalong with Rita at the piano. We all gave full voice to ‘You are my Sunshine’, ‘My old man said follow the van’ together with a number of other golden oldies.

December saw us all getting together again, despite the storm

clouds of Omicron gathering and threatening to annihilate our plans for our Christmas party. Sedbergh Golf Club kindly hosted lunch for us and we all had a most enjoyable meal together including our traditional Secret Santa gift exchange.

With the advent of the new year, we all hoped that life would continue to settle down into a more normal pattern but as I said earlier the new Covid variant spread rapidly nationally and locally, and it was decided that our January meeting would take place via Zoom. The subject for the meeting was a formal presentation and discussion of the five proposed Resolutions for 2022. We used a similar format at our January meeting in 2021 and many

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members had thoroughly enjoyed having the opportunity to listen to and discuss these, so we decided it would become an annual event.

This year Barbara, Kate, Gill, Jenny and Wendy agreed to present the five different Resolutions.

Wendy chose to present the first 'Fit for purpose: fit for girls.'

**RESOLUTION 1** The proposer is concerned that available girls' clothing reinforces gender stereotypes, hindering girls' ability to take part in physical activities and contributes to the over-sexualisation of young children.

Research has shown that gender stereotyping contributes to the mental health crisis in children, problems with body image, eating disorders,

higher male suicide rates and violence against women and girls. Manufacturers are subject to a guideline stating that childrenswear should not unduly stereotype, however, this code of practice is voluntary. It is recommended that parents understand the implication of clothing choices and encourage manufacturers to produce more unisex clothing.

Kate followed this with 'Appropriate sentencing of non-violent women offenders'. **RESOLUTION 2**

The proposer is concerned about the serious negative impacts custodial sentences can have on women's mental health, their children and families and their prospects of rehabilitation.



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Most women are sent to prison for non-violent offences and serve sentences of 12 months or less. 53% of these women have themselves experienced emotional, physical or sexual abuse as a child. They are at risk of self harm whilst in prison and the effect on their children can be profound. Community support and management can be far more effective and result in better reoffending outcomes than custodial sentences.

Jenny continued with 'Equality in law for the menopause'.  
**RESOLUTION 3** The proposer would like to see the menopause added as a protected characteristic under the Equality Act 2010 to provide women with greater protection and help

tackle the stigma around the menopause.

Jenny explained that menopausal symptoms can have a negative effect impact on some women whilst at work. The 2010 Act currently protects people from discrimination in the workplace and in wider society. The present protected characteristics include age, sex and pregnancy. Adding the menopause would help drive employment policies and make it easier for women to ask for support in what is often a predominantly male environment.

Then it was Barbara's turn with 'Women and Girls with ASD and ADHD: Under identified, under diagnosed, misdiagnosed, under supported. **RESOLUTION 4** The



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proposer would like the government to allocate more funding for research into female ASD and ADHD: for age and gender appropriate diagnostic tools to be developed: training of healthcare and other professionals and a wider general awareness amongst the WI. Barbara described the characteristics of Autistic Spectrum Disorder and Attention Deficit Hyperactivity Disorder which cause social, communication and behavioural challenges. The disorders manifest differently between the sexes and are often unrecognised and undiagnosed in women.

Gill brought the presentations to a close with 'Tackling digital exclusion 'RESOLUTION 5 The proposer would

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like the WI to campaign for the government to allocate more funding to improve digital infrastructure, access to the internet and to ensure greater access to devices and digital skills training

Gill explained that the pandemic had highlighted the important role the internet now plays in our lives. Education, health, shopping, banking and social contact all depend heavily on access to the internet. 1.5 million homes do not have internet access and many people struggle to use it. This lack contributes to social inequality with disadvantaged families unable to afford to pay for the internet and the devices their children need for their education.



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As you can imagine all this information attracted much discussion and deliberation and many comments and points were raised on all the Resolutions. We all agreed that having a wider knowledge of each one made it harder to select just one for the vote. However, finally we did vote by show of hands and there were 8 votes for Resolution 4 and 7 for Resolution 2. The remaining three Resolutions each received zero votes. This will not be our final vote as members who were unable to join the virtual meeting will email their vote to Rita our secretary and she will then forward the final count to the Federation. Once all the votes are

collated the result will be forwarded to the National Federation Women Institute and the Resolution(s) selected will be presented at the National AGM later in the year.

Once the business part of our meetings is over, we usually enjoy a cuppa and sample Marjorie's delicious biscuits, but virtual meetings don't allow that pleasure. However, we did have a final item to discuss before the meeting closed and that was a proposal for an event to celebrate the Platinum Jubilee of our Queen in June. Ideas put forward included a platinum pudding feast, a platinum, pudding competition or an alfresco afternoon tea. The latter seemed most popular, and it was



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agreed that firmer plans be made at our February meeting.

Our competition this month was for 'A recycling idea' and Chris was our winner with her recycling Christmas cards by making them into gift tags and using drawstring cords from bags of cotton wool balls to fasten the tags onto gifts.

It seems most likely that our February meeting will also be held virtually, however we advertise our meetings locally and there is a telephone number to call our secretary for the link to join the meeting. A warm welcome is guaranteed, be it physically or virtually and as always, we look forward to seeing you.

## **SEDBERGH WI**

*Moira Folks*

Our intrepid walking group explored the area north and east of Sedbergh in November 2021. Anne Pitt writes: 'Despite gloomy weather, five of our members had an enjoyable walk starting from Pendragon Castle over in Mallerstang on 18th November. We followed the west side of the Eden Valley north past Lammerside Castle and Mire Close Bridge before returning up the fell and joining Tommy Road back down to our start point. It stayed dry until we got back although after lunch it became cooler with a stiffer breeze, setting us up nicely for a warming cuppa and cake in Kirkby Stephen.' The group returned to Kirkby Stephen on 30th November for a short walk followed by lunch in the Mulberry Bush café, as Anne explains here: 'As the weather at the time was generally damp and the days so much shorter, we moved the December walk date forward and took on the Kirkby Stephen Treasure Trail which kept us mainly on solid footpaths and pavements, exercising our brains as well as our bodies. As it was raining when we arrived, we headed straight into the café for a coffee before setting off on the trail when the rain stopped. We managed to complete the trail while the rain mainly held off and got back to the café to enjoy the warmth and a leisurely lunch.'

