

Sedbergh & District **LOOKAROUND**

Dec 2024 / Jan 2025

Donation £1

Issue 438

Happy Christmas everyone! Plenty going on in Sedbergh over the festive period, with Late Night Opening, and concerts by the Town Band and Orchestra in the first week of

December alone.

And in this edition we have the final installment of Sheering Gaye. Many thanks to Sandra for all her stories over recent years.
Ed.



The poster features a red background with white snowflakes and a small town illustration at the bottom. The title "Sedbergh Town Band Christmas Concert" is centered in large, bold, white font. Below the title is a circular logo for "Sedbergh Town Band". The event details "Saturday 7th December 2024 6 p.m." and "St Andrew's Church, Sedbergh" are listed. To the right, a list of activities includes "Father Christmas & his elf", "Sing-a-long carols", "Mulled wine, mince pies & raffle", "Christmas jumpers? Oh yes!", and "Prizes for the most festive outfits". The price "tickets £8 on the door under 18s free" is also mentioned.

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

CONTENTS

Articles

Accent and Dialect	61
Apple Day	12
Book Town Quiz	21
Book Town Quiz - Answers	78
Carols	16
Councillor's Corner	22
Cross Keys	5
Dalesway Therapies	33
Dementia Friends	35
Dentdale Fifty Years Ago	50
Disappearing Folders	67
Environmental Market	6
Extremism	26
Family Musings.	42
Fifty Years Ago	56
First Responders	11
Hardship And Exhibition Funds	15
Ladies N.F.U.	36
Laughter Yoga	14
Lime Kilns	60
Lizzi's Column	25
N.H.S. App Day	13
Notes From Dent Station	44
Pearls In The River Kent?	42
Police Report	15
Pumpkin Party In Dent	10
Red Squirrel Puzzles	41
Sedbergh Parish Council	23
Sedbergh School News	31
Sedbergh Y.F.C.	13
Sheering Gaye Village	68
Spring Show	8
Supporting A Loved One	62
Tackling Your Finances	66
The Devil's Bridge	47
The Pendle Witches	55
Town Band	20

COVER PHOTO
Late Night Opening
Chris Wood

Articles (Continued)

Voluntary Car Scheme	15
W.I. Howgill & Firbank	40
W.I. Killington	37
W.I. Sedbergh	39
Women's Health Cumbria	13
Business Adverts	
Able Memorials	27
Accommodation Wanted	34
Audio Lookaround	77
Black Bull	53
Clean Machine	66
Cobble Country	55
Cumbria Stoves	61
Curtains	68
Dalesway Therapies	36
Dalton Burial Ground	31
Dawsons Fuels	52
Duncan Law Plumber	65
Firewood & Septic Tanks	67
First 4 Home Improvement	38
First Responders Needed	20
G.J. Baines	41
H&M Craftsmen Kitchens	58
Happy Christmas	0
Howgills Accommodation	37
J.J. Martin Funeral Director	29
K.W. Electricals	43
Kev Scrap	40
Lookaround Local Subscription	75
Lookaround Postal Subscription	74
Lookaround Subscription	76
M.K. Conversions Ltd	71
Matthew Cook Stonemason	60
McGarry Solicitor	55
Oglethorpe Sturton & Gillibrand LLP	45
Parkin And Jackson	30
Penny Black	23
Peoples Hall	51
Powells	59
Royal British Legion	50
Ryedale Plant & Hose	9
S. Alderson Painting & Decorating	35
Sedbergh Community Swifts	22

CONTENTS (continued)

Business Adverts (Continued)

Sedbergh Parish Council - Vacancy	49
Sheila Shuttleworth Dressmaker	67
Simon Parkin Carpets	24
St Andrew's Sedbergh	46
Stephenson And Wilson Builders	42
Stramongate Press	101
The Thirsty Rambler	57
Thomson Hayton Winkley Solicitors	73
Tooby's Electrical	48
Trauma and Addiction Therapy	62
Treadwell flooring	73
Western Dales Bus	32
Westwood Books	69
White Hart Sports & Social Club	64
Wools Of Cumbria	63

Event Adverts

Domino Drive Barbon Show (17/01)-	18
Folk Carols Concert Dent (6th)	5
Griefshare Open House (Tues)	70
Late Night Shopping (4th)	0
Laughter Yoga (Thurs)	7
Medical Centre	56
Sedbergh Orchestra Concert (5th)	6

Event Adverts (Continued)

Sedbergh Town Band (7th)	1
Sheepfest 2025 (23/08)	26
Spellbound Theatre AGM (16/01)	17
Weekly Coffee Morning (Weds)	3

Other Information

Advertising In Lookaround	4
Bed & Breakfast	87
Bus Services	90
Car Parking Charges	83
Christmas Messages	78
Diary of Events	84
Eat and Drink in Sedbergh	85
Groups and Organisations	88
Lookaround Details	80
Lookaround Editorial Team	94
Peoples Hall Hire Rates	83
Personal Messages	78
Places of Interest	86
Public Information Contacts	100
Puzzles	79
Religious Information	95
Sources of Funding	82
Train Times	91
Walks Around Sedbergh	86

Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 4th December - Garsdale Church
Wed 11th December - St Andrew's
Wed 18th December - St Andrew's
Wed 25th December - Closed
Wed 1st January - Closed
Wed 8th January - St Andrew's
Wed 15th January- St Andrew's
Wed 22nd January - St Andrew's
Wed 29th January - St Andrew's

**Groups who would like to run a Coffee Morning
please call Lynda Briggs on 07904 055 259
or email 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 you 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.

Advertising Rates

Single Column 2.56" x 2"	=£12.00
Single Column 2.56" x 3"	=£15.00
Single Column 2.56" x 4"	=£18.00
Single Column 2.56" x 5"	=£21.00
Single Column 2.56" x 7.5"	=£30.00
Double Column 5.2" x 2"	=£18.00
Double Column 5.2" x 3"	=£24.00
Double Column 5.2" x 4"	=£30.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

CROSS KEYS

Chris Clowes

I wish my customers, friends and acquaintances the very best for Christmas and the New Year, and thank you all for your friendship and kind support.

You may have heard the odd rumour regarding the future here at Cross Keys.

Following Alan's death I advised the National Trust (owners of the property) that I would carry on for a further three years. That time comes

to an end next April and so I have made the decision to retire.

There have been many momentous events at the Cross Keys during my 27 year tenancy and I'm sure many of you will have lots of good memories of time spent there. I (and Alan) have enjoyed it all tremendously. But now I feel it's time I played out a little more and enjoyed other people's food for a change.

I'm not going far, only to Pinfold where I have a lovely lodge by the river which has lots of room for Nell my dog and me, and whilst it has great views nothing will compare with sitting in the veranda at Cross Keys admiring Cautley Spout and watching the birds. However, my deck at Pinfold is large enough for a few tables and who knows? Coffee and scones sat by the river might become a new plan!

The future of Cross Keys will be determined by the National Trust,

They will be advertising for new tenants this winter. It is my hope that it will be able to continue in much the same vein as now. But new regulations, particularly fire regulations, have made life difficult and costly during the past 12 months, so both the Trust and the new tenants will have to decide how much money is available to be spent on this 500+ year old building.

But for now I wish you all a lovely Christmas and a happy new year, and if and when I know anything it will appear in Lookaround.

With love, Chris Clowes



FOLK CAROLS CONCERT

With

**Cowgill Folk Chorale,
Lakeland Voices, and**

Muldoon's Picnic

Harmony singing groups.

Dent Memorial Hall,

7.30pm December 6

Tickets £10

Tel. 015396.21166

www.lakelandvoice.co.uk



St Andrew's Church, Sedbergh

CONCERT

Sedbergh Orchestra

Conductor Roland Fudge
Leader – Val Snelling

**7.30 pm Thursday
5th December**

Masques et Bergamasques – Faure
Romance - Svendson
Romanian Dances - Bartok
"Unfinished Symphony" - Schubert

Tickets £8 (£10 on the door)
18 and under free
from
Sedbergh Information Centre

SEDBERGH ENVIRONMENTAL MARKET

Michelle Hartley

In late October we had our seventh eco market which was another great success with lots of information stalls and environmental businesses, some familiar faces and lots of new ones. 'Apples in October' was new to the market this year and brought a wonderful selection of colourful hats and hoodies. All are either made out of organic cotton or cotton and recycled plastic and the embroidery is also plant-based and oil-free. Cumbria Action for Sustainability (CAfS) returned once again and were promoting their 'Cold to Cosy Homes' programme, which includes free and

paid for home energy services. Their retrofit service covers various renewable technologies and thermal imaging to identify areas to increase thermal efficiency. Two woodworkers came to the market this year, both utilising old wood from broken furniture, wood pallets or fallen trees. While the items by Stuart Sykes were small objects, home decorations and beautifully carved bowls, the objects from 'Always Rustic' by Hilary were artistic wall hooks and clocks shaped like various animals, in particular, loveable dogs.

A fascinating new eco business was 'Lake District Eco Trees' where you can rent a pot-grown Christmas tree, return it and then reuse it again year after year. Not only does this prevent trees from being cut down but, when they are no longer rentable, the trees are planted to continue to be useful to the environment. '

'Save Windermere' came and talked about untreated sewage being pumped into Lake Windermere. The vision of the group is to save the lake from ecological destruction and create a space where wildlife can thrive. They hope their work will set the standard for the national treatment of Britain's waterways and showcase the benefits of ecotourism.

Once again, 'The Zero Pantry' came along from Kirkby Lonsdale to remind us of the wonderful eco products sold in their plastic-free shop. They brought the usual eco household products and pre-packaged meals, along with a variety of eco Christmas products, including tape, wrapping paper, cards and

Christmas cake and pudding recipe packs. 'Home Grown Here' is a co-operative of growers aspiring to build a better food system for Cumbria. A plot of land has recently been purchased in Killington to start growing more fruit and veg with a view to supplying the local area. Their work keeps waste down, reduces food miles and uses methods that promote biodiversity. The 'Sedbergh Red Squirrel Group' has been working hard to raise public awareness of the difficulties facing red squirrels in the area and help protect them from extinction in the wild. At the market they encouraged people to become more involved in the fight to save these cute creatures and would welcome more volunteers.

Products from the 100 hectare, organic Backsbottom Farm were available for purchase. A selection of their sweet-smelling heritage apples was there, along with honey and a variety of cider vinegars, including hawthorn, blackthorn blossom and beech leaf. New this time was the products of 'Judith Favert, Paper Maker', including decorations, lamp shades, jewellery and paper products. Everything is made from three different plants grown on her allotment or sustainably forged, with natural dyes creating an array of gentle colours.

Returning to the market was 'Cumbria Master Composters', part of 'Garden Organic', with their wealth of knowledge. They provide advice on starting and improving your composting, troubleshooting and information on different compost bins and systems available to make and

Discover the health benefits of....

Laughter yoga

Thursday Mornings
11.30am until 12.30pm
at the People's Hall, Sedbergh

£10 per session: pay as you go.

Combining fun laughter exercises and deep breathing, bringing more oxygen to the brain which facilitates more energy and better health! Please wear comfortable layers of clothing. You may wish to bring a mat and a blanket but not essential. All welcome but under 18's must be accompanied by a responsible adult.



A fun and gentle exercise programme suitable for all. No experience required. Come and bring your inner child out to play!

buy. 'Cumbria Woodlands' returned again to encourage landowners to manage and create woodland and offer free training, advice and support. They also came to highlight the need to support the creation and maintenance of one of Cumbria's threatened habitats, our temperate rainforests.

'Dentdale Bees & Mayfair Organics' is a local, 70 acre farm which is part of 'Organic Farmers and Growers'. A variety of farm products were available for purchase from wax and wool to organic cakes. The animals on the farm are used in conservation grazing, while trees and hedgerows have been planted to improve biodiversity and prevent soil erosion.

'Nature's Gems' hosts guided wildlife walks and talks around the Morecambe Bay area which straddles northern and southern ecosystems creating a unique area

thriving with flowering plants. The business has a Green Tourism 'Silver' rating and also supports local conservation projects. The products of 'Sarah's Soapery' are natural and gentle, and with minimal packaging. A variety of solid bar soaps and shampoos were on display with interesting and unusual scents and ingredients like parsnip, avocado oil, brussels sprout and gingerbread latte. New to the market was 'Staff of Life Bakery' who brought organic artisan breads. A delicious selection was available, from classic sourdough, ciabatta and focaccia to deli rye and caraway seeds, wholemeal and molasses and elderflower sourdough. Some of the smaller filled rolls included basil pesto, mixed olive and garlic and parmesan. 'Wild Garsdale Pike', a youth led environmental organisation, was back again. On its 195 acres, people aged 13 to 25 can explore and learn about environmental issues through practical conservation and research experience on the beautiful slopes of Garsdale Pike.

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

SEDBERGH SPRING SHOW SATURDAY 29TH MARCH 2025

Valerie Welti

Sedbergh Spring Show in 2025 will be on the last Saturday in March, the 29th.

As Marion Wood steps back from a leading role we thank her for her many years of dedication and effort organising and putting on the Spring Show. We hope that with a new team this event will continue to offer a great opportunity to celebrate all the creative skills there are in our community – whether with baking, flower arranging, photography, craft, art and so much more.

We hope that you will see in the wide-ranging classes listed below, with some simplified and opened out categories, many (well, at least one!) that will inspire you to enter.

Entry forms will be available in Sedbergh shops and online by the end of February 2025. There will be no charges to enter items into the show, just an admission fee to see the Spring Show on the day.

As in previous years there will be work from pupils at our local Primary and High Schools and we look forward to individual entries from our young people in the Junior Section.

With music from the Town Band and possibly from some other musicians from the community to listen to and tea, scones and cake to enjoy whilst chatting with friends and family it will be an enjoyable afternoon.

Any queries or offers to help on Friday 28th and Saturday 29th March 2025 please contact Valerie Welti at valerie.welti@btinternet.com or on

07969 376649. The new team will be having their first meeting on Thursday 5th December 7pm at 1 Winfield Road, Sedbergh, LA10 5AZ. If you want to join us – do get in touch.

For everyone to be able to enjoy the creative talents of Sedbergh and district residents we do need items to display – so please look at the 2025 classes listed below and start planning your entries now!