Wednesday 8th December was a special celebration: our first WI Christmas meal for two years, since Lockdown had prevented it happening in 2020. All menu choices had been made the month before

(and a record of individual choices kept by the secretary to remind people!), so twenty or so members met in the Fairway Restaurant at Sedbergh Golf Club at 7pm. It was a very enjoyable occasion with good food, good service and good company!

Anne Pitt's home was the venue for the book club's festive meeting on 9th December, with mulled wine and seasonal cake and biscuits to follow the discussion of Old Baggage by Lissa Evans. This is the 'prequel' to Crooked Heart which we had read in 2018 and which told the story of an evacuee boy in WW2. Old Baggage, though, is set around and after WW1, and deals with an eccentric suffragette, Mattie Simpkin, who tries to instill young women with the same political passion for women's rights that she felt in her youth. This leads her into some humorous as well as serious situations. The book was very popular with our members, who appreciated the author's skill in portraying characters and places, as well as telling the story of the suffragettes and what they had suffered for their beliefs, without labouring the point. The average score was nearly 8/10.

We had two rather more lightweight books to read for the January 13th book club, held at Angela's home: The Wisdom of Sally Red Shoes by Ruth Hogan, and The Library of Lost and Found by Phaedra Patrick. The former scored between 4 and 9, averaging 6.5 from 10 of us, while the latter was given 7/10 by all six of us who had read it. They were quick and easy to read over the Christmas period!

On Twelfth Night, January 6th, Valerie had held two Craft and Chat meetings (morning and afternoon) in her redesigned (though not quite completed) kitchen-diner, so we had extra space round the dining table for our activities: making a colourful Epiphany Star (which has 8 points – you live and learn!); Ellen brought her cross-stitch; and jigsaws, though Valerie's black cat didn't make things easy for Caroline at the afternoon session, because she was sitting on a corner of the table on top of some of the jigsaw pieces that Caroline needed! After tea and mince pies, we left Valerie to take down her Christmas decorations, which she had kept up in our honour!

Lots more craft and chat took place at our first monthly meeting of 2022 in the People's Hall on January 12th. We are all vaccinated and had all taken lateral flow tests beforehand to make things safer to meet. The theme was 'Upcycling and Recycling' crafts and three of our own members each headed a table: Valerie demonstrated making tiny gift boxes out of old Christmas cards, as well as Epiphany Stars made from squares of coloured paper; Stefanie provided miniature dishes containing wet oasis along with flowers and foliage to make a small flower arrangement; and Ellen showed the ladies at her table how to upcycle old marbles and a tube of fine fabric to make a very attractive necklace! Later that evening, it was decided at our business meeting that Thursdays would be our WI Day of the Month for extra activities: first Thursdays would be Craft and Chat at Valerie's house;

the Thursday following the main meeting would be Book Club; the next Thursday would be Walking Group; and the last Thursday would be Lunch Club – there were lots of volunteers for that! These dates will be confirmed to members by email each month.

Our next meeting, on Wednesday 9th February at 7.30pm, will be in the committee room at the People's Hall. Again, we will be taking lateral flow tests beforehand, and wearing masks to enter the building. Malcolm Petty will be talking to us about National Parks. We welcome new members and guests. For further information, please contact our President, Ellen Morrison, on 07702 919745 for more details: you will be very welcome.

## HOWGILL AND FIRBANK WI

*Audrey Hoggarth*

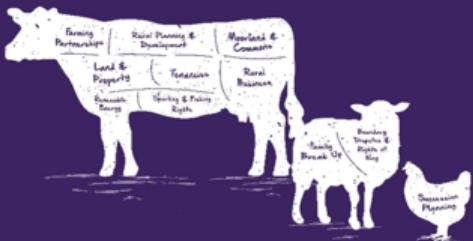
A look back to November when we attended the canary girls talk, hosted by Sedbergh W.I.

Sandra Gold-Wood updated us on her campaign to build a permanent memorial to the Canary Girls within the National Memorial Arboretum in Staffordshire, to value the work and sacrifices these women did during the two world wars. They worked with explosive materials in the

munitions factories, supplying the troops with equipment to fight. This caused them to develop yellow skin and hair. Hence, their nickname The Canary Girls. We look forward to hearing a update from Sandra.

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Christmas celebrations were held at Sedbergh golf club and we all enjoyed a lovely meal of our choice. The competition for a small wrapped parcel, judged by the Staff, was won by Anne Kendal.

The raffle winner was Pauline Robson

Several games of dominoes were played, when the word snow was heard it meant home time. Thanks to the staff for looking after us so well, making a most enjoyable evening.

The new year brought the sad news that founder member, Peggy Postlethwaite, had passed away. Peggy loved country life, living all of it life in Howgill and Sedbergh, enjoying the church and the WI of which she was a dedicated member for almost seventy years. She will be remembered and missed by many. The January Meeting, due to a good amount of snowfall in the morning, we decided to cancel it, as it was to be held in Howgill.

The February meeting will be held in Firbank Church Hall on 3rd February. Enamel jewellery with Adele Bowker. Visitors and new members Welcome.