Handicrafts

A patchwork or quilted item
Any cloth item from repurposed material (can include a bag)
A wooden item
A stitched image (can be cross stitch, needlepoint, or embroidery)
A handmade cushion (max size 40cm)
A handwoven item (including woven tapestry)
A handmade card
A Spring wreath (non perishable)
A handcrafted soft toy (sewn, knitted

or crocheted)

A dressed doll (the doll may be bought)

Any other handcrafted item (including fused glass)

Garments

A hand knitted garment for an adult
A hand knitted garment for a child
A hand knitted garment for a baby
A hand knitted scarf, snood or shawl
A crocheted article or garment
Transformation challenge - a new garment handcrafted from repurposed material

Flowers and Plants

A large houseplant over 30cm
A small houseplant under 20cm
A dinner table arrangement (W/D 45cm)
A garden in a box (W/D 45cm)
An arrangement in a basket (W/D 45cm)
A Spring Wreath including fresh flowers

Home Produce

Four cheese scones

MOBILE PLANT AND MACHINERY SERVICE AND REPAIRS

Hydraulic hose repair and replacement service.
All types of plant and agricultural machinery repairs undertaken.
20+ years experience in the plant industry.

Phone: 07977916249 Email: nick@ryedaleplantandhose.co.uk



Fruit cake or fruit loaf
 Four Fruit Scones
 Six biscuits of any variety
 Four cupcakes
 Gingerbread
 Any sponge cake (of any flavour)
 Shortbread
 Six flapjack pieces
 Savoury quiche
 Four "sausage" rolls (vegetarian or meat filling)
 Pot of raspberry or strawberry jam
 Pot of any other jam
 Pot of Seville orange marmalade
 Pot of any other fruit marmalade
 Pot of fruit jelly
 Pot of lemon or lime curd
 Pot of chutney
 Bottle of homemade sloe or damson gin
 Bottle of any other flavoured spirit
 A machine made loaf of bread
 A handmade loaf of bread
Art
 Still Life - any media
 Abstract - any media
 Landscape - any media
 Portrait - any media
 A page from your sketch book
Photography
 Wildlife (size minimum 8x6, maximum 12x10)
 Local View (Cumbria, Lancashire or Yorkshire) (size minimum 8 x6, maximum 12 x 10)
 Field Patterns (size minimum 8x6, maximum 12 x 10)
 Weather phenomena (size minimum 8x6, maximum 12 x 10)
 People and Portraiture (size minimum 8x6, maximum 12x10)
 Sport (size minimum 8x6, maximum 12x10)
 Water (size minimum 8x6, maximum

12x10)
Junior
 A hand print (age 6 and under)
 A painted stone (Age 7 - 11)
 2 chocolate crispy cakes (unbaked) (age 11 and under)
 A mug of flowers (age 16 and under)
 Photograph of an insect (maximum 5x7) (age 11 and under)
 Photograph of Spring flowers (maximum 5 x7) (age 16 and under)
 A handmade bracelet (age 16 and under)

PUMPKIN PARTY IN DENT

Sarah Woof

The Pumpkin Party on Halloween was great fun, the weather was dry and warm and 39 bags of Hope were given out to the children who came. These were produced by United Christian Broadcasters and Included a little booklet to read with puzzles and pictures. To this we added sweeties. Food and hot and cold drinks were available. All organised by Dentdale Christian Fellowship. A great event, roll on next year!

4Front Theatre on Nov 24th is our next event, it's always great fun with a gospel message when they come. We will tell you all about it in the next issue.

We extend warm wishes to you for the blessings of Joy, Love and Hope this Christmas and into the New Year.

Our carved and lit pumpkins on our garden wall kept proclaiming these same blessings for a few weeks after the Pumpkin party.

If we can help in any way, please get in touch. Christmas can be lonely. Christmas can be hard. We will help where we can.

SEDBERGH COMMUNITY FIRST RESPONDERS

Myles Ripley

As we approach Christmas, we also approach the seasonal peak of chest infections which may lead to serious health problems resulting in call outs for our team. This is alongside the chest pains which might be heart attacks, falls that might be the result of strokes and other myriad health problems. Seizures whether due to ongoing health problems or secondary to other injuries and infections seem to have been relatively frequent this year.

Since this time last year, we have been called out 71 times with about 40 of them being in Sedbergh and the rest in the outlying districts that we cover – approximately 5 miles around Sedbergh in any direction.

We do not manage to cover 24/7 sadly but if we could raise a couple

more responders then we could get closer to that ideal. If you are interested in what we do and how you might assist, please feel free to get in touch. All you need is a willingness to attend calls, have a car and carry out the necessary initial and ongoing training. Interestingly our colleagues in the Dent team are giving a talk to Dentdale Head to Foot about the work of Community First Responders at 2pm on March 7th in the Dent Sedgwick Room.

We would be very pleased to give talks and demonstrations especially of how to use defibrillators and CPR to any group of any sort. Again, do get in touch if you want.

I was very pleased to pass on Coronation medals to long serving members of the team and Coronation commemorative coins to all members of the team from the ambulance service. The willingness of our team members to turn out is rewarded by



your gratitude when we arrive at your door at whatever time of night. We thank you for your support.

Please do not hesitate to phone 999 – the call handlers are very good at assessing the appropriate urgency of support required.

mylesripley@btinternet.com
01539621101

See the advert on page 19.

SEDBERGH 7TH ANNUAL APPLE DAY

Ann Parratt

What a great time we had at Apple Day this year! The atmosphere was very relaxed, and everyone enjoyed meeting friends and getting their apples juiced.

The threatening clouds lifted, and outside it stayed dry and warm while the COGS volunteers on the juicing line chopped up over 500kg of apples with the scratting mill. The apple pulp next went into the water-powered hydropress, making over 250 litres of juice, which was sent over to the COGS bottling crew. Some folk took their juice home to make into cider, others were going to freeze it, and others were just planning to drink it straightaway.

Inside People's Hall there was lots to do and see as well. You could listen to great music from Common Ground; enjoy a cup of tea; buy some cakes to take home; have lunch with delicious soup and sausage rolls; buy potted snapdragon plants; make apple-head scarecrows or cut the longest apple peel in the children's corner; and have your own apples identified by apple expert Andy Gilchrist from South Lakeland Orchard Group (SLOG).



You could also buy Garsdale honey and beeswax candles; learn more about the plants and animals in our beautiful surroundings from Cumbria Wildlife Trust; find out how to make proper organic compost from the Master Composters; and talk to a giant Red Squirrel about these lovely creatures. A big thank you to all these local groups.

Last but certainly not least, we had a very popular raffle. Prizes were generously donated by Sedbergh businesses and friends of COGS, and together with cash donations we raised almost £500 this year, which will be a huge help in running the Community Orchard. Thank you for your valuable support.

All these activities are run by volunteers, without whom it would be impossible to put on this family-friendly event, so a huge thank you from the COGS Committee. We really appreciate all the help Sedbergh people give to this free event; it simply couldn't happen without you.



SEDBERGH Y.F.C.

Ruby Allan

This last few months Sedbergh Young Farmers have been busy and started up for a new year after a little summer break!

We started off with a new members night where we met our committee for the upcoming year, and since that we have had a Games Night, a talk and tour around the Porsche Garage at Carnforth, and have also entered many competitions against other clubs in Cumbria from Dry Stone Walling to a Brainstrust Competition. Ice Skating was one of our latest nights when we ventured to Blackburn to meet with some other young farmers clubs in our area!

New Members are always welcome, get in touch with our Club Chairperson (Ruby Allan - 07398138594) or Club Secretary (Phoebe Wharton - 07553 515497) for more details of how to join!!!

Upcoming Event

Annual Christmas Domino Drive (open to everyone) - Wednesday 11th December - Sedbergh People's Hall 7.30pm



WOMEN'S HEALTH CUMBRIA

Lisa Hart

Healthwatch Westmorland and Furness are currently undertaking a women's health project to find out what matters to women and girls when it comes to their health. They have produced a short survey and are asking all women and girls over 13 to take part and complete our short survey.

We're asking questions like:

- What matters to you about your health?
- How comfortable are you talking to a doctors about women's health issues?
- What are your top health concerns?

The answers they receive will go to shape their next women's health project around Westmorland and Furness.

<https://www.smartsurvey.co.uk/s/2DESD5/>

N.H.S. APP DAY

Lynn May

Join us for an informative and enjoyable session open to all. NHS app Drop in and support session for the NHS app on 18th December between 10 and 12 noon at the Sedbergh Health Centre. It will be held in the waiting room at the Medical centre. Discover the benefits of the NHS app. Get hands on help to register and use the NHS app. Learn how to make appointments, order repeat prescriptions, and seek medical advice with ease. Bring ID on the day.

Empower your health journey with technology. Open to all.

WHAT IS LAUGHTER YOGA AND WHY PRACTISE IT?

Diane Fairhurst

Laughter yoga is a unique concept founded by Dr Madan Kataria, a medical doctor from India, in 1995 and now practiced all over the world. It combines simple fun laughter exercises with deep breathing, bringing more oxygen to the body and brain, making you feel healthier and more energetic. We initiate laughter as an exercise in a group setting, learning to laugh for no reason other than to enjoy the benefits of it. Scientific studies have shown that the body does not differentiate between simulated and real laughter so the same health benefits are received either way, but usually genuine and contagious laughter is elicited as the session progresses! We are not performing yoga poses, we are doing simple easy movements based on everyday activities which are accessible or can be adapted to most people of all ages and fitness levels.

'So why meet up in a group to learn to laugh?' You might say. Many people think that they laugh regularly, but did you know that spontaneous laughter typically only lasts for 3 to 4 seconds at a time which is not sufficient to bring about physiological and psychological changes in our bodies. In order to obtain the scientifically proven health benefits of laughter we need to laugh for at least 15 to 20 minutes continuously with some deep breathing in between. We also need to laugh deeply and heartily from the belly which many of us would find awkward or difficult in a

social setting or alone, so laughter yoga sessions provide a safe environment where we can laugh as a form of exercise together. We can practice with commitment in order to get the benefits.

So what are the benefits?

Laughter yoga can change your mood in minutes by releasing endorphins from your brain cells, which makes you feel good. It is a natural detox, cleansing your body of cortisol, reducing stress and tension and strengthening your immune system, helping you to stay well and improve chronic health conditions. Laughter exercises increase the supply of oxygen to our body and brain which helps to improve efficiency and performance, increasing energy levels, burning calories and improving cardiovascular health. We are also learning to laugh unconditionally... anyone can laugh when times are good but regular practice of Laughter yoga retrains you to laugh in times of adversity, providing a coping mechanism to help you keep a positive mental attitude, regardless of circumstances. Laughter is also a great social connector and laughter yoga is a great way to make new friends and improve the quality of your existing friendships!

So there it is! We all have an inner child aching to be let loose! Come and join us in some fun childlike playfulness together. You will begin to feel the benefits straight away. Let's all begin to write a different story for our lives, a story of good health, love, fun and laughter!

See the advert on page 7.

VOLUNTARY CAR SCHEME

Myles Ripley

The voluntary car scheme will shut down for Christmas from 18th December to 30th December. We apologise for any inconvenience but due to multiple Christmas absences amongst our drivers we wouldn't be able to fulfil any requests.

Just as an aside, we often have as passengers people who are quite infirm and have to park to collect or drop them off in areas that would otherwise be illegal to park – for instance the hairdressers – but we are entitled to do so under the Highway Code. Please bear with us, we won't be long.

PS we still need more volunteer drivers and, ideally, a new coordinator to match drivers to customers as in our advert in last month's Lookaround.

Happy Christmas to all of you.

HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

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. The Charities also have an

Exhibition Fund:

For under 25-year-olds for help with educational or training needs. To apply for help from, or should you wish to make a donation to, the Charities then please contact:

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

or John Sykes
(jmsykes100@gmail.com or 07786 384 917).

Any application will be treated in confidence. Sedbergh United Charities and Widow's Hospital - Registered Charity No. 231058

POLICE REPORT

Mandy Coleman

Police report for Nov 24

- 19/10 – Theft of chainsaw and drain rods from the Dent area.
- 6/11 – Registration plates were stolen from a vehicle on Thornsbank.
- 2/11 – Males were reported acting suspiciously in the Cautley area. All details were taken from the informant and observations passed to all officers, with intel submitted, enquiries confirmed that the vehicle had left the area shortly after the incident

The next Police drop in at Sedbergh will be December the 18th at 10am – 12 noon held in the community office above the Tourist Information. As always if the vehicle is parked in the carpark, then we will be in the office or nearby.

Anyone with any information on any of the above incidents then please ring Cumbria Constabulary on 101.

If you should need to email either myself or PC Adam Roberts
Amanda.coleman@cumbria.police.uk
Adam.roberts@cumbria.police.uk



CAROLS

David Burbridge

ALL HAIL TO THE DAYS THAT MERIT MORE PRAISE THAN ALL THE REST OF THE YEAR

I sing and lead harmony singing groups all the year round - but in this season it goes into overdrive.

All the carol concerts; workshops teaching carols to those who want to sing but believe they can't; belting out our harmonies in all the pubs which welcome singing and a gathering of warm hearts; our meeting together in a circle round the fire bringing cheer and camaraderie to each other as we sing; taking my choirs to bring joy to those in their twilight years in care and retirement homes, where they become silenced and invisible to the world rushing by outside the walls; taking our songs on walks out into nature, singing in caves and under starlit skies or rainy woods; feeling the nature in our voices connecting with the nature around us; singing in cafes and on the streets in the town - not in an attempt to extort money out of the hard pressed folk we meet, but

to share some happiness and bring festive cheer at this dark time of year, where those we meet are not strangers, but friends we never knew; and meeting together with other choirs - a gathering of the tribes - in a joyful celebration of what we love most, lifting our glasses in a toast to joy and harmony throughout the coming year.

Harmony singing for me represents the perfect metaphor for how in a diverse world we can resolve conflict; where each of the parts in the choir are different, but they not only all belong in the whole - by empowering and celebrating the difference, the whole becomes more enriched. It is one of our deepest needs - to be truly ourselves manifesting our unique and diverse souls into the world, while at the same time belonging in society where our difference is often silenced by the conventions and compromises which living together demands.

I find Tuckman's theory of group process really useful for understanding what goes on in our



choirs, from when we first meet, to when we disband.

In that coming together, we form. Then we storm, where few of us listen to each other, each of us too eager with what we want to say to be able to hear what others are saying, where we challenge the authority of the leader, and where there are often fights (even if only very polite English ones.) But storming is exhausting and people quickly choose to make compromises for the good of the whole, they create norms like not talking while others are talking, like accepting differences and showing respect to each other, maybe not mentioning topics which cause fights: in our modern world the 1950's adage "Don't mention the war," is

today often replaced by "Don't mention Brexit." With norms like this, the group performs. When the time of the group has come to end, there is often a time of mourning.

Forming, storming, norming, performing and mourning.

I often think of individuals being like groups, made up of many different parts and contradictions in our nature where there is either an inner dialogue, or the shaming and silencing of one part in favour of its opposite.

And groups being like individuals, having a distinct personality - is the group warm hearted? Is there a culture of speaking out against injustice? Is there a culture of denial, or is emotion and the pain of the



On THURSDAY 16TH JANUARY '25 AT 7PM.

In The Rawthey Room. (Above TIC).

**If you have any interest in amateur dramatics
please come along to the AGM as we will be
making some difficult decisions about the
future of Spellbound at this meeting.**

vulnerable welcomed with empathy and respect and nurture? Is the group kind to strangers? Is it pompous and arrogant, self-righteous and judgemental? Not surprisingly, the character of the group is often mirrored in its leader - and if it isn't, invariably the leader takes on the character of the group they have created, inspired by the good nature of the singers they lead.

Singing carols for me raises a dilemma: I love singing them, but I don't believe the words. I don't believe we are all sinners. I am sure a good man was tortured and murdered by a totalitarian government, but I don't believe it was to save me from my sins. I don't believe the meek are blessed....and more.

The word religion comes from the root, "to tie together" - the crusades to murder those who have a different religion, the burning of 9 million women across Europe accused of witchcraft, sectarian violence on the streets of northern Ireland, paedophile priests and vicars abusing their power....and more - has nothing to do with tying together, but everything to do with separating and crushing. When the church became an instrument of state power and domination during the reign of the Roman Emperor Constantine, it moved away from its original intention - to help groups of people to be united in an experience of the divine, a shared oneness inside ourselves and outside in our religion. In my secular religion, our communion is the harmony we create in our singing. Our experience of the divine is in those moments of

profound natural beauty and connection. Our priests are the good hearts and camaraderie of the singers, and our own listening to the silence inside ourselves.

The American Professor of psychology Albert Mehrabian did a study to see how much meaning is communicated by words. He found that 7 per cent is verbal. 38 per cent is vocal. And 55 per cent is visual. His conclusion was that 93 per cent of communication is non-verbal.

With my recent experience of old age and becoming hard of hearing, I find that if I make a conscious decision to listen and sit in front of someone watching their facial expressions and body language I can easily "hear" everything they say - often much more so than when my hearing was perfect. Hearing chatter in busy pubs and cafes is much harder - but a loss I'm perfectly happy about, even grateful for!



Domino Drive

Friday 17th January 2025

Barbon Village Hall, Barbon
7.30pm
£3 entry

Raffle & Refreshments



Please come along and support our fundraiser!
Clare Thompson 07590115844
Proceeds go to Barbon & District Agricultural Show

And when it comes to the singing of carols, I find it is like singing songs in a foreign language (which we do a lot) which I translate in my head as I sing - this is a song about love, this is about grief, this is about being joyful. The 7 per cent of meaning held in the words becomes much less important than the 93 per cent non-verbal communication held in the camaraderie of the singers belting out their songs, with smiles of contentment and arms around each other - the tactile reminder that we are not alone.

I do feel there are limits though. I couldn't sing Nazi war songs or songs which promote racism and hatred. But with the carols I find a meaning which is less to do with religious doctrine, and everything to do with creating a season of goodwill, a meaning which is there in that very physical activity of singing.

And I love the Christmas story.

I don't mean the one about a baby in a stable and astrologers from the east following a star, charming though it is. I love the story about how the 19th century community choirs who sang in the west galleries of country churches were banned by the Victorian reformers who wanted something more sombre and less anarchic, who wanted the kind of obedience that factory owners needed to make vast profits while paying out subsistence wages. But many singers refused to be silenced by the rich and powerful, so took their carols into the nearest warm public building - the pub - where they are still sung today.

These were in places where traditionally folk tend not to do what they're told - in villages in Yorkshire, Derbyshire and Cornwall - but today this has spread to other parts of the country, over the border into Scotland, down into southern England, across into our valleys around Sedbergh where the Cowgill Folk Chorale sings each week - into country villages, towns and cities across the land reflecting the eases of movement in our 21st century.

So, for me, the meaning of the carols, and indeed Christmas itself, is not just about the 93 per cent nonverbal communication of the individual singers, but also in the culture of the groups of singers for whom the carols were an expression of resistance against the forces of oppression, and a celebration of fellowship and good will.

And that's why - and how - I am able to sing almost a hundred Christmas carols. Much as I love other songs which encapsulate my core beliefs, with the carols, it's the singing not the song:

"We gather round the fire,
with songs of festive cheer
we feel our love and friendship
more
as winter's night draws near."
www.lakelandvoice.co.uk





Volunteers Needed

Sedbergh needs new First Responders!

**HELP YOUR
COMMUNITY**

- Online Training
- 5-day Induction
- Learn first aid
- Defibrillator Training
- Save Lives!

More information : ☎ 0153 962 1101 ✉ mylesripley@btinternet.com



What is a First Responder?

When someone in Sedbergh rings 999, the emergency services call the Sedbergh First Responders to go and help them.

The First Responders keep a bag at home with a wide range of essential life saving equipment to deal with injuries and diagnose problems, as well as communications equipment, torches and other useful tools.

Get in touch today for more info!

More information : ☎ 0153 962 1101 ✉ mylesripley@btinternet.com

SEDBERGH TOWN BAND

Gemma Suttle

On Sunday 10th November Sedbergh Town Band performed its annual Remembrance Concert in St. Andrew's Church. We would like to say a huge thank you to everyone who came and supported us; the audience was the largest we have ever had for a Remembrance Concert, and we received some wonderful feedback. Together, tickets and donations raised over £900 for the Royal British Legion Poppy Appeal - a superb contribution towards the fantastic work that the RBL does with serving and ex-serving personnel and their families. Bandmaster Iwan Lewis writes, "I

would personally like to thank the Sedbergh Community for the support shown for the band and this cause, it is incredibly generous."

Recently, we have also enjoyed playing in the beautiful St. John the Baptist Church in Garsdale, and hosted a coffee morning in St. Andrew's Church. We are very grateful for all the support we received at these events.

We are now looking forward to our Christmas Concert which will be held in St. Andrew's Church at 6 p.m. on Saturday 7th December. We are hoping that this new date and time will enable families with younger children to come along and join in the fun. Father Christmas will be there

with presents for all the children, and everyone is very welcome to wear a Christmas jumper -the more festive the better (there may be prizes!).

If you are interested in becoming a member of the Band, we meet on Tuesday evenings in St. Andrew's Church, and you can always be sure of a warm welcome. Even if you have never played an instrument before you will find a home in Training Band until you are ready to join Main Band. We perform a series of concerts in Sedbergh and further afield with a diverse musical repertoire of pop songs and film themes as well as the usual standards, hymns and marches.

Band members are provided with an instrument, music, tuition and uniform. There is a small annual subscription with fundraising taking place throughout the year to cover major costs. If you would like to find out more, please contact Stephen Hall at sedberghtownbandsecretary@outlook.com or come along to a rehearsal. We would love to see you! Rehearsals start at 6 p.m. for Training Band, followed by Main Band at 7 p.m.

Dates for your diary:

- Wednesday 4th December - Sedbergh Late Night Shopping
- Saturday 7th December, 6 p.m. - Christmas concert – please note the new date and time
- Saturday 21st December, 1.30 p.m. - Carols in the Great Hall at Levens Hall

We look forward to seeing you soon!

BOOK TOWN QUIZ

Gerry Cotter

A monthly quiz to test your knowledge of the world of books. If you enjoy buying books a programme of fairs run by North West Book Fairs is available from the Howgills Bookshop at 72 Main Street, Sedbergh.

1. Who is the author of the Sunday Philosophy Club series of novels, chronicling the activities of Isabel Dalhousie?

2. Whose Rural Rides took place in the early 1820s?

3. In which field did Robert Capa and Don McCullin achieve fame and publish books?

4. What was the surname of the man who, in 1870, published a Dictionary of Phrase and Fable? The 20th edition appeared in 2018.

5. In which novel of 1872 was the Reform Club in London the starting point for a journey? A bonus point for the title under which it was first published.

6. What is the title of the work by Plato in which Socrates discusses with various people the concept of justice, the just city-state and the just man?

7. The film Four Weddings and a Funeral featured the poem that begins 'Stop all the clocks, cut off the telephone'. Who wrote it?

8. John Keats, Ode to a Nightingale: '-----, And haply the Queen-Moon is on her throne.' The missing four words were taken by an American author as the title of a novel published in 1934. What was the title and who wrote it?

9. 'A Zoologist's Study of the Human Animal' was the sub-title of a very successful book published in 1967. What was the title and who wrote it?

10. Name the 'Opium Eater' who had 'Recollections of the Lake Poets'.

11. Who wrote and illustrated the 1978 picture book The Snowman, that was made into a successful film?

12. Which immortal character was at one point in life an apprentice in Mr Fezziwig's warehouse?

COUNCILLOR'S CORNER

Cllr Ian Mitchell

As I sit here writing this, the weather has turned colder and snow is predicted. This leads me on to say, I hope you have a Merry Christmas and happy New Year!

It's been a busy few months, particularly regarding Junction 37. As many of you will have seen, Westmorland and Furness Highways have introduced improvements on the A684, whilst we have been waiting for National Highways to confirm the plans for the slip roads.

National Highways finally have come up with an improvement plan. This includes; permanent stop signs, a hatched splitter island between the two lanes of the slip roads and new high friction surfacing on the slip roads. This has taken far too long, but finally we are seeing safety improvements. Any measures that prevent lives being lost is a positive.

It is great to see people moving into the new houses in Sedbergh. We are still working hard on delivering housing in Dent and we expect to

make an announcement on this early in the New Year!

As many of you will know the bus service from Sedbergh through to Kendal was due to be retendered in November, however to allow the Council more time, the current service has been extended through to the end of the calendar year. We are working hard to deliver an enhanced service for residents and visitors.

I'm really looking forward to starting door knocking in the coming months to get your views, in the meantime if you think we can help, please don't hesitate to contact me:
Ian Mitchell
07530602234
ininmitch@hotmail.co.uk

Sedbergh Community Swifts

sends all readers very best wishes for the festive season.



Contact us: ta.hoare@btinternet.com 01539 824043

SEDBERGH PARISH COUNCIL

*Janey Hassam
Parish Clerk*

The Council held its monthly meeting at 7.30pm on 14 November 2024. The next meeting of the Parish Council, will be their monthly meeting, commencing 7.30pm on Thursday 19 December 2024 (delayed one week). Meetings are held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Notice of Vacancy – Co-Option to Sedbergh Parish Council

Members noted that as there had been no Election called, following the Casual Vacancy statutory notice, Members approved the advertisement to Co-Opt a new

Councillor. A separate notice, seeking applications, is included in this edition of the Lookaround, along with details of how to apply.

Public Transport – Bus Service Improvement Plan Plus (BSIP+)

Members noted that the current service had been extended to 31 December 2024, whilst Westmorland and Furness Council (WFC) continue to consider tenders. However, Members of Sedbergh Parish Council were disappointed that WFC's final response to their complaint had not addressed the concerns previously raised regarding any future service. Sedbergh Parish Council will now investigate formal referral to the Local Government & Social Care Ombudsman.



Penny Black

Cards
Gifts
Stationery



Dear Lovely Sedbergh Customers,



Here at Penny Black, we wish to make your Christmas as stress free as possible. So;

Be knocked out by our boxes of ***Christmas Cards!***



Fill your boots from our range of inexpensive ***Stocking Fillers!***



Have a write good time perusing our lovely ***Stationery!***



Pass the time choosing a ***Calendar*** or two!



Get enwraptured with our choice of ***Festive Paper*** and ***Parcel & Post!***

But most of all, have a Peaceful Christmas and a Joyous New Year

At Penny Black. We've got Christmas all wrapped up

Main Street – safety of pedestrians
Members had received a letter of concern following an incident on Main Street. The incident had involved a vehicle driving on the pavement to avoid a delivery van, parked on the opposite pavement, resulting in a near miss with a pedestrian. Members noted the concern, and empathised, acknowledging the difficulties that are often seen on Main Street in respect of deliveries/loading/unloading etc. They also acknowledge that Main Street, as a single width, one way, carriageway, with narrow pavements etc, can be problematic for all users. The incident has been reported to Westmorland and Furness Councillors/Highways and the local Police Community Support Officer. Members would like to take this opportunity, to remind all users of Main Street, to act respectfully and in consideration of others.

Various other matters were discussed. Including Finance, approval of grants for Sedbergh Town Twinning and Late-Night Opening. Amenities, Planning, updating the town's Emergency/Resilience Plan ongoing highway lining work and general correspondence.

Members would like to wish all a Happy and Healthy Christmas and the very best for 2025

If you have any queries, or wish to contact Sedbergh Parish Council, please email at clerk@sedberghparishcouncil.org.uk As always, Members of the public are welcome to attend meetings of the Parish Council and raise queries/questions at Public Participation.

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

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



SIMON PARKIN

C A R P E T S

CLEANING, FITTING, SUPPLY

simonparkincarpets@gmail.com

Contact: 07973704664 / 01539620585

 @SimonParkinCarpets

Supply & fitting of carpets, LVT & sheet vinyl;

Carpet & hard floor cleaning

SHOWROOMS OPEN BY APPOINTMENT



LIZZI'S COLUMN

Lizzi Collinge MP

This month I had the pleasure of spending a full day in the Sedbergh area where I met with various organisations and residents. Despite the fog, it reminded me how lucky we are to live in such a naturally magnificent area and, as I often tell my Parliamentary colleagues, it confirms that I definitely have the most beautiful constituency in the country!

My day began with a visit to Sedbergh Prep School to celebrate UK Parliament Week. I spent time speaking with the children about the importance of democracy as a core British value. I also spoke about my path into politics, and how it was never something I thought I'd end up doing. We discussed how democracy works in practice and, as always with school visits, the children were invited to ask questions. The kids asked great questions ranging from details of policies through to what makes a good MP. In every school I visit, someone always wants to know if I've met the Prime Minister (yes) but not all of them ask me if I have a pet!