## **KILLINGTON WI**

*Wendy Fraser-Urquhart*

Time flies when you're having fun or not! It is hard to believe that it is precisely four weeks and one day since we had our super Christmas lunch at the Sedbergh Golf Club which was a really happy occasion. As usual, the meal was excellent and the company outstanding. It is so relaxing to be waited on. For me however, the highlight was the light-hearted, post-lunch games and quiz, organised as usual by Margaret Denton. Nothing too testing or intellectual... just totally impossible. Try these: - 1. How much did the first Christmas cards sell for? a) 3d b) 6d c) 1 shilling. 2. Out of all greetings cards sent during a year, what percentage are Christmas cards? a) 35% b) 40% c) 45% 3. Out of every 100 Christmas cards sent, how many are religious? a) 1 b) 2 c) 3. The final game of hunting for particular Christmas symbols hidden on an A4 sheet, achieved something within our group, which I have never before experienced, namely, at least ten minutes of total silence! Well done, Margaret! What a lovely start to the festive season.

Then it was time for us to go our separate ways. For several of us the Christmas family gatherings were disrupted by the covid omicron virus. Although, for some this was a nasty experience, all came out the other side with no serious effects.

Yesterday, 11th January, found us happily gathered for the afternoon, in the People's Hall for the first meeting of the year. It is good to think that the days are already lengthening and we



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are heading toward Spring. By the time you read this the brave and beautiful snowdrops will be making us smile.

Our speaker for today was no stranger to any of us. Sandra Gold-Wood had come to update us on the progress of the plans to establish a permanent memorial to the Canary Girls within the National Memorial Arboretum at Alrewas, near Litchfield in Staffordshire. The Canary Girls are the women who, during the first and second World Wars, manufactured the bullets and shells used for the guns and munitions in the battles. This was

dangerous work, many times resulting in death or serious wounding and disfigurement of the operatives. Sandra discovered that there was no national monument to honour these brave girls and set to work, with her usual enthusiasm and energy, to rectify this omission. Before further progress can be made Sandra needs to raise £5,000 to register with the Charity Commission.

So far, she has raised £2,500+. So, you know what you can do with your spare pennies or preferably, pounds. Her talk was both moving and informative. Thank you, Sandra. We look forward to seeing you lay a





wreath of yellow poppies at the Cenotaph before too long.

Tea followed, and the chance to chat and catch up with friends. Then it was time for President Susan Sharrocks to tinkle her bell and bring us all to order for our business meeting. Sue welcomed Deirdre Fleuchar as a guest. Future activities were considered. Plans were made to provide refreshments for the Spring Show on 26th March. Entry Forms are in the Information Centre, Spar, and Post Office now, so please get your entries in as quickly as possible. The raffle was won by Marion Wood and the competition for "something yellow", was won by Margaret Denton with a knitted, yellow duck! Very intellectual but not a bit cowardly.

We look forward to our next meeting on Tuesday 8th February at 2-00pm in the People's Hall. Rob David will remind us of "Lakeland Holidays in the 1940s & 1950's". I really look forward to that because I was there. Do come and join us if you can. We're a lovely bunch!

## KILLINGTON SAILING ASSOCIATION

*Geoff Pardoe*

Many thanks again to everyone for their consideration, patience and compliance with the restrictions we have had to endure during the early part of the season. At the time of writing access to the lake, and all facilities are open, and will hopefully stay that way.

This season has seen the largest ever increase in membership, even greater than the previous year. There are obvious reasons for this with many people choosing activities in the UK rather than abroad, and seeking to benefit from local facilities. It has been pleasing to hear that when asked why they have chosen KSA many new members have replied because of recommendations by word of mouth.

The Association has become attractive to a number of younger families who have appreciated the facilities on offer and particularly the free access to the club crafts, which helps to reduce their cost of participation in a number of disciplines. Members have made good use of the club crafts with a considerable increase in bookings with the introduction of the paddleboards and expansion of the windsurfer kit.

Main headings:-

- Technology
- Site developments
- Training
- Club craft
- Events
- General

Technology:-

Major developments have centred on technology with the installation of a high-tech CCTV system to monitor the site and to give moving real time images of the site and lake frontage. This will improve security and give enhanced 'lake view' real time moving images on the new website which is now made possible by the successful connection to the B4RN broadband network.

After receiving a number of comments from members about our old website it confirmed our opinion that our KSA website needed major work to bring it up to date to serve the needs of our membership. The old site had served a purpose but we needed a fresh approach. It was decided to develop a site that would

best meet the needs of our membership. The site is due to go live during January when testing is complete and the new address is [www.killingtonsailing.org.uk](http://www.killingtonsailing.org.uk)

#### **Site developments:-**

We have been fortunate to enter into a rental agreement with our next door neighbour which enables us to extend the dinghy park thus creating more berth spaces. The canoe racks have been extended into this land and there are now some available spaces for members to store suitable craft.

The Canal and River Trust, our landlords, fulfilled their commitment to address the problem of blue green algae found in the reservoir. They proposed and implemented a

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programme of testing to take place through 2021. Water samples were regularly taken from a number of designated sites around the reservoir by KSA volunteers and were sent to C&RT for testing. The full results will not be known until early 2022. A big thanks to the volunteers.

#### **Training:-**

The training sessions we ran were very well attended and they benefitted many members especially those wishing to sample other activities. A big thanks to Myles Ripley for coordinating and facilitating the programme and to all those who helped to make them happen.

The success of the sessions has encouraged us to seek and gain funding to financially support a

programme of training to be developed for the coming season. Again the majority of the cost will be met by the external funding awarded with the training aimed at encouraging members to extend their skill base. Information about the courses will be displayed on the new website when the programme is confirmed.

#### **Club craft:-**

The expansion of club craft has been very well appreciated during the season. With the introduction of the paddleboards and the expansion of the windsurfer kit members have a greater range of craft to use. Regular feedback on the condition of the craft enables us to ensure necessary work is done in good time. It is essential



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that members maintain the high standard of care, respecting the craft as they would their own.

### **Sailing Events for 2022:-**

The listing of events for the new season is again aspirational and is our outline plan for activities we wish to present. The website will be the main notice board for confirmation of planned events and hopefully the announcement of any additional events as the season progresses.