I then met with the team at Sedbergh Economic Partnership. After a warm welcome from Joanne Golton, I discussed the opportunities for Sedbergh with Prof. Andy Cobb (Chair, SEP) and Peter Marshall (vice-chair, SEP). Businesses were also invited to chat about local issues ranging from the economy, staffing, transport and Main Street. I was happy to see support for more affordable housing to enable working

age people to live in the area and support the economy.

On my way to my next appointment, I popped into the Post Office to chat with the postmaster Peter. Last month, I tabled an Early Day Motion to celebrate the role of rural post offices and raise the need for better renumeration for the people running them to ensure that they are viable without cross-subsidy. I was pleased to see a Ministerial statement outlining the importance the Government is putting on ensuring post offices remain viable.

A visit to Settlebeck School was next on my agenda where I met with the pupil parliament and the student leadership team. We ran a workshop together which covered the role of an MP, how the House of Commons works and our democratic system. It was fab to meet with the young people and see their engagement in politics both within and outside of school, and I encouraged them to continue this engagement into the future. Once again, the Q&A section of this session brought up some great issues; I was most impressed by the question about how young people can get engaged in politics.

Finally, I met with Fibrus, a company who is working on improving connectivity in Sedbergh. They are delivering the Government's Project Gigabit roll out in Cumbria (the project is known as Hyperfast GB). They also have some commercial delivery projects in Sedbergh. It was great to catch up with the team and to learn more about their future plans.

All in all, it was a busy but very exciting day. Thanks to all those who

I met – Sedbergh is full of local champions and the enthusiasm to ensure Sedbergh thrives is palpable. For my part, I will continue to champion Sedbergh in Parliament.

As I write this in mid-November, Christmas seems very far away but as you read this edition of Lookaround the festive season will truly be upon us. I want to wish everyone in Sedbergh and district a very Merry Christmas. For me, Christmas is a time to focus on family and enjoy the simple pleasures of good food and good company. I hope you are all able to enjoy the same but I am aware that for many people Christmas can bring up complicated feelings, including loneliness and grief. I will be thinking of all my constituents this year and if you are having mixed feelings this Christmastime, please know that you are not alone.

Don't forget, if at any time of the year you need my assistance you can contact my office via email on Lizzi.Collinge.MP@parliament.uk or leave a message on 01524 566 015. You can also keep up with me on social media by following @LizziCollinge on Facebook, Instagram and Twitter.



Bank Holiday

Saturday 23 August 2025

The theme is 'celebrity' sheep

www.sheepfest.co.uk

EXTREMISM

Martin Dodds

There is a temptation to label someone as an 'extremist' if they enthusiastically champion opinions we do not agree with.

This may of course tell us more about our own hidden assumptions and prejudices, than about the extremism or otherwise of the opinion expressed.

As we know, the meanings of words can be slippery and they evolve over time, so the definition of 'extremism' which I set out here is essentially my personal understanding of the word at this point in time, and no doubt it also carries a lot of my own mental and emotional 'baggage'.

I understand extremism to have at least two elements which must both be present to qualify for the word to be appropriate:

- An opinion which lies at one or other end of a spectrum of views on a given subject; and
- A fanatical insistence on the rightness of that opinion against all comers, sometimes including an intransigent refusal to listen to, or even admit the possibility of, any other valid point of view.

Sometimes extreme views are used as a justification for physical or other types of violence, but I do not include violence as an essential element of extremism even though they may quite often go together.

I usually associate extremism with some groups or movements within either politics or religion, but I doubt that it is confined to those spheres. I will however focus on those two areas in exploring the theme.

ABLE MEMORIALS

Monumental and Architectural Masons

New Memorials and Additional Inscriptions

Showroom with over 30 Memorials on display at

1 Wildman Street, Kendal

Please call for a brochure or free estimate

on 01539 735583

or 07779 025745

Home visits available by local mason Edward Waller

In practice, movements within both politics and religion which may be described as extremist, seem usually to be driven by a relatively few convinced, dedicated, and enthusiastic activists. Because of their confident and assertive profile, these activist agendas may often be wrongly perceived as reflecting the position of the political party or religious community as a whole.

Neither politics nor religion are intrinsically extremist activities, so how and why do extreme attitudes and opinions arise within them?

Politics and religion have often been closely associated through history, and this continues to be true in many places. They share some

important characteristics. In both cases, political ideas and religious beliefs are essentially dealing with 'abstract' concepts and principles, such as security, justice, organisation, loyalty, conviction, belief and identity. They are matters of opinion. These abstract ideas [and that is not a complete list], frequently seem to create, or are created by, a wish for control or power.

It is probably circular. Security and survival within evolution depended upon the skill and ability of early humanity to exercise some control of and within the natural environment. This is equally true of other higher animals, but in the case of humankind, the dawning of self-

awareness, the development of language and the ability to envision abstract ideas seem to have led to our becoming, at least for the time being, the dominant species and top predator.

The assertive qualities associated with this evolutionary progression have not gone away with human advance. They remain part of our make-up, and find expression in and through human relationships, as well as in our collective and individual relationship with the rest of life and the global environment. In effect, the need for some kind of power to manage the environment for reasons of survival, in some, even many people, may be carried over into a desire to exercise power and authority within and over human society.

That outline seems to relate reasonably well to the development of politics. Religion may be a bit more subtle.

If we consider that religion has its origins in the efforts of early societies to make sense of both the world and environment in the regularity of the cycles of life; in the occurrence of events and phenomena not easily explained; and in the moral behaviour which enables communities to live together, then the idea of some supernatural or spiritual power and authority 'beyond' looks like a feasible development within the capacity for abstract thought.

The reality or otherwise of God is neither proved nor disproved by this notion. But the importance of relationships with the spiritual

becomes clear, and opens another arena for the expression of the wish for power and control, especially through claims of 'special' or exclusive access to 'divine truth', whether by groups or individuals.

As already mentioned, spiritual and political authority and power have sometimes gone together, and have often in history had to work around each other.

Political power may trigger 'extreme' reactions where it is oppressive, authoritarian or tyrannical. In these cases, there is often a lack of opportunity or mechanism for impartial, fair dialogue. The possibility of dialogue seems to be interpreted by those in power to imply that their ideas and authority might be challengeable, and therefore dialogue is a potential threat to the status quo. These are the kinds of conditions in which frustration at 'not being heard' may tip some extremists into violence for lack of any realistic alternative means of expressing themselves effectively.

The power of religion may lie not merely with its 'high priests', but in the formulation, interpretation and application of its 'doctrines' and 'scriptures'. For many believers, these doctrines and scriptures are themselves sacrosanct, and are equated with the divine will. In several faiths, these kinds of attitudes have been encouraged and reinforced by the religious hierarchies, possibly in genuine fear of 'heresy', or as a means of strengthening their own power within the faith group concerned. This may



JJ Martin are your local, independent funeral directors based in Sedbergh and covering the surrounding areas.

We provide free advice, pre-paid funeral plans and a 24 hour service.

EDWARD WALLER:

07779025745 or 015396 20130

BRIAN GOAD: 015396 25334

www.jjmartinfunerals.co.uk

info@jjmartinfunerals.co.uk

make it intellectually and emotionally very difficult for many believers to contemplate 'dialogue' about what they have been taught to understand as divinely ordained truth which is fixed and unchallengeable.

So, when another set of value systems or beliefs is introduced within a culture where a traditional understanding of the sacredness of scripture and doctrine is usual, people may well feel that their very identity, including the safety of their own souls, is under threat. An understandable defensive reaction is to emphasise the absolute truth of their way, and the consequent 'wrongness' of any alternative view.

A short digression on the difference between extremism and terrorism may be in order. As I see it, where an oppressed and wronged group resort to force of arms to oppose injustice and tyranny, they may be entitled to call themselves 'freedom fighters'.

Terrorism on the other hand is the use of deliberate violence against unarmed and defenceless civilians on behalf of the group's political objectives, and is akin to criminal violence.

Sadly, frustrated freedom fighters sometimes do resort to terrorism, which is really counterproductive since this tends to obscure the real cause for which they may have taken up arms, and alienates sympathisers. It is however unhelpful to all involved when other people or countries immediately and automatically attach the label 'terrorist' to an armed insurgency.

End of digression

Neither political nor religious 'fundamentalism' are particularly new phenomena. They tend to arise either as a response by those in power to a perceived threat to the political or religious status quo, or as a response by disadvantaged or oppressed people to some form of such tyrannical rule. Two poles of extremism may thus be generated from the same situation.

The human propensity to self-centred perspectives which put 'us' or 'me' first, has been recognised, and institutions such as the UN have been set up to try and avoid different ambitions and perspectives leading to physical and armed conflict. I think it fair to say that so far success has been at best patchy.

Nation-states are understandably wary of surrendering any part of their sovereignty to an external international organisation, however well intentioned. More profoundly, the

PARKIN & JACKSON LTD

Cumbria's Oldest Monumental Masons
Since 1855, families have trusted in us to
provide Memorials for their loved ones.



New Memorials & Additional Inscriptions.

Hand Carved Lettering & Designs.

Cleaning, Repainting & Renovations.

Memorials designed to your specifications.

Specialists in UK stone.



14 Appleby Road, Kendal, LA9 6ES - 01539 722838 - 07932 813514
www.parkinandjackson.co.uk - info@parkinandjackson.co.uk

lack of mutual confidence that this reflects, may lie in the 'fear' of difference that we have inherited from pre-historic times, and a consequent reluctance genuinely to engage with the 'other'.

In these circumstances, there remains plenty of room for tyranny and dictatorships to emerge and flourish, and for an arrogant indifference to the sufferings of far too many disadvantaged people in so many parts of the world to continue.

If I am anywhere near right in these speculations, then it is surely time for humanity to take a step forward in our journey to maturity in politics and religion.

My own inclination is that talking is always better than retreating into

blind intellectual or emotional defensiveness, never mind resorting to armed conflict. But talking takes two willing sides. It also requires both sides to really listen as well as to put their own case. Really listening includes being open to be persuaded to change your opinion and, if not persuaded, then at least to agree to differ in mutual respect. We all need to learn that having different opinions and understandings of the world is OK, as long as we also offer each other mutual respect.

We may even learn something valuable and useful from 'others' to enrich our own lives and that of the wider community.

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School returned after the half term break to begin the winter timetable, that is games after lunch and lessons in the late afternoon

The staff returned to gearing up for the School Inspection expected shortly.

The School has decided to cease using X (twitter) and will in future used Instagram for their news, information and comment

The Prep School boarders celebrated Halloween with costumes and trick or treat round the staff ending with an outdoor disco.

A sponsored walk at the Prep School raised £1,180 for Holy Trinity Church, Casterton

The Prep School contributed Boxes for Ukraine containing essential items such as soaps, shower gel, lip balm etc.

The School welcomed the Town to watch the magnificent Fireworks and Bonfire on the evening of 5th November, which was an unusually warm night

The School will perform 4 performances of CHICAGO on 27th – 29th November in the Hirst Centre

During the 100 year anniversaries of the years of WWI the OS Club undertook, and did, visit all the graves of those who fell during the conflict. However, recently another OS who gave his life was discovered. It had not been known that he was in the New Zealand Army. During the summer Mr Sweeting formally visited his grave on behalf of the OS Club, and the Year 11 Battlefield Trip also visited the grave.

On 10th November on a chilly damp and misty morning the School held its usual Remembrance chapel service above the Cloisters to the sound of bagpipes. At the end of the service the pupils filed down the steps laying their poppies on the VC Memorial to the sound of Beethoven's 7th Symphony played by the band. In the afternoon the School choir and some Old Sedberghians sang the Faure Requiem in the chapel which has become rather a tradition.

Jo Mycielski has recently returned from Ukraine having now served over 3 million pizzas from the Pizza van . It can no longer go as near to the front line as it used to due to the drones searching for groups of people such as those that cluster round the van. Donations of money rather than goods are now appreciated by those taking the vans to Ukraine to keep them going as most of the refugees are now provided with the bare necessities of life.

Netball

During half term the U18 A and B teams toured Dubai. The heat took some getting used to but the A team

DALTON WOODLAND BURIAL GROUND



**Natural Woodland
Burial Ground**



"Return to the Earth, naturally"

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

won two, lost one and drew one, and the B team won two and lost two

Equestrian

Sixteen horses and fifteen riders went to the National Championships and competed in a field of 50 teams. Among other good results they were Reserve National Champions in the 90 Arena Eventing, and Reserve National Champions in the 80 Showjumping missing the title by only 2 seconds.

Rugby

OS James Botham has been selected for the Welsh squad for the autumn nations series

The Prep School boys toured Edinburgh. The 1st XV won against Northampton School for Boys 40-12. Against Warwick they lost 26-24 due

to Warwick successfully kicking a penalty in the last minutes.

On the weekend of 2nd and 3rd November the Prep had a U12 and U13 rugby tour to Edinburgh. On 6th November the CSPS Rugby Festival was affected by the terrible crash on the M6, but with rescheduling a good afternoon's rugby was enjoyed.

Running

The Running Team attended the Senior, Intermediate and Junior Boys and Girls National Cross Country Relays at Mansfield

For the third year running the School hosted the Northwest Regional Finals of the English Schools Cross Country Cup. Despite a potentially chaotic start when many of the schools were held up on the

Western Dales Bus

WESTERN DALES BUS SEEKS NEW CHAIR OF TRUSTEES

Our founding Chair is standing down in December and we are looking for a new Chair to lead the organisation. This is a volunteer role, as are all our trustees and drivers, although we are supported by a paid part-time operations manager. Western Dales Bus is a registered charity and limited company, established in 2012 to reduce social isolation by providing community bus services. We operate timetabled services linking Sedbergh, Dent, Kirkby Stephen and Brough with Kendal and Penrith. We also offer private hire services to charities and community groups.

We are looking for someone with leadership and strategic planning skills and experience who can:

- Chair board meetings
- Support fellow trustees in their roles (see below)
- Ensure the management structure meets the company's needs
- Ensure services provided match demand
- Help us identify new opportunities for scheduled services and private hires
- Review WDB's performance and passenger statistics. (We have a volunteer who helps with statistical and data collection and analysis)
- Build links with local councils
- Deal with any disciplinary issues

Other board members lead on a number of responsibilities, including:

- Monitoring company's financial position and fundraising structure. This includes all aspects bus fares income, subsidies, and grants.
- Other income generation and fundraising activities.
- Line management responsibilities for our part-time operations manager.
- Publicity and communications.

You do not need to have any specific knowledge or experience of the bus industry. This is a great opportunity to make a positive impact and support our local communities. If you are interested, please contact Neil Cleeveley at neilcleeveley@gmail.com or call him on 07786 084411 for an informal discussion and further details.

M6 due to a serious accident, the races finally started on time. The School came well up the order at all levels and twice just failed to qualify for the Nationals, coming in fourth.

Sailing

The 1st and 2nd teams attended the CCF National Regatta at Southport, achieving 2nd and 4th respectively in the Team Cup, 4th and 9th in the Argo Cup and 4th and 5th in the Fusion Cup

Hockey

Sedbergh HC lost to Wigton 7-1, and lost to Carlisle 10-1

Future Events

Chicago 27th- 28th November
Guest Carol Service 8th December at 5 pm in School Chapel
1st XV v Llandovery College 10th December at 2.15 pm
Term ends on Friday 13th December at 2 pm
The Lent term begins on 5th January at 6 pm
The first Epic Run (Frostrow Wall) 8 January
Rawthey Run 16 January 2 pm
Girl's mini hockey and netball tour to Edinburgh 17-18th January
Morgan Run 18th January 2.30 pm
Senior School Open Morning (Yrs 9,10 and 12) 28 January
Rugby v Rugby and Uppingham School 1st February
Bridgewater Hall Concert 3rd February at 5 pm Manchester
Half Term begins 7 February at 2 pm
Scholarship application week commencing 24th February
Wilson Run 25th March
500 Gala Weekend 2nd May

DALESWAY THERAPIES

Yvonne Cervetti

2024 started with a training plan for Yvonne's trip to Spain in May, when a group of 42 walked the first 120 miles of the Camino de Santiago. It was organised by www.advanced-trainings.com, with whom Yvonne has completed many hours of both in person and online training, so as well as walking through beautiful countryside adorned with wild flowers, their day included small group tutorials on how best to observe and optimise the body in movement. She finally met Robert Schleip, leading researcher in the field of Fascia and co-founder of Fascial Fitness, which Yvonne teaches in her Fascia Fundamentals class and is the foundation of her FunKi Fascia Groove class.

More recently Yvonne studied with the Swedish based www.earthingacademy.com and is now the first Earthing Guide in the north of Great Britain, extolling the virtues of Earthing aka Grounding. What on 'earth' does this mean? In its simplest form it means having direct skin contact with natural ground, sand, stones and water to absorb the negative electrical charge on the earth's surface: it's as simple as that. Our modern lives and rubber soled shoes have dis-connected us from this free energy source! From a few minutes contact with bare feet on the grass, hands in the soil to total immersion in rivers, lakes and seas the benefits for overall health and wellbeing are immense. It's available for anyone, can be done anywhere and the most significantly, unless you

decide to purchase an indoor earthing product, it's FREE. Visit www.earthinginstitute.net or www.earthingrevolution.co.uk (use code DT15 if you want to get 15% off any purchase) or come talk to us and purchase products at our stall in St. Andrews at late night opening on December 4th.

Although already a trained ScarWorker, Yvonne took further training with Emma Holly of www.restoretherapy.co.uk and is now a registered Scar Therapy Practitioner, treating all types of scars. The underlying adhesions can lead to restrictions reaching all areas of our body wide connective tissue. Gentle Scar Therapy alongside other Myofascial Release techniques can soften and ease this tension. However, you may just want to indulge yourself with a Hot Stone Aromatherapy Relaxation Massage. Yvonne first trained in Clinical Aromatherapy in 2003, a Diploma in Complementary Therapies in Cancer Care & one in Clinical Reflexology, both at The Christie Hospital, and went on to complete a BTEC 6 in Clinical and Sports Massage in 2012 to respond to wider client needs).

Fritz has not sat back or spent all day cycling (as is his passion). In June he attended a course in Ireland that enables him to treat children as young as 4 with the many CranioSacral Therapy (CST) techniques adapted to help the young. He has treated children, in the presence of their parents, helping them with the many problems that children experience: anxiety, lack of concentration to name but two.

As his practice grows he can tune into to the needs of the client's body quickly in order to help the body understand itself. He is always available to chat about what CST is. There is no obligation to book a treatment, but it gives him an opportunity to talk about what he passionately believes can help the body to begin the process of repair. Do watch the 'Missing Link' video produced this year by www.craniosacralsociety.com, of which Fritz is a member. His recent total knee replacement surgery made him further appreciate the role of patient and client. Alongside medical care he has received CranioSacral Therapy, Myofascial Release, Lymphatic Drainage, used homeopathic remedies, and Earthing outdoors and indoors to assist his recovery

You can purchase GIFT VOUCHERS for both treatments and classes.

Yvonne and Fritz would like to thank clients and class participants for their continued support, and wish everyone reading this article a very happy festive season and good health in 2025.

RENTAL ACCOMMODATION WANTED

Couple looking for unfurnished rented accommodation which accepts pets (1 cat and 1 dog) in the Sedbergh or surrounding area. Preferably a house, but would consider a ground floor flat. 3 bedoomed property required in a rural location with a garden. If you think you can help, please contact Cherie on 07799295409 or email to cherie@fox-communications.co.uk

DEMENTIA FRIENDS

Alzheimer's Society

"I found having even a little knowledge on dementia and ways to support Dad, made it a whole lot easier."

Dani was inspired to become a Dementia Friend while working in care supporting people with dementia. Dani was keen to understand more about the condition and how she could meet individual needs with more person-centred care.

"Dementia Friends helped me in many ways, to understand dementia and how I could make things a little easier for the person living with it, as well as family and friends around the person, because it's hard for them also and that's very often forgotten in my opinion."

"By attending a Dementia Friends session, I learnt ways I could be helpful when people were reflecting back. For example, if someone affected by dementia said "mum's coming soon" but this wasn't the case, I learnt how to answer in a way that supported their thoughts rather than to dismiss them or correct them. I also learnt how music can help and

affect those living with dementia, how important choices are and how important it is to gather as much background history of a person in order to help in the present for each individual."

Dani says that having worked within a dementia care setting and supporting her dad at home living with the condition, raising awareness and understanding of dementia is something very close to her heart.

"My dad was showing many signs of dementia through lockdown, therefore I had to support him as much as possible alone, until such time we could seek professional help and get him a diagnosis. I found having even a little knowledge on dementia and ways to support him, made it a whole lot easier."

"I am passionate about raising as much awareness around dementia possible. I have gone on to study dementia further and am in the process of writing a book with the aim of helping others through the journey."

Dani says she would 100% recommend becoming a Dementia Friend to friends and family because "you never really know if and when

STEVEN ALDERSON and SON

PAINTING and DECORATING

INTERIOR and EXTERIOR WORK

FREE NO OBLIGATION QUOTES - RELIABLE, QUALITY SERVICE

CONTACT: 07500443859 OR s.alderson198@btinternet.com

that person may be impacted by dementia, and the knowledge may help them when needed."

"Being part of the Dementia Friends movement has had a massive positive impact because it enabled me to understand more and act in a more calm and suitable manner. Just knowing that there is some support available through Dementia Friends and Alzheimer's Society if and when needed is great!"

Dani says she is thankful that Dementia Friends makes such valuable information and support available to all: "you never know if and when that support and knowledge may help, it may even help you to make someone's day brighter in your local supermarket."

If you'd like to join Dani and millions of others in learning more about dementia and how it affects those living with the condition, become a Dementia Friend.

www.dementiafriends.org.uk

MYOFASCIAL MASSAGE & SCARWORK
Yvonne 07795063107

FASCIAL FITNESS BAREFOOT TRAINING

CRANIOSACRAL THERAPY
Fritz 07817665662

SOMATOEMOTIONAL RELEASE

Dalesway Therapies
015396 21303
@dalesway_therapies daleswaytherapies@gmail.com
www.daleswaytherapies.co.uk

SEDBERGH LADIES N.F.U.

Caroline Sandys-Clarke

A most interesting evening was enjoyed on the 15th of October, when Professor Angus Winchester came to talk to us about drystone walls and their history which go back hundreds of years. The really old walls were built with huge stones at the bottom and were often not as high as some of the later walls. Two very high, fairly local walls are to be found round Ravenstonedale Park built in 1560 and Thringarth Park in Teesdale recorded as being built in 1440. The great rebuilding period was between 1550 and 1750 and huge areas were enclosed in the early 1750's because of the Parliamentary Enclosures Act. Walls can vary in content and types of stone from area to area. Some would be built with stones that were lying around and for others the stone all had to be brought in. Some old stone gate posts may have holes in them through which bars would be fitted to shut off the field, maybe for hay, instead of having a gate. If there is a bend in an old wall this may have been to go round a building, long since demolished, or if a hole in the wall this would have been to let sheep but not cattle through. Professor Winchester had some wonderful photographs to illustrate his talk.

A short meeting followed. Our December Meeting is on the 10th and called "Living over the Shop" given by Sarah Woof starting at 7.30 in the committee room of The People's Hall. Visitors are always welcome to our meetings.

KILLINGTON W.I.
"The afternoon WI for the entire district "

Christine Drury

Ukrainian weddings and traditions was the title of the talk by our guest speaker in September. More intriguing was his personal title of Count. His full name is Count Nikolai Ilkovich Vazhyra. Was it this that attracted 18 members to our meeting, a few more than our usual turn out. Whatever the reason our members were not disappointed.

The Count proved to be a personable, avuncular, charming man who enjoyed the occasion as much as we did. He touched on many areas in his talk from geography, history, architecture, agriculture and

traditions to politics and, of course, the current war with Russia. Pictures of present day Ukraine depicting beautiful historic buildings illustrated his talk. His own clothing was traditional and featured a particular pattern that may be replicated only by his family rather like tartan in Scotland.

The Count's personal life story is harrowing. The onset of World War Two saw his parents captured by Germany, his father to work in coal mines and his mother to Siberia while he was placed in an orphanage. In 1953 he found his father and also a brother who had disappeared. When in 2020 his father died the count as his heir inherited responsibility for his ancestral village and its people today.

NEW YEAR DEAL at Howgills House – 30% OFF!

Celebrate New Year with friends, family, or any group at Howgills House! Our spacious and cosy accommodation is ideal for gatherings, with stunning views and all the comforts to start 2025 on a high note.



Sleeps up to 28 guests – perfect for large groups.
Beautiful open-plan living spaces with modern amenities.
Idyllic location in the heart of nature.



Special New Year Offer:

4 Nights starting Saturday, 28th December – £5,000 total (just £44 per person per night based on 28 guests)

3 Nights starting Sunday, 29th December – £4,000 total (just £47 per person per night)

📞 Book Today to start the countdown to an unforgettable stay at Howgills House!



info@howgillsaccommodation.co.uk



0800 8 32 16 32

HOWGILLS
Accommodation

It is protected under a trust. His work in Britain is with Ukrainian settlers.

Ukraine has experienced much political change over the years. The second largest country in Western Europe, it produces 4/5 of all the wheat in the world thanks to its highly fertile black soil and it is famous for growing sunflowers. The country has been administered by different nations but has never been Russian. In 1921 it was taken over by communists, then in 1932 a huge famine led to the deaths of millions of Ukrainians.

The Count concluded his talk by highlighting some of the customs around marriage and also Easter which is more important than Christmas in Ukraine.

After a fascinating talk the Count joined us for a special afternoon tea when we shared not one but two birthday cakes for two of our members who turned 90 and 80 respectively.

After dealing with matters on our agenda we expressed our thanks for the delightful afternoon enjoyed by 12 of us at Barbara Hartley's home on the 4th of September we had an absolutely delicious lunch and lively company our next meeting will be our Christmas Lunch in December. In 2025 we would welcome anyone who might like to join us and see what we get up to in Killington WI.

(Editor – we would like to apologise for the non appearance this article which was entirely our fault)

FIRST4 HOME IMPROVEMENTS DAVID BAINES

FOR YOUR ENTIRE HOME IMPROVEMENT NEEDS

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

DAVID BAINES

015396 25346 07837 766 219

davidbaines@first4homeimprovement.co.uk

SEDBERGH W.I.

Moira Folks

The past month has been a particularly sociable one for Sedbergh WI! Our lunch club members had a beautiful drive through Wensleydale to the Stone House Hotel above Hawes on October 24th, revelling in the wonderful colours of the autumn leaves and blue sky on a glorious day. The hotel itself is very attractive, and the lunch was very good too.

The next event reached even further, into our local community and beyond. On October 29th we invited Kitty Brown Fashions from Milnthorpe to put on a show in Sedbergh People's Hall, using four of our own members as models. Our President, Louise Atkinson, wrote this afterwards: "I would like to thank all members who helped at the Fashion Show on 29th October, giving their time, effort and generosity to make the evening a great success. Everyone enjoyed it, including our models who did a Fabulous Job on the catwalk displaying the clothes and accessories, which always gives a better idea of what they look like on, instead of just being displayed on a hanger. A BIG thank you also to everyone who helped organise, serve and provide all the delicious refreshments." We were delighted to welcome many non-WI guests who came to support us and also enjoyed the evening.

November is Quiz month in our local WI federation. We provided two teams, one at Old Hutton and one at Barbon: no prizes won, but a good time was had by all!

'Sailing Around the Black Sea' was Peter Logan's subject at our main WI meeting on November 13th. He is a fan of small-ship cruises because they can get into smaller harbours and be closer to local life than the huge cruise ships. He showed us his photos of his 2-week cruise on the Varsity Voyager in 2013, taking us anticlockwise round the Black Sea from Istanbul, where an impressive suspension bridge links the continents of Europe and Asia. The Black Sea measures approximately 630 miles from west to east and 316 miles north to south. The cruise ship called at various ports, Peter's favourite being Odessa on the north coast, a beautiful town. The Crimean Peninsula, sheltered by mountains, used to be the haunt of the rich as a holiday destination. Some of the places Peter mentioned now remind us of the current war between Russia and Ukraine and it seems strange to think of holidays there. It was an interesting introduction to an area that most of us knew very little about.