- Wednesday evening racing sessions, for start date contact Pete Lawson.
- Laser Open racing event on Saturday 23rd April.
- RYA Push the Boat Out/ Discover Sailing day May 22nd
- WLYC 24 hour race at Southport on 10th-11th September, open to members.
- Bart's Bash to be announced later. Our participation will be dependent on someone volunteering to organise the event and volunteers to help.

All events at the lake will be put in the events calendar on the new website and advertised on the KSA Facebook page. The first event in April is the Laser Open and Myles is looking for members to help on the day.

### **General:-**

Events can only take place if members are willing to get involved by offering their help. With members support an array of events are possible including social sessions but the initiative must come from the membership.

The date of the annual 'workday' is Sunday 6th March. This is the annual

event where members have the opportunity to offer their help to give the site a 'spring clean' ready for the new season. There are a variety of jobs both in the clubhouse and on the site and the session starts at 10.00 and is generally finished by 1.00. It is also an opportunity to meet some of the committee to seek answers to question you may have.

The committee have had a particularly busy year facilitating the many developments that are now coming to fruition due to the many varied skills that the committee is blessed with. I feel very lucky to have this team who work hard throughout the season to ensure KSA is offering the opportunity for members to benefit from quality facilities. The work done is not always obvious and may not get the recognition it deserves so I wish to offer a big thank you to the committee.

Thanks to the members who have been able to get involved in volunteering their help with a variety of tasks. I look forward to your continued support during the coming season when hopefully there will be an expansion of opportunities to volunteer to help to develop the Association.

Please help the new membership secretary by following the instructions and returning your renewal membership forms by the end of February, before the start of the new season. This makes the task far more manageable and less time consuming. Nb these are NOT ready yet and hopefully the process will be linked to using the new website.

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## NORDIC WALKING

*Susa Ellis*

Last April on market day I spotted a petite, very fit looking lady, Viv Fitzpatrick, with a small stand promoting the benefits of the Nordic walking style and I got talking to her. Although I am a fairly active fell walker myself, I have recently had one of those big birthdays, and I also had the feeling that, although the legs were strong, my upper body was not so strong, and posture was possibly crumbling a bit. Viv explained to me that the Nordic walking style actually promotes upper body strength and better posture, and I was immediately interested. At that stage, Viv, though a qualified Leader, was not qualified

to give the short induction course, so I enrolled in a course at Glenridding on Ullswater and spent a happy 3 hours learning the basic techniques in glorious sunshine in a group which was literally aged 8 to 80. (Viv has since qualified last July as an instructor with British Nordic Walking)

I was then able, with borrowed poles, to begin walks with Viv as we went into the glorious dry summer, we had in the North this year. The walking technique in layman's terms (sorry Viv!) is that you maintain an upright posture as far as possible, flinging your arms forward, and giving yourself downward push behind, at about your heel position - it is very like a skiing motion. Your balance is

improved and much enhanced by your two "extra legs "and you go much faster, if my walking companions are to be believed, because you have to handle your poles at the speed you swing your arms forward and that gives you more propulsion. So, no more hunching forward over walking sticks, but an attempt, at least, to sail forward rhythmically. After a summer and an autumn walking, I am completely converted and love it. I now have my own light weight carbon poles which have a sort of light glove attachment to attach your hands to the poles, so that you can hold the poles with almost a fingertip grip.

Viv now teaches Learn to Nordic Walk Classes here in Sedbergh where the loan of poles is free. She arranges usually 2 walks a week, emailing the details to enthusiasts. One walk will be about 5/6 miles 2 ½ hours with some height gain, and the other a bit shorter over a less demanding terrain, and a group will be no more than 5 or 6 companions. The walks I have done with her have been wonderfully researched and taken me on fantastic and beautiful local routes which I did not know, (or not completely), despite over 30 years living in Sedbergh. It is really good fun. A charge of £6 per walk is made but Viv donates all she receives to her special Charity [freedom-project-west-cumbria.org.uk](http://freedom-project-west-cumbria.org.uk) the West Cumbrian domestic abuse charity.

If you are interested in Nordic walking, then contact Viv on [vivf1000@gmail.com](mailto:vivf1000@gmail.com).

## TIME TO GET WALKING AGAIN!

*John Harris*

At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?

Walking in Cumbria <https://www.walkinginengland.co.uk/cumbria> has hundreds of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Cumbria



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(part of the Walking in England website – one for each county in England) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

[john@walkinginengland.co.uk](mailto:john@walkinginengland.co.uk)

### **SEDBERGH CRICKET CLUB**

*Julian Cann*

The town club has been largely dormant since 2016, when we had to finish Westmorland League cricket due to a lack of regular players. A few friendly games have been played since then, and a collaboration with Sedbergh School 3rd XI has existed for a couple of years, but very few townsfolk have participated. We now find ourselves at the stage where either new blood is needed on the committee or, subject to a forthcoming AGM provisionally arranged for 7.30 on Friday February

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25th at the White Hart Club, the club may be wound up and its assets usefully distributed among local sporting, educational and recreational establishments.

I would be very sad if this proves necessary, especially at this time of year when the new season is keenly anticipated. However, it is now high time for me to stand down as chairman, and other committee members are also wishing to finish after many years of service. I therefore make a final appeal (Howzat?) to any interested parties to come forward and run the club in whatever way they wish. Please do get in touch.

### **Scrap Collected**

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## **SEDBERGH ORCHESTRA**

*Nicola Cann*

After a hiatus of two years, the members of Sedbergh Orchestra were delighted to perform a concert on 9th December at St Andrew's Church under the conductorship of Roland Fudge with special guest soloist Julian Cann. As Omicron began to circle, it was wonderful to see a good audience enjoying the music and we currently feel cautiously optimistic that we can make longer term plans for the first time in a while.