Book club met at Angela's house the next day to discuss BBC News Correspondent Kate Adie's autobiography, 'The Kindness of Strangers'. Following her birth in Northumberland in 1945, her adoption by pharmacist John Adie and his wife Maud, growing up in Sunderland and her university days at Newcastle reading Scandinavian Studies, her first brush with the BBC was as an assistant at the new Radio Durham. Radio Bristol and regional TV news reporting in Plymouth and Southampton came next. Then, in 1979, she became an investigative journalist, being promoted to Chief

News Correspondent on BBC News from 1989-2003. Wherever there was trouble in the world, Kate seemed to be there on our screens, talking to us from Iraq, Libya, the former Yugoslavia and Tiananmen Square, the sounds of war in the background but not always out of the reach of bullets herself. Kate's account of her war experiences is vivid and frightening, but humour often comes through too, as does her compassion. Natural disasters feature as well – earthquakes in Armenia and Turkey, for example. She is a remarkable, brave woman with a real gift for writing and presenting the news. Our average score was nearly 7/10.

Our Christmas Dinner takes the place of our December meeting, so our next meeting in the People's Hall committee room will be on Wednesday 8th January, 2025, at 7:30pm. The subject will be 'Demystifying Dementia'. Visitors and new members are always welcome. For further information, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Valerie Welti, on 07969 376649.

Scrap Collected
Ring Kev
07812194311



HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

At our November meeting held in Howgill Village Hall, we welcomed members, visitors, and our speaker for the evening, Katie Laidlow.

Katie enthusiastically told us, how with her parents and two brothers she had moved onto their farm near Appleby in November 2011. Their farming journey began with only 11 sheep, closely followed by Gem, a reliable and much-loved sheepdog. With the proceeds from the sale of tup lambs, Katie wanted some animals of her own, so she bought a couple of donkeys, which were useful for keeping foxes away and eating scrubland that the sheep would not eat. The flock grew over the years, with Herdwicks being added in 2017.

During lockdown in 2020, Katie began making short video/phone recordings on the farm, which her mum sent through to Radio Cumbria. These soon became popular and Katie was asked to do a day's filming with Countryfile. In 2022, Anita Rani joined Katie, where she saw the highs and lows of lambing. This was followed in 2023 by Sammy Kinghorn (gold Paralympian) visiting three times throughout the year, to see the changes in the seasons on the farm, the final one being in November 2023 where the BBC decorated their home ready for Christmas. In 2024 Adam Henson was the visitor, helping to gather the sheep, bringing them down from the fell to the farm.

Along with farming and welcoming visitors, Katie is now studying media at Carlisle College.



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

Unblocked/Cleaned/Repaired

Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

Pauline Robson was awarded the Appleby cup for most competition points over the last year. This month's competition, a jar of home-made chutney, was won by Liz with Pauline 2nd, and the raffle was won by Bridget.

In December, we are all looking forward to enjoying a Christmas meal at the Cross Keys, Cautley.



RED SQUIRREL PUZZLES

Shirley Teggin

Kirkby Stephen photographer Shirley Teggin has just self-published her first book "Squirrel Charades". It's a quirky puzzle book with photos of Cumbrian red squirrels that contain clues that will lead to the name of a film, TV show, book, etc, like the traditional game of Charades but in picture form. As well as 40 charades and other puzzles, there book has information about red squirrels, why they are endangered and how you can help them.

Asked how she came to publish this book, Shirley said "I took the photos during the Covid lockdowns and sent them to friends and family to help keep spirits up. Everyone loved the photos and encouraged me to turn them into a book even if it is a bit mad. Spending time photographing these beautiful creatures was a true joy. I wanted to help them by raising awareness of why they are endangered, as well as supporting the hard work of Penrith and District Red Squirrel Group, who will receive 10% of the publishing profits."

The book is available at the Sedbergh Information Centre and Howgills Bookshop. For more information please see <http://www.squirrelcharades.co.uk/>



FAMILY MUSINGS.

Sarah Woof

Sometimes as we look back at all we have done as a year comes to its close, we wonder how it all fitted in. Or what on earth possessed us! It's a bit like that for us but we have ploughed on through the farming year with enthusiasm and a certain amount of energy. For me it has been a learning curve it is some years since I have 'helped' so much with sheep but "it is as it is" as my Dad used to say.

My Mum had a saying 'never let it be said I bred a gibber' meaning someone who gibbered or refused to do something, I haven't refused any task I have been asked to do, though sometimes the enthusiasm is a tad thin!

We have moved through lambing time, plunged straight in in all the rain and mud, through dosing and all other jobs with sheep and lambs and now the tupps are busy before it all starts again.

The dogs are getting stronger, Pip loves her days farming with or without me, Tilly just enjoys going everywhere with me and they know as soon as I get the car key that we are going out. The crate in the car saves the interior from being mauled by Pip.

Have a lovely Christmas, it may well be very different for you this year, someone missing or someone poorly but take time to hear the old familiar story read or sung and relax in the warmth of the fire and of those who love you. Merry Christmas and a Happy and Healthy New Year.

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

PEARLS IN THE RIVER KENT?

South Cumbria Rivers Trust

The River Kent runs from tributaries in the Kentmere area roughly 20 miles to meet the sea in the north of Morecambe Bay. It runs through Kendal among other towns, and has multiple designations.

It is both a UK designated SSSI (Site of Specific Scientific Interest) and an EU designated SAC (Special Area of Conservation).

The River Kent and its tributaries were part of the Europe-wide network of Natura 2000 sites of core breeding and resting sites for rare and threatened species and some rare natural habitat types. In recent years, this has shifted to being designated within the Emerald Network, which is a worldwide ecological network made up of Areas of Special Conservation Interest.

Our project works to improve the SSSI/SAC designated part of the River Kent and its tributaries. This covers from the headwaters and springs of the tributaries downstream through Kendal and ending at Sedgwick.

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

Tel: 07917 322626

Domestic & Commercial
Electrical Contractors

NICEIC
DOMESTIC
INSTALLER

The River Kent catchment is the only major river system in England where populations of white-clawed crayfish, freshwater pearl mussels, bullhead and water crowfoot can still be found throughout the catchment. Therefore, it is recognised nationally and internationally for its conservation importance. It is also designated as a principal salmon river due to its habitats providing suitable spawning grounds.

The catchment has varied geology from hard volcanic rocks dating from the Ordovician age formed of granite, forming steep streams with waterfalls and cascades, to bands of limestone present in the lower reaches of the catchment, forming wider valleys. This impermeable granite rock reduces rainfall infiltration causing the flashy nature of the river, resulting in quick river level rises and falls in response to rainfall.

The Freshwater Pearl Mussel
Margaritifera margaritifera, the Freshwater Pearl Mussel (FPM) is a critically endangered bivalve mollusc. This creature might be unassuming to the eye, but it is a hugely important member of a functioning freshwater

ecosystem. The freshwater pearl mussel is a filter feeder, improving water quality for other freshwater life such as otters, eels, fish and crayfish. They have an enormous muscular 'foot', which allows them to anchor themselves into stony riverbeds. With a lifespan of over 100 years, the oldest pearl mussels around today have witnessed a huge range of historical events.

M. Margaritifera is a sensitive species, requiring a particular set of habitat conditions in order to survive; this includes nicely flowing, highly oxygenated, low nutrient, stable-bedded streams with salmonid species present. As a result, the species has been in decline for long time, chiefly due to habitat loss, pollution (from sewage or farm runoff), siltation, poaching and water flow issues. On the flipside, this also means that their presence is a great indicator of a healthy ecosystem!

The LIFE R4ever Kent project aims to address these causes of decline to allow the successful reinforcement of a freshwater pearl mussel population in the River Kent and its tributaries. Whilst propagation at the Freshwater Biological Association's Species Recovery Centre (SRC) is of utmost importance, the mussels need a safe, suitable habitat to survive in the wild! Therefore, the works carried out by South Cumbria Rivers Trust will include catchment sensitive farming, river restoration, habitat monitoring and community education. All of these works are in partnership with Natural England and Environment Agency.



NOTES FROM DENT STATION

*John Carey Friends of the Settle
Carlisle Line*

Recent visitors to Dent Station will have perhaps noticed that the 'Dent' station boards are in the process of being changed to the old British Rail style maroon, something more in keeping with the heritage appearance of the station. The station looks good but it's a pity that more sympathetic consideration could not have been given to the electronic clutter which has adorned the platforms over recent years, including the incomplete CCTV pylons with wires hanging out. A personal moan, but CCTV was a DfT requirement of one the previous rail franchises, not that there has ever been a high incidence of anti-social behaviour at Dent. It shows the capacity of the railway to waste money and yet there remains the absence of the basic provision of

a 'passenger help point', surely an essential requirement of such a remote station.

The wait is finally over, and, after much speculation, we now know what the budget holds in store for our public transport. The popular bus fare cap will increase from £2 to £3 in the new year (£6 for a return journey), whilst some of the larger authorities such as Manchester have already decided to maintain the status quo. The scheme will eventually disappear at the end of 2025. This will come as a blow to many, effectively representing a 50% fare increase. Without doubt, the fare cap was an innovative move that encouraged many to make a modal shift from private car to public transport at a time when many bus operators could have failed. As I have remarked before, it is likely that the main beneficiaries were those in urban

At Oglethorpe Sturton & Gillibrand we have a diverse range of specialist lawyers covering personal, commercial and agricultural legal needs.

Our services include:

- Agricultural Land and Estates
- Corporate & Commercial
- Commercial Property
- Employment
- Family & Divorce
- Litigation & Dispute Resolution

- Power of Attorney
- Probate & Grants of Representation
- Residential Conveyancing
- Trusts
- Wills & Estate Planning



Kirkby Lonsdale 015242 71388



For More Information
www.osg.co.uk



Kirkby Lonsdale office: 17 Main
Street, LA6 2AQ

areas which already had the benefit of decent bus services. However, the budget does also contain £925m towards supporting new, existing and previously withdrawn routes although I suspect that this will not go very far once divided up across the country. The amounts spent on our bus services are a fraction of that spent on rail.

It would appear that we need to wait a little longer to hear of the changes to our local bus services in Westmorland and Furness, originally anticipated for early November. The council sought tenders for the subsidised routes, and these have been under consideration for some weeks now. In the meantime, the

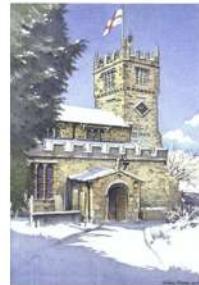
registration for the current 563 service operated by Stagecoach, originally due to finish in early November, has been extended until the end of December. Currently it is only the weekday 563 service from Sedbergh to Kendal that receives subsidy and services northwards towards Kirkby Stephen have been entirely commercial but, dependent on the subsidised portion.

Meanwhile the news on our local railway has not been so good. Performance dipped in October mainly due to the effects of leaves on the line, or at least the invisible residue formed by the leaf mulch. Many trains have run late with adhesion problems, but it has also

affected the signalling systems on occasions. In addition, crew shortages continue to be a factor and there is simply not enough spare capacity to cope with staff absenteeism, responsible for a number of cancellations. But, as I have previously mentioned, there is an acute shortage of carriages, with the aged 158 units requiring increased maintenance which has meant that many of our trains are shortformed. Rather alarmingly there are no immediate plans for replacement. Needless to say, we are lobbying hard.

Always enjoying a transport challenge, I recently embarked upon a circular trip around the Cumbria coastal line, first of all taking the train to Lancaster before changing to the coast line to Barrow and Carlisle returning via the Settle-Carlisle. The coastal line is a spectacular train ride and every bit as scenic as our own Settle-Carlisle with the impressive Kent, Leven and Eskmeals viaducts followed by the stunning coastal sections around Sellafield and Workington where it seems the waves are almost touching the train! I broke the journey at Ravenglass and even had time for a quick run up the Ravenglass and Eskdale narrow gauge railway to Dalegarth and back. An excellent day out although, I must admit, slightly self-indulgent.

Anyway, back to the here and now. The Saturday S1 Western Dales Bus continues to provide a vital link from Dent Station (the highest bus-rail interchange in the country) to Dent village, Sedbergh and Kendal, the first service meeting the 1048



St. Andrew's Sedbergh

Available to hire:

Church and/or
Parish Room/kitchen.
For information, availability,
bookings please email

[st-andrews-
bookings@westerndales.org.uk](mailto:st-andrews-bookings@westerndales.org.uk)

northbound train to Carlisle in the morning and returning for the 1732 train in the late afternoon. This gives a fantastic opportunity for a pre-Christmas day out in Carlisle, departing at 0958 from Sedbergh Post Office to Dent Station and then hop on the train to Carlisle. This would involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back to Sedbergh. Please check www.westerndalesbus.co.uk for bus running and times. Meanwhile, on weekdays, the 563 continues to provide 3 daytime services from Sedbergh to Kendal with two to Penrith for those fancying a longer journey, supplemented on Tuesdays

and Thursdays with the Western Dales Bus S6 service.

For regular journeys it is well worth purchasing a Dales Railcard (currently £10), providing a 1/3 discount off the on-the-day ticket price for journeys between Leeds, Bradford, Carlisle, and Morecambe (via Bentham) and will quickly prove its worth. These are available to residents within the qualifying post codes from Appleby, Carlisle, Settle, or Skipton Stations, or by application to the Settle Carlisle Railway Development Company via their website. Even better, there is currently a winter offer for Dales Railcard holders which runs until 13th April and gives 50% off a day ticket plus discounts of up to 81% for accompanied children. The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will also give details of any potential disruption. If I can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and, as always, I would be delighted to help.



THE DEVIL'S BRIDGE

Karen Bruce Lockhart

Not much is known about the origins of the bridge although it is thought to have been built in the thirteenth or early fourteenth century. It was possibly built or commissioned by the monks of St Mary's Abbey in York as they owned much of the land around about. The central of the three arches spans 54 feet and has stood for about 700 years against the strong currents of the Lune which can at times rise high against the bridge.

The bridge has always been important as it was an essential link between Yorkshire and the counties of Westmorland and Cumberland as well as parts of Lancashire. However, by the eighteenth century roads and bridges began to spring up as alternative routes, and its importance waned. By the 20th century heavy modern traffic began to endanger the bridge, and in 1932 it was closed to vehicular traffic and the modern bridge was built beside it. It is a Grade 1 listed building and a Scheduled Ancient Monument as one of the country's best preserved medieval bridges.