We would like to take this opportunity to invite anybody with an interest in playing orchestral music to consider joining our friendly bunch of local musicians. We do not hold

auditions and would love to welcome new members. We are in particular need of string and brass players, but please do get in touch whichever corner of the orchestra your talent lies. We plan to spend several sessions in February playing through new music before knuckling down to (slightly more) serious practice for our Sedbergh Music Festival concerts in June, so it's a perfect time to come and try us out.

When I first moved to Sedbergh, my instrument had literally not been out of its case for ten years and I surprised myself that my fingers still knew what to do, and how much I enjoyed playing with a group after falling slightly out of love with it earlier in life. If that sounds like you, then you've got nothing to lose! We may also be able to help with the loan of an instrument if you no longer have your own to play.

Please get in touch with any questions, or follow us on our Sedbergh Orchestra Facebook page.  
[drnicolacann@outlook.com](mailto:drnicolacann@outlook.com) 015396 20129

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## **HERCULES THE PANTO**

*Christine Williams*

This is my personal view from the bar, where I was helping (Oh yes I was!) on the Saturday (18th December) night of Hercules, the Panto. All seemed remarkably calm and efficient in view of the huge challenges in following the rules to keep everyone safe whilst putting on the first entertainment for a very long time, never being absolutely sure if any of the cast would be struck down, or if the galloping bad news of the



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next variant would deter the audience. But, phew, this is Sedbergh, where all endeavour is appreciated (Oh, yes it is!).

The lights came on, the band struck up (Ernie Hailwood, Viv Hailwood, Gordon Hosker), the children repeatedly spelled HERCULES correctly and we were off and flying! The narrator (Helen Bromley) started the story and we had everything: a terrible princess Wanda (Lauren Whitehead) to be reformed (Oh yes she was!); a dame (Ian Dawson) and her vain nephew (David Baines); Cyclops (no, no idea) (with voice from Andrew Bonsall); beautiful handmaidens (Amy Savigar, Francesca Suttle); a king modelled on Elvis (John Light) and about the same age and GREAT FUN. Venus with her four arms (Sue Richardson and Sue Chapman) set the challenge to a Gryphon (Heather Pakeman) to befriend 'the nastiest girl in the kingdom', Princess Wanda, so that she could find her true love. Hercules (Alex Candlin) and his muscles (Oh yes, he certainly did) won her affections of course, following the

# 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.

intervention of the Fates, (Beth Saunders, Susa Ellis, Helen Cresswell) nattering and knitting everyone's destiny and by killing the evil Cyclops and fighting off the guards (Toby Aston-Robinson and Chris Alcock). Hurrah hurrah for a happy ending.

I can only thank everyone involved for a wonderfully carefree evening, the perfect prescription for all our ills (Oh yes, indeed it was!).

### PEOPLES' 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

## HERCULES PANTO REVIEW

*Heather Pakeman*

If you felt able to attend our production of Hercules - the Panto in December 2021 - we would like to thank you for turning up for us in difficult times. We hope you were able to laugh along with us and have some fun. We certainly enjoyed your participation and appreciation at all the performances and this made it very rewarding for us.

Lots of hard work goes into a production and our rehearsals started back in September. Performances take a lot of energy and also a lot of capital and it may surprise you to know that we only made a very small profit. We are therefore, very grateful for a grant we received from the Community Trust and a free advert from the Lookaround as well as everyone who lent us staging and props or gave us furniture. The most

valuable commodity is, of course, people's time and there are just too many people to thank who moved staging, painted 'stuff' took photos, printed 'stuff', looked after children or just used their initiative at Front of House. We really couldn't have done it without everyone's input and it did feel like a community production. Produced by local people for local people.

If you fancy getting involved with Spellbound whether its on the stage, back stage or playing a musical instrument please keep an eye on the Lookaround or on the Sedbergh Community Forum.

Thank you once again for your support. We hope you enjoy some of the photos taken at the dress rehearsal.

*See below and others on the front and back cover.*

*Ed*



## PERSONAL MESSAGES

### GARSDALE CAROL SINGING

The amount raised from carol singing in Garsdale in aid of Action for Children came to £330. Grateful thanks to all who gave so generously. Unfortunately our numbers were slightly depleted this year, and we only managed to fit in two nights (instead of our usual three). To those unable to join us, we really missed you and wish you well. Apologies to those who we were unable to get to. A big thank you to all who gave and all who sang. Mary Airey

=====

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

## EDITORIAL

If you didn't go to the Spellbound Theatre production of 'Hercules' you should have got an idea of what it was like by now. Many thanks to them for the photos which make up our cover. And thanks to the other people who sent us cover photos for this months edition, sorry we didn't use them, but we will keep them and may use them for future editions.

I do have to apologise (as usual), I managed to use the wrong Cross Keys advert in the December issue, and we truncated the Spring Show classes somehow. I wouldn't claim to be professional at this, it's all an ongoing learning process—so sorry! Hopefully I'll get it all right in the end.

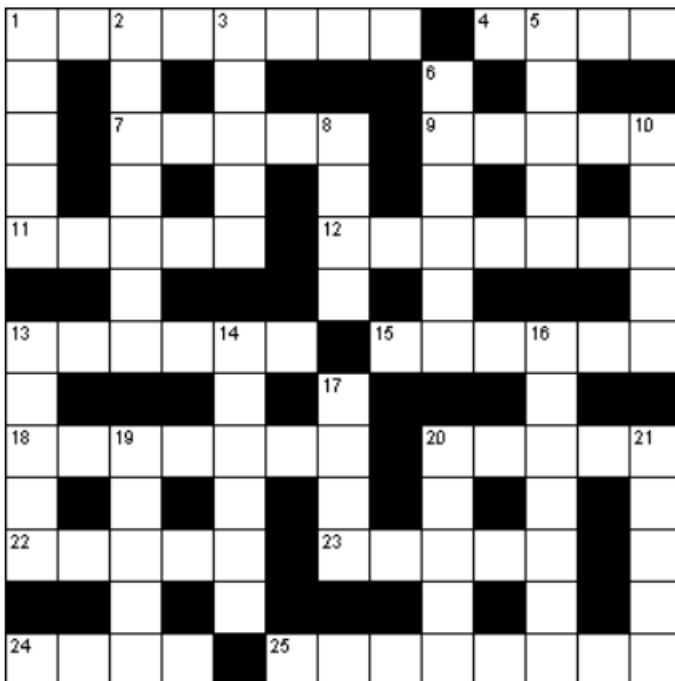
Ed Welti

### Lookaround Editorial Team

Myles Ripley (T)	Team Leader and Chairman
Susa Ellis (T)	Treasurer
Philip Johns (T)	Secretary
Elspeth Griffiths	Proofreading
Karen Bruce Lockhart	Proofreading
Jane Fisher (T)	Proofreading
Ed Welti (T)	Compilation and Vice Chairman
Valerie Welti (T)	Advertising Administration
Eileen Bartlett	Advert Design and Compilation

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

## PUZZLE (SOLUTION ON PAGE 97)



### **Across**

1. Bypass Portugal essentially, for travel permit (8)
4. Juicy fruit, sounds like a couple (4)
7. Jump over an obstacle, like a strongroom? (5)
9. Sound property and sales talk (5)
11. Prominent in regular geometry (5)
12. Clumsy hawk warden, essentially (7)
13. Dorsal monstrosity reveals large fish (6)
15. Sang less to reveal inclinations (6)
18. Various dangers in horticultural areas (7)
20. Wading bird used for lifting heavy objects (5)
22. Fatal one revealed a claw (5)
23. Stories retold using weaving materials (5)
24. Sounds like a stupor lasting more than forty-eight hours (4)
25. No treaty amendment for lawyer (8)

### **Down**

1. Political leader and British peer make something valuable (5)
2. Reveals assorted numbers (7)
3. Time out, sounds like animal feet (5)
5. More in telex transmission (5)
6. Talked about wheel part, beginning of November (6)
8. Amphibian featured in auto advert (4)
10. Conceals animal skins (5)
13. Sounds like a visual location (5)
14. Refit canoes for large expanses of water (6)
16. I sail on erratically for channel of communication (7)
17. Catch sight of egghead agent (4)
19. Team race in acre lay-by (5)
20. Boxcar goods are essential freight (5)
21. Adversary concealed in serene myth (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](http://www.lookaround.org)

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

### **ARTICLES**

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

the text of the same email.

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

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

a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

## **DIARY OF EVENTS**

Dates are held up to 14/12/2022  
 Dates in **BOLD** are start & finish events.

Numbers in Brackets indicate Advert/Article on a Page.  
 Month in Bracket relates to issue that details last appeared.

### **FEBRUARY 2022**

01	Chinese New Year (58)	TBA
01	1000 Grief Share (15)	CCCN
03	1930 Howgill & Firbank WI jewellery	FCH
05	1000 Awakening and Alchemy (5)	Zoom
08	1400 WIK - Lakeland Holidays (73)	PH
08	1930 Domino Drive	FCH
09	1915 Dent WI Everest	DMH
09	1930 HS - Language of the Landscape	StAS
09	1930 WIS - National Parks	PH
10	1300 Medical Centre Staff Training (10)	MC
<b>11</b>	<b>Sedbergh School Half Term Starts</b>	
13	1400 Family All Ages Service (34,13)	DMC
13	1600 Messy Church (Oct)	CCCN
15	1000 Grief Share (15)	CCCN
16	1930 HS - Maps Through the Ages	StAS
<b>18</b>	<b>SDHS Dark Skies Exhibition Starts (12)</b>	StAS
<b>20</b>	<b>Sedbergh School Half Term Ends</b>	
25	1900 Yoga and Gong Meditation (25)	MCD
25	1930 Cricket Club AGM (81)	WHC
26	1000 Learn to Meditate (25)	MCD
26	1400 Morgan Run (28)	TBA
27	1930 Concert Violin / Piano (Oct)	Appleby Ha
28	1800 Mindful Stargazing (25)	MCD

### **MARCH 2022**

02	1930 HS - A Closer Look at Ulverston	StAS
03	1930 Howgill & Firbank WI Survival	HVH
04	1400 World Day of Prayer (32)	StAS
<b>06</b>	<b>SDHS Dark Skies Exhibition Ends (12)</b>	StAS
08	1930 Domino Drive	FCH
09	930 Christian Aid Coffee Morning (33)	StAS
12	Dentdale Run	Dent
13	1600 Messy Church (Oct)	CCCN
13	1930 Concert Solway Sax quartet	Appleby Hall
16	1300 Medical Centre Staff Training (10)	TBA
16	1930 HS - The Pilgrimage of Grace	DMH
19	Love Yourself Self Care Saturday	MCD
20	Tai Chi For Health and Vitality	MCD
22	Morgan Run (28)	TBA
24	Sedbergh Choral Mozarts Requiem (28)	SS
25	Sedbergh School Term Ends	TBA
25	1900 Yoga and Gong Meditation (25)	MCD
26	Sedbergh Spring Show (12,54)	PH
26	1000 Learn to Meditate (25)	TBA
28	WI Federation Spring Meeting	Kendal

### **APRIL 2022**

03	1930 Concert Meliora Collective (Oct)	Appleby Ha
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All entries in the Diary are free and helps other organisations to make their own plans for events. If you have it in your Diary, please put it in ours.

<b>DIARY KEY</b>	
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

## EAT OR DRINK IN SEDBERGH

### AL FORNO ITALIAN KITCHEN

MAIN STREET- 015396 34040

Delicious oven baked pizza and pasta for eating in or takeaway.

### BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

### DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

### HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

### ON A ROLL

MAIN STREET - 07775 893354

Baguettes with a variety of fillings. Just what you need if you're going for a day in the fells.

### THE RED LION

FINKLE STREET - 015396 20433

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

### SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

### SMATTS DUO

MAIN STREET - 015396 20552

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

### THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

### THREE HARES DELI

MAIN STREET - 014396 21058

Bakery and deli also serving takeaway coffee, sandwiches, soup, scones and awesome sausage rolls.

### WAFFLE CONE

MAIN STREET

Ice creams, waffles and drinks. Eat in the seating area inside, or take away. Now open until 9:00pm on a Friday night, at least until the end of 2021.

### WEAVERS CAFÉ

FARFIELD MILL, HAWES RD - 015396 21958

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

## PLACES OF INTEREST TO VISIT IN THE AREA COVID RESTRICTIONS MAY APPLY

Bowling Green, Queens Gardens

Bruce Loch Nature Area, Busk Lane

Cautley Spout, A683 towards Kirkby Stephen

Community Office, 72 Main Street

Cornerstone Community Church, New Street

Cumbria Wildlife Trust, Community Office

Dent Heritage Centre, Laning, Dent \*

Farfield Mill, A684 Garsdale Road

Friends Quaker Meeting House, Brigflatts

George Fox's Quaker Pulpit, Firbank

Golf Club, Catholes, Sedbergh \*

Information Centre, 72 Main Street

History Society, Community Office

Holy Trinity Church, Howgill

Jubilee Wood Nature Area, Castlehaw Lane

Langstone Fell, A684 Garsdale Foot

Motte & Bailey Castle, Castlehaw Lane

Pepperpot Folly, Busk Lane

Picnic Site, Ghyllas, Cautley Road

Picnic Site, Settlebeck New Bridge

Play Ground, Dent Village

Play Ground, People's Hall

Play Ground, Maryfell

Queen's Gardens, Station Road

St. Andrew's Church, Dent

St. Andrew's Church, Main Street, Sedbergh

St. Gregory's Church, Vale of Lune

St. John's Church, Cowgill

St. John's Church, Firbank

St. John's Church, Garsdale

St. Mark's Church, Cautley

Sedbergh Embroidery, StAS

Tennis Courts, Guldrey Lane \*

Winder Fell, above Sedbergh

\* = Entry Fee Applicable



## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB e-mail: <a href="mailto:Daleslea@outlook.com">Daleslea@outlook.com</a>	21789

## CAMPING, CARAVANNING & SELF-CATERING

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

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
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	12/21	Linda Greensmith	07919	152526	
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.

# BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive	Day	No	Co	Depart	Arrive	Day	No	Co
0940 (L)	1010	M - F	W1	W	1030	1056 (L)	M - F	W1	W
1240 (L)	1310	M - F	W1	W	1330	1356 (L)	M - F	W1	W

L = Library

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)

Last Update November 2021

## 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

## S4 Tuesday, Thursday, Friday - Kirkby Stephen Connect Western Dales Bus

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

	Tu	Th	Fri	Fri	Fri	Fri
Dent Village	..	..	..	1017	..	1454
Sedbergh Spar	..	..	..	1033	1300	1510
Sedbergh Post Office	0914	0900	..	1034	1301	1511
Sedbergh Maryfell	0916	0902	..	1036	1303	1513
Cautley, Cross Keys	0924	0910	..	1043	1310	1520
Fat Lamb	0932	0918	..	1050	1317	1527
Kirkby Stephen Station arr	0938	0924	..	1057	1324	1534
<i>Trains to Carlisle</i>	0934	0934		1106		1501
<i>Trains to Leeds</i>	0920	0920		1146		1546
Kirkby Stephen Station dep	0938	0924	..	1106	1324	1534
Kirkby Stephen Town	0945	0929	..	1111	1329	1539
Kirkby Stephen Co-op	0946	0934	..	1113	1331	1541
Brough Clock	0954	..	..	1121	1339	1549
Brough Clock	1607	..	..	1131	1349	1559
Kirkby Stephen Co-op	1615	1635	..	1139	1357	1407
Kirkby Stephen Town	1616	1636	..	1141	1359	1609
Kirkby Stephen Station arr	1621	1641	..	1146	1404	1614
<i>Trains to Carlisle</i>	..	1704		1106		1501
<i>Trains to Leeds</i>	..	1714		1146		1546
Kirkby Stephen Station dep	1621	1641	..	1151	1404	1614
Fat Lamb	1627	1648	..	1158	1411	1621
Cautley, Cross Keys	1635	1655	..	1205	1418	1628
Sedbergh Maryfell	1643	1703	..	1212	1425	1635
Sedbergh Library	1645	1705	0950	1214	1427	1637
Sedbergh opp. Morphets	..	..	0951	1215	1428	..
Dent Village	..	..	1007	..	1444	..

### DENT RAILWAY STATION TIMETABLE

Valid from January 2022

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
06.50	07.54	10.34	07.03	09.08	10.40
09.16	09.16	14.01	09.38	10.41	13.38
10.48	10.48	15.53	12.13	12.13	16.33 (N)
12.17	12.17	17.48	16.04	16.04	18.41
14.43	14.43	20.20	17.32	17.32	20.26
16.46	16.46		19.38	19.38	
18.15	18.15				
19.44	19.44				

(N) Through train to Leeds, Sheffield and Nottingham

*Because of difficulties caused by Covid, cancellations are possible, so please check before travelling: National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)*