Apart from its undoubted age, it is famous for, and named for, the legend which attaches to it, which is helped by the lack of information about its actual origins. According to the story the local inhabitants found the river very difficult to cross due to the swift currents but did not feel able to build a bridge across it. The devil offered to build a bridge for them, provided he could have the first being to cross it. However, the locals tricked the devil by sending a dog

**Built in and Free-standing Appliances
Domestic Appliance Repairs**



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

Wi-Fi and Home Networking

Regular Deliveries to the Lookaround Area



ELECTRICAL STORE

Kew House (Just off the A65)

INGLETON

T: 015242 41224 / 015242 42095



www.toobys.com

across. Some say that the devil was so annoyed he cursed the bridge so that misfortune would fall on anyone who attempted to remove it or damage it – and perhaps that is why it has stood so long.

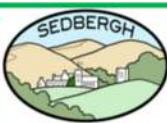
Another story is of a ghostly lady in white who searches for something lost nearby, and is thought to have drowned trying to cross the river. There is also a tale of a traveller who, not knowing of the bridge's reputation that it was a threshold between the mortal world and the after life, attempted to cross it at night and was never seen again.

A relatively recent story involving the bridge was when in World War II a Sedbergh School master chatted on the bridge to some evacuee

children from Barrow. He asked them about their homes and where they lived. On the way back to Sedbergh he was arrested by a policeman as the children had reported that he was probably a spy!

The bridge's bad reputation is added to by the number of deaths connected with it, particularly due to thrill seekers diving and jumping off it. Strong currents, the variable depth, the cold water, rocks and the 39 foot (12 metre) drop make it dangerous, especially in the summer months when the water level is low. There have been several deaths in recent years and many injuries.

Similar stories about bridges built by the devil occur all over Europe. The Teufelsbrucke crossing the



Sedbergh Parish Council

INTERESTED IN HELPING YOUR LOCAL COMMUNITY?
HELP MAKE CHANGE, BECOME A LOCAL COUNCILLOR.

We currently have a casual vacancy on Sedbergh Parish Council and, as no election has been requested, we wish to co-opt a new councillor.

What does the role involve?

As a Parish Councillor, you will have the opportunity to:

- Represent the views of residents
- Contribute to decision-making on matters affecting the parish
- Work alongside other councillors to improve local services and amenities
- Play an active role in the development of community projects

Why Get involved?

Serving as a Parish Councillor is a rewarding opportunity to contribute to the local community. This is an opportunity to make a real difference to the well-being of the community.

Who is eligible?

To be considered for the role of Parish Councillor you must be aged 18 years of age or over, and, additionally you must be able to meet one of the following qualifications.

You must be a registered voter in the parish of Sedbergh;

Or during the whole of the twelve months preceding the date of any co-option, have occupied as owner or tenant, land or other premises in the parish;

or your principal or only place of work during those months has been within the parish; or you have during the whole of the twelve months, resided in the parish, or within 3 miles

Should you be interested in serving as a Councillor you should contact the Clerk to the Council who will provide the application form (including full eligibility criteria), explain the nature of the role, the time commitment likely to be required and the training which is available for new Councillors.

Written application forms (available from the Clerk) need to be submitted to the Council 72a Main Street, Sedbergh LA10 5AD (or emailed) **to be received by Friday 31 January 2025**. Thank you.

Janey Hassam, Clerk to the Council (07966 134554) Email: clerk@sedberghparishcouncil.org.uk

Schollenen Gorge in Switzerland is also 13th century and has a very similar story except that instead of a dog the villagers used a goat. The Pont du Diable on the route to Compostella in France is said to have been built for monks and again the devil was tricked by sending an animal across. At the 16th century Divolski Most in Bulgaria it is said that the devil made a pact with builder that required him to wall his wife's shadow into the bridge so that the bridge would withstand flooding, which meant she would die, as indeed she did a year later. The central arch forms an almost exact circle with its reflection, and it is said that you can see the devil's image

reflected below the bridge. The Ponte del Diavolo in Italy has a similar story of a bargain for a soul and a trick with a dog, as does the 13th century Puente de Diablo in Spain which partly dates back to Roman times. The Ponte Valentre in France has a slightly different version as the devil offered to help build it, but the builder set him to fetching water and gave him a sieve to fetch it in, resulting in the bridge being finished before the devil had managed to bring some. The Rakotzbrucke in Germany built in the 19th century has earned its reputation as a devil's bridge simply because of the seemingly impossible construction.

DENTDALE FIFTY YEARS AGO Times Change, But Not The Proud Dalesmen!

Colin Cowperthwaite

The following article, with the above title, appeared in a local newspaper back in November 1974. (I'm not sure how Dent folk would react to their town being called a 'village'!)

Dent is now part of Cumbria, but for the people who live there this chocolate box village will always be part of Yorkshire. The village's lifelong inhabitants have a fierce pride in their Yorkshire background and lifestyle. They are Dalesmen through and through. And many of the newcomers who have chosen Dent as their retirement home are solid Yorkshire people from the industrial areas of Bradford and Leeds. The speech of the villagers is still spattered with colourful words developed over centuries of life in Dentdale, and contained by the fells rising steeply on all sides.

There's terrible, a word used frequently to describe anything, good or bad. It can be a terrible fine day in Dent just as easily as it can be a terrible wet day. The Terrible Knitters

of Dent, now part of the village's history, were christened not because of the number of stitches they dropped, but because of the tremendous quantity of woollen goods they produced. Life in the dale in the last century was not easy. Farms were small and the women were forced to click away with their needles for hours, producing goods which they sold at the markets at Kendal and Hawes.

Mr Norman Brooksbank, landlord of Dent's Sun Inn, reckons his grandmother was probably one of the last of the women who knitted their way into the history books. Born in Bradford, Mr Brooksbank came to his family's native village at the age of five. He worked as a dairyman in the dale until he took over The Sun 14 years ago. He is descended from one of the village's oldest families, the Parringtons, and is proud of a family tree which traces them back to 1670. The family tree was compiled by Mrs Molly Booth, an expert on local history, and Mrs Marjorie Thomas. Mrs Booth, who lives at Slack House, came to Dent from the East Riding in 1939 to teach at the village school. She immediately became part of the

ROYAL BRITISH LEGION SEDBERGH BRANCH

If you 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 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 of the Legion. Membership costs £21.00 Call 015396 21358 or email: nigelwhiting306@gmail.com to apply.

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



community and claims she has never felt a stranger. For 10 years she was clerk to the Parish Council, and now she tours the area giving talks on local history and showing her massive collection of slides to schools and Women's Institutes.

Dent, with its cobbled streets and charming cottages, is undoubtedly a picturesque village. Consequently, it is packed with tourists in summer. They find plenty of interest in the old world atmosphere of the place, and the interesting buildings. At the centre of the village is a fountain, built of Shap granite, as a memorial to Adam Sedgwick, the son of a former Dent vicar who became a professor of geology at Cambridge. The fountain provided the village's first supply of piped water, and on wash days the local children used to earn their pocket money by fetching water for the old people. Dent's old Grammar School, which served the village until the 1890's, still stands at the edge of the churchyard. Now it is used as a store by Mr Donald Crossley, who runs an antique business.

The ancient Parish Church of St Andrew is in the centre of the village, and plays an important part in the life

of the community. It attracts a good congregation. "And considering the state of allegiance to the Church these days this is very encouraging" said the Rev. A.J.W. Barker, vicar of Dent for the past 13 years. An estimated 50,000 visitors flock to Dent each year, and many of them look round the church. Mr Barker needs to order 8,000 church history cards each year to keep all the visitors happy.

The people of Dent appreciate their village is an attraction to tourists and they welcome the annual invasion. But they would like to see more people staying in the village and bringing money in. The two hotels, The George & Dragon and The Sun, provide residential accommodation, and there are a number of small guest houses. More beds are still needed, and chairman Mr Harry Bell said the Parish Council would like to see more well-controlled caravan sites catering for the visitors. "We would like a few more small, unobtrusive sites, and we feel that if farmers want to put sites on their land then they should be allowed to do so", he said. The problem is that Dent lies within the Yorkshire Dales National Park, and planning permission for sites is not often forthcoming. The council has now asked the National Park Officer to come and discuss the problem.

Like many villages in the Dales and Lakes, Dent has a second-home problem. More than 40 of the village's 180 homes are used as weekend homes, or are standing empty waiting to be occupied by the people who have bought them as retirement

The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

Available to hire for all kinds of functions

**⌘ Parties ⌘ Meetings ⌘ Concerts ⌘
⌘ Wedding Receptions ⌘ Dances ⌘
⌘ Theatre ⌘ Discos ⌘ Lectures ⌘**

Availability calendar and forms at
sedberghpeopleshall.org

For bookings email
booking.peopleshall@gmail.com



Stock up with essentials from Dawsons Fuels

Tote Bags, Crates, Boot Bags and Carry Bags of
Woodsure Ready to Burn hardwood Kiln Dried Logs.
We also have a wide range of Ready to Burn Heat Logs including
Hotmax, Woodlets Briquettes and Oak Pinikay Heat Logs.

Woodlets Wood Pellets & **Stali** Wood Pellets.
Approved Smokeless Fuels for stoves and open fires.

Our **Approved Smokeless Fuels** are also
available in handy sized 25kg pre packed bags.

To keep your Garden Birds happy through winter we have in stock :-

High Quality Runner Peanuts, Wild Bird Seed,
Suet Pellets, Dehulled Sunflower Hearts.

Contact us for prices and further information on 015396 20210
or send an email to sales@dawsonsfuels.co.uk

homes. Although the villagers are saddened that so many of their houses stand empty for most of the year, they are quick to show their appreciation that a high proportion of the weekenders do use the local traders and do try to take part in community life. There is plenty to do in the village. The Women's Institute, under the presidency of Mrs Irene Bell, has an active drama group which for the last two years has staged a very successful pantomime. The village has several other social organisations which meet at the Memorial Hall. The hall is very much the centre of village life, serving the adults in the evening and the children

from the adjoining school in the daytime.

Major events of the year are Dent Sports and the village Gala Day. The sports day is now mainly a horse trotting event, attracting between 60 and 80 horses, but there are also fell racing events and flat races for the children. It is a big family day for the villagers. "Families have always made a day of it. People who have moved away from the village still come back for the sports", said Mrs Ruth Hodgson, whose husband, Mr William Hodgson, is chairman of the Dent Sports Club. The gala day is organised by the Memorial Hall Committee and usually raises a considerable amount of money. "It's

quite a big event for Dent, and is very popular with the visitors", said committee chairman Mrs Hazel Haygarth.

Because of its position in the beautiful dales country, it's not surprising that Dent is used as a field study base by schools from all over the country. There are two centres in the village itself, one at the former White Hart Inn. There's a Youth Hostel at Dent Head, and even the old station buildings are now used as a field centre. Preston Rotary Club has bought Tubhole, a little way along the dale, to provide holidays for under-privileged children. Nearby is Whernside Manor, once a country home and now the National Scout Caving Centre. Warden Mr Ben Lyon

and his wife Kim keep the house running all the year round as the only centre in the country specialising in caving. There are quite a lot of caves in Dentdale, and in the last six years Mr Lyon has discovered a number of new ones.

Farming is the major industry in the Dales, and apart from the few people who run shops in the village, most of the Dent people are forced to work on the farms or in nearby towns. There is just one manufacturing industry, Dent Glass, which was set up just over three years ago. Mr Richard Hugo and a small team produce beautifully engraved glassware which is sent all over the country. One of the few old craftsmen left is Mr Ronnie Haygarth, who still



THE BLACK BULL

Family run 17th Century Coaching Inn with Restaurant,
Rooms & Bar in the heart of Sedbergh, offering an
exciting choice of menus and offers throughout the week.

015396 20264
[bookings@theblackbulledbergh.co.uk](mailto:bookings@theblackbullsedbergh.co.uk)
theblackbulledbergh.co.uk

The Black Bull
44 Main St.
Sedbergh
LA10 5BL

À La Carte - Wednesday to Saturday 12noon to 3pm & 6pm to 9pm
Sunday Service - 12noon to 8pm

Open 7 Days
Bar Menu - 12noon to 5pm
Monday Pie Night
Tuesday Curry Night



produces the wooden hay rakes which were once an essential farm tool. There is not the same demand for them nowadays, but he still makes about 20 dozen a year which find their way into town parks and gardens. Just along the road from Mr Haygarth, Mr Bob Jackson practises a skill he acquired as a young boy. He makes walking sticks and shepherd's crooks, fashioning them out of hazelwood and rams' horns. A retired farm manager, Mr Jackson regards his stick-making as a hobby. But he spends a great deal of time at it, and examples of his work have been sold as far away as Rhodesia. In August this year his sticks gained him first and second prize at Barbon Show.

Forty minutes drive from Kendal and more than an hour away from Lancaster, Dent is a remote little place. There is only one bus a week, on Wednesdays, and the station closed three years ago. But now villagers without their own transport can look forward to next summer when once again they will be able to catch the train at one of England's highest stations (1,100 feet above sea level). Only last week it was announced that the Dales stations are to be re-opened next summer. For the tourists it will mean a faster journey to the beauty spots, but for the people who live in the Dales it will mean a chance to enjoy again their badly missed shopping trips to Leeds or Bradford.



Cobble Country Property



We don't pull
Rabbits out of hats
but we have been
known to work a
little like 'Magic'

Wishing you all a Merry Christmas and a Happy New Year...



www.cobblecountry.co.uk



015396 21000

THE PENDLE WITCHES Sedbergh History Society

Karen Bruce Lockhart

A packed room gathered to listen to listen to Terry Bond giving a most interesting talk on the famous Lancashire witches.

He told us how the story had begun in 1612 with an accusation of witchcraft against Alizon Device a beggar from a family known as the Demdykes, and headed by her grandmother known as Old Demdyke. Alizon had apparently tried to beg from a peddler called John Law who had refused her request, and she was said to have cursed him as a result. Shortly after this he suffered what must have been a stroke and died. Alizon was brought

before a local magistrate Roger Nowell accused of the crime of witchcraft. Possibly under duress or even her own belief in the power of curses, Alizon confessed to witchcraft and implicated her grandmother (an old lady of 80) and other members of her family, and in addition members of a rival family, the Chattoxes.

Matters came to a head when Roger Nowell learnt of a meeting of the two families and other women in a building known as the Malkin Tower. This was seen as a conspiracy and members of the two families and a local gentlewoman, Ann Nutter, were arrested.

Roger Nowell committed the women to prison in the Well Tower of Lancaster Castle. This is an

McGarry
& Co SOLICITORS

*Feet Up &
Family Time*



Your Legal Companion

- ESTATE PLANNING
- PROPERTY & RURAL LAW
- FAMILY LAW

Offices At:

mbmcgarry.co.uk
e. office@mbmcgarry.co.uk

Sedbergh

t. 015396 223 40
LA10 5AB

Barnard Castle

t. 01833 600 160
DL12 8EQ

Hawes

t. 01969 666 290
DL8 3QS

Leyburn

t. 01969 621 230
DL8 5EH

unpleasant dungeon down steep steps below the tower. They were committed in April and held in the dungeon until August which was the next time the Assizes came to Lancaster. During this time the Old Demdyke died. They were brought to trial (including the Old Demdyke although dead) before two judges who were fresh from witch trials in York, Sir James Altham and Sir Edward Bromley. The convictions depended on the evidence of the nine year old granddaughter of the Old Demdyke, a child called Jennet. At what may have been the earliest known identity parade Jennet picked out the women she said had been at the Malkin Tower meeting – including the gentlewoman Ann Nutter (a Catholic). All twelve women were convicted and sentenced to be hanged. All the sentences were carried out

All sorts of background factors led to these convictions: superstition; religious beliefs; fear; lack of medical knowledge; the conflict between Protestants and Catholics (Lancaster was a hotbed of Catholicism); and above all the views of the King, James I and VI. The king had written and published a book against witchcraft called *Daemonologie* which encouraged prosecution of witches and even torture to gain confessions.

We were also told that this famous trial was by no means the only witch trial in Lancaster. Over the next 50 years or so there were several more. It was not until 1736 that James's witchcraft laws were abolished.



50 YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from December 1974 and January 1975.

Golden Wedding at Sedbergh

Mr and Mrs E. Wightman of Oakdene, Sedbergh, had a family celebration on their Golden Wedding anniversary on the last day of 1974. Mrs Nellie Wightman was born at Troutbeck in 1902 and her husband, Edmund, was born the following year at Burneside. They both worked at Grove Farm, Windermere and continued to work there after their marriage at Troutbeck Church on 31st December 1924. In 1946 they left Grove Farm and went to farm at Middleton Hall near Kirkby Lonsdale. They bred sheep and have won prizes at shows throughout the area and have exhibited at the Great Yorkshire Show and the Royal Show. In 1960, Mr Wightman won the "Golden Fleece" award from an entry of over 600 for the best Rough Fell sheep in Britain. Mr Wightman has done a lot of judging at shows, and he now enjoys gardening at their home, Oakdene, where they have lived since 1962. The couple are



*will be closed for Training Purposes
at 1pm on the following afternoons:-
2025*

Thurs 22nd February
Thurs 14th March
Tues 16th April



interested in birdwatching, photography and natural history. They have a pond in the garden with a varied selection of wildfowl and they keep a pet badger, Sal, whose mother was killed on the road a few years ago. The couple have five children and fourteen grandchildren. Their golden wedding party was held at Farfield House, Sedbergh, where their bridesmaid, Mrs Amy Wadsworth and best man, Mr John Hodson, of fifty years ago were present.

National Children's Homes

Last weekend at Sedbergh Methodist Church was devoted to the National Children's Homes. The speaker on Sunday was Mr L. Wicks of Warrington, who spoke on the work of the homes, and on Monday evening Mr Eric Brown, of Preston, showed a film "They can be helped", which illustrated the activities of the homes. The secretary-treasurer, Mrs Jenny Dawson, reported that to date

more than 250 pounds had been collected from the circuit, which included nearly 80 pounds from the house to house collection in September, and said that more money was due to come in.

British Legion Club Moves to New Home

The 600 members of Sedbergh British Legion Club now have a smart new headquarters in the centre of the town. The club is housed in what used to be the White Hart Hotel in Main Street, and the official opening took place on Tuesday night. Club chairman Mr Stan Haygarth said of the move: "It's a dream come true for the Legion, we've been looking for somewhere for eight or nine years now. This is the fourth building we've had in Sedbergh. Originally, we were in a loft behind the Red Lion, and we later moved to King's Villas. From there we went to a place in Bull Yard, but it was cramped and there were no ladies' toilet facilities." The new

THE
THIRSTY RAMBLER



SEDBERGH
14-16
MAIN STREET

WE ARE A COSY LITTLE, DOG FRIENDLY MICRO BAR, OPERATING A FIRST COME, FIRST SERVE SEATING POLICY.

WE SERVE A RANGE OF BOTTLED, CANNED AND HAND PULLED ALES AND LAGERS SOURCED FROM LOCAL BREWERYIES IN CUMBRIA AND YORKSHIRE. WE ALSO OFFER A SELECTION OF ARTISAN AND CLASSIC GINS, SPIRITS, CRAFT CIDER AND HANDPICKED FINE WINES.

WE LOOK FORWARD TO WELCOMING MUDDY BOOTS AND DIRTY PAWS!

WWW.THETHIRSTYRAMBLER.CO.UK

07874 838816

DRINK@THETHIRSTYRAMBLER.CO.UK

THETHIRSTYRAMBLER@SEDBERGH

club building was bought by the legion for 45,000 pounds when it came up for sale this year. 16,000 was provided by the legion, 20,000 has been loaned by Joshua Tetley's Brewery, and the previous landlord agreed to loan the remainder of the price of the property. Mr Maurice Hartley, secretary and treasurer of the club, thanked Mr and Mrs Roland Shaw, the former landlords, for their financial assistance. He also thanked club chairman Stan Haygarth for the time he had devoted to the club. Mr Hartley was keen to appreciate the invaluable services of "those two prominent and stalwart helpers of the club", the one-armed bandits, which had helped to provide funds for the new club. Mr Ian Christopherson, club president, said he was pleased that so many ladies had come to the opening, and he hoped they would continue to come now that the club was in more pleasant surroundings. The facilities available at the club include a concert room, upstairs lounge, billiards room and downstairs bar. Mr Hartley said that the third storey of the building will eventually be converted into three self-contained holiday flats, from which a rent of 80 to 90 pounds per week is hoped.

The Late Mrs M.E. Winn

The funeral was held on Monday at Sedbergh Methodist Church of Mrs Mary Eleanor Winn, of 3 Main Street, Sedbergh. Mrs Winn, who had been in poor health for over three years, died in hospital at Kendal two days after her 81st birthday, which also coincided with the birth of her latest great grandchild. The former Mary Eleanor Fisher until her marriage,

she was born at Casterton, second daughter of the late Mr and Mrs W. Fisher, who farmed Bindloss. Educated at Town End School, she was employed in a domestic capacity at the Royal Hotel in Kirkby Lonsdale, and later, for a period of seven years, with the Aubrey Beetham family at Tower Cottage, Sedbergh. She married Mr Thompson Winn, member of a very old Sedbergh and Garsdale family, at Sedbergh Parish Church, and went to live at No 3 The Folly. From there they moved to Fairholme, where they lived for 31 years before moving to Main Street. Well known in the town, she regularly organised dances at the People's Hall for various charities and the welfare of the blind, St John's Ambulance

An advertisement for H & M Craftsmen. At the top, the letters 'H & M' are displayed in large, bold, green serif font, with 'CRAFTSMEN' in smaller capital letters below it. Below this, the text 'KITCHENS | BEDROOMS | STUDIES' is written in a smaller, sans-serif font. The central image shows a modern kitchen interior with light-colored wooden cabinets, a white island with a breakfast bar, and a tiled floor. Three wooden stools are tucked under the island. In the background, a stainless steel oven and a sink area are visible.

Full design and fitting service

Showroom Open:

Mon-Fri 9am-5pm | Sat 10am-1pm

Ingleton | North Yorks | LA6 3NU

015242 41535

kitchensandbedrooms.co.uk

Brigade etc., and also to pay off the debt of the hall. Apart from being the treasurer of Sedbergh Wanderers AFC for many years, she also undertook the club laundry, and her home was used as a bathing and dressing room by visiting and local players for more than 20 years. She had also been the caretaker of the People's Hall since soon after it opened until relatively recently. Mrs Winn is survived by her husband, three sons and three daughters, 12 grandchildren, five great grandchildren, and one sister. The service was conducted by the Rev. H.S. Hills.

Old Folks' Welfare

The quarterly meeting of the Sedbergh and District Old People's

Welfare Committee was held at Highfield House last Thursday, with Canon D.A. Rogers in the chair. The treasurer reported that, due to the increased costs in providing meals, the Meals-on-Wheels service was now losing an average of 4p per meal, and that this was causing a rapid reduction of reserves. An application for an increased grant had been made to the local authority but, pending their reply, no action would be taken. Mr Albert Wilkinson was confirmed as the new secretary in place of the late Mr Peter Roberts.

Christmas Events

Pupils of Sedbergh Secondary School and Sedbergh and Garsdale Primary Schools held a united carol service at the Parish Church. There



Powells Fruit Merchants

Specialist Suppliers of High Quality
Fruit & Vegetables to the
Retail & Catering Trades

Local, UK and Imported Fruit & Vegetables
Salads and Produce direct from the Growers
Potatoes from Lancashire, Lincolnshire,
Cornwall etc

Also, extensive range of deli goods
Cheeses, butter, milk, yoghurts & eggs
Herbs & Spices, Preserves & Condiments
Teas, Coffees, Juices & Cordials
Smoked Salmon, Kippers etc
Dried Goods, Nuts, Seeds & Pulses

DAILY DELIVERIES TO SELF ISOLATING HOUSEHOLDS

52 Main Street, Sedbergh, Cumbria LA10 5BL
Telephone: 015396 20304 | powellsfruitmerchants@gmail.com

The Flower Shop Sedbergh

Personal Friendly Service
Beautiful Fresh Seasonal
Flowers

Wide Range of House & Garden Plants
Great variety of gifts. We will be willing
to help to arrange flowers for every
occasion; Weddings, Birthdays, Funerals

We are a dedicated team, full of creativity
and inspiration. Feel free to contact us
anytime to discuss your arrangements.

Tel 015396 21605
flowershopsedbergh@gmail.com
49 Main St, Sedbergh
LA10 5BL

was a capacity congregation of parents and friends.

They say that "Christmas comes but once a year", but in Dent they do their best to make sure it lasts for at least a fortnight and more. There has been a Nativity play in St Andrew's produced by Mrs B. Lyon, with a large number of young people taking part in "Christmas is for Everyone". Adult helpers, readers and musicians all assisted, and it brought together a large congregation.

Then it was the turn of St John's, Cowgill, with their Carols by Candlelight service, the church twinkling with a large number of the usual tiny lights. Here members of the Women's Institute branch opened the service with a mime of the Christmas Story. Mr and Mrs Roger Bush, with Mr and Mrs G. Williams and Mrs D. Ford, also sang to an accompaniment of guitars. Mr J.W. Warburton (reader) read the lessons, and the vicar, the Rev. A.J.W. Barker, conducted the service and preached.

Sedbergh Guides and Brownies combined to hold a Christmas Fayre in the Methodist schoolroom on Saturday. The girls made many of the products on sale as well as building the attractive Christmas gift stall. Winners of the competitions were Mesdames Dobson, Cramer, Taylor, Hinton and Teal, and the Misses Leighton and Jenkinson. The proceeds for Guide and Brownie funds amounted to 100 pounds.

A jumble sale, organised by Mrs Thornber, was held at Sedbergh Primary School last Thursday, raising 60 pounds for a Christmas party for the children

LIME KILNS Sedbergh History Society

Karen Bruce Lockhart

On Tuesday 10th November David Johnson, a landscape archaeologist, gave the Society a very interesting and informative talk on limekilns

He surprised us with the number in the National Park, Westmorland and Cumberland. He had visited 1,466 in this area, and over 2000 in a slightly larger area. There were 135 around Dent, 55 in Garsdale and 31 around Sedbergh. In addition there were 5 sow (dug into the ground) kilns in around Dent and two in the Sedbergh area. People tended to think they were to be found high on the fells, but in fact they can be seen from 100m to 500m with most being in the middle area. Most faced west to take advantage of the prevailing wind

Again it was surprising that they were not necessarily to be found where there was limestone, but could be found everywhere. They could be found where there was a source of limestone, but also where coal was available, at the site of the end use, where the topography was suitable, where the Enclosure Acts stipulated and where owners desired them.

Matthew Cook

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

Stone repairs and replacement

Re-pointing with lime mortar

Stone cleaning

Specialist surveys and consultancy

07791894782

www.cookmasonry.co.uk info@cookmasonry.co.uk

Historically the lime was used for mortar and building but in the eighteenth century a farmer in France had had some building done. He noticed that where the builders had been slaking the lime the grass grew vigorously, and he spread the news which gradually reached England. Since when farmers spread lime on their fields.

Most were built of stone with their backs into the hill. Inside was the bowl which was rounded and narrower at the top and bottom to keep the heat in. The bowl was lined with firebricks and rubble was heaped on the outside of the bowl to help keep the heat in. At the bottom of the bowl was a cast iron grill over the fire, which had a wind/air passage from the outside to provide draft. The bowl had three levels, a cooler one at the bottom (60 degrees) and the hottest (between 800 and 1200 degrees centigrade) at the widest point half way up, and the fresh limestone which was tipped in through a hole at the top, to which a ramp was usually built. Modern steel kilns work on the same method.

Not all kilns were square, many were round, and they varied in size enormously. The smaller they were the less efficient they were. Some kilns were built into the ground and can be difficult to see, although there is usually a circular hillock which sounded the kiln with a gap at one point for the draft.

The area known as Mortar Pits in Sedbergh is probably where builders building the School Library building slaked the lime in pits to provide mortar.

ACCENT AND DIALECT Sedbergh History Society

Karen Bruce Lockhart

On Wednesday 16th October the Society heard a fascinating talk by Malcom Petyt on accents and dialects and the difference between these terms

He told us that most people tend to think of accent as being a regional matter, but in fact it was much more complicated than that. Accents tend to be less noticeable now than they used to be but nevertheless the use of accents tends to be in an equilateral triangle with Social Class 1 at the tip, with class 2 having more noticeable but not strong accents, and 3 and 4 widening until at the bottom and widest part of the triangle is the largest class of unskilled workers speaking with accents. Social Class