## **BUS SERVICES**

### **S5 Thursdays - Kirkby Stephen Shopper**

#### **Western Dales Bus**

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

<b>Sedbergh Post Office (as S4)</b>	<b>0900</b>	..	..
<b>Cautley Cross Keys (as S4)</b>	<b>0910</b>	..	..
<b>Kirkby Stephen Station entrance (as S4)</b>	<b>0924</b>	..	..
<b>Kirkby Stephen, Market Square (as S4)</b>	<b>0929</b>	..	..
<b>Kirkby Stephen Co-op</b>	<b>0935</b>	<b>1145</b>	<b>1435</b>
<b>Kirkby Stephen Market Street</b>	<b>0936</b>	<b>1146</b>	<b>1436</b>
<b>Kirkby Stephen Station entrance</b>	<b>0941</b>	<b>1151</b>	<b>1441</b>
<b>Trains to Carlisle</b>	<b>0934</b>	<b>1106</b>	<b>1501</b>
<b>Trains to Leeds</b>	<b>0920</b>	<b>1146</b>	<b>1455</b>
<b>Ravenstonedale Kings Head</b>	<b>0947</b>	<b>1157</b>	<b>1447</b>
<b>Newbiggin on Lune</b>	<b>0950</b>	<b>1200</b>	<b>1450</b>
<b>Tebay Roundabout</b>	<b>0958</b>	<b>1208</b>	<b>1458</b>
<b>Killington M6 bridge</b>	<b>1008</b>	<b>1218</b>	<b>1508</b>
<b>Kendal Castle Green</b>	<b>1017</b>	<b>1227</b>	<b>1517</b>
<b>Kendal Blackhall Road</b>	<b>1022</b>	<b>1232</b>	<b>1522</b>
<b>Kendal Morrisons</b>	<b>1027</b>	<b>1237</b>	<b>1527</b>
<b>Kendal Morrisons</b>	<b>1038</b>	<b>1328</b>	<b>1538</b>
<b>Kendal Blackhall Road</b>	<b>1045</b>	<b>1335</b>	<b>1545</b>
<b>Kendal Castle Green</b>	<b>1050</b>	<b>1340</b>	<b>1550</b>
<b>Killington M6 Bridge</b>	<b>1059</b>	<b>1349</b>	<b>1559</b>
<b>Tebay Roundabout</b>	<b>1109</b>	<b>1359</b>	<b>1609</b>
<b>Newbiggin on Lune</b>	<b>1117</b>	<b>1407</b>	<b>1617</b>
<b>Ravenstonedale Kings Head</b>	<b>1120</b>	<b>1410</b>	<b>1620</b>
<b>Kirkby Stephen Station entrance</b>	<b>1127</b>	<b>1417</b>	<b>1627</b>
<b>Trains to Carlisle</b>	<b>1106</b>	<b>1501</b>	<b>1703</b>
<b>Trains to Leeds</b>	<b>1146</b>	<b>1455</b>	<b>1717</b>
<b>Kirkby Stephen Market Square</b>	<b>1133</b>	<b>1423</b>	<b>1633</b>
<b>Kirkby Stephen Co-op</b>	<b>1134</b>	<b>1424</b>	<b>1635</b>
<b>Kirkby Stephen Market Street (as S4)</b>	..	..	<b>1636</b>
<b>Kirkby Stephen Station entrance( as S4)</b>	..	..	<b>1641</b>
<b>Cautley Cross Keys (as S4)</b>	..	..	<b>1655</b>
<b>Sedbergh, Library (as S4)</b>	..	..	<b>1705</b>

## BUS SERVICES

**S6 Tuesdays - Kirkby Stephen—Penrith**

**Western Dales Bus**

**Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith**

Sedbergh Dalesman (as S4—see separate timetable)	0914	..	..
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands	1012	1215	1453
Kirkby Thore Bridge End	1020	1223	1501
Whinfell School House	1025	1228	1506
Penrith Bus Station	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
Whinfell School House	1055	1333	1536
Kirkby Thore Bridge End	1100	1338	1541
Appleby Sands	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Town	1138	1416	1616
Sedbergh Town (as S4—see separate timetable)	..	..	1645

### PUZZLE SOLUTION



## 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](http://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**

Currently suspended.

**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

**Rev. Christine Brown Tel: 25418**

*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: Inquiries -Tony Reed Screen

21081

Dent & Cowgill

**Rev. Christine Brown Tel: 25418**

**Email: christinelucy2014@gmail.com**

*Church Wardens:*

Dent: Janet Skublics 25296

Cowgill: Janice Moorby 07815438662

and Heather Fraser 25727

### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

Live on YouTube fortnightly on Friday at  
4:00pm (recordings available)

**Tel: 07900 943 605**

[www.sedberghchristiancentre.co.uk](http://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 - February 2022						
	Time	6 <sup>th</sup>	13 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>	27 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	HC	HC	HC	HC	Family Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Contemporary worship	Service	Service	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HCx			9.30am MP	
St. John's, Garsdale LA10	10am	HC			SW	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service	Service		Service
All Saints, Killington LA6 2HA	2pm					EP
Holy Trinity Howgill LA10 5JD	10.30am		HCx	HCx		
St. John's Firbank LA10 5EF	2pm		HC	HC		
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC			EP	
Dentdale Methodist Chapel LA10 5QJ	2pm	Service	Service	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Wednesday	2 <sup>nd</sup>	9 <sup>th</sup>	9 <sup>th</sup>	16 <sup>th</sup>	23 <sup>rd</sup>
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19:30	Zoom – contact correspondenc e clerk below.				
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		
<b>Please note that these services are subject to change due to coronavirus.</b> <b>To be covid safe on numbers at Brigflatts Meeting House please contact correspondence clerk 015396 21715,</b> <b>and for Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063,</b>						

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## Option 1 - 24hr Prescription line

## Surgery and Dispensary Opening Hours

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

## **Doctors Clinics**

Monday – Friday

Open Surgery – 8.30am – 10am

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

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

Late Morning Appointments 10.30am – 12pm &

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

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

## Dent Surgery

## Currently cancelled due to Covid-19

## Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

## Saturday morning clinics

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

For more information on all clinic times please see our website  
**www.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,  
and Anna Kayani

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](http://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](mailto: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:

July 2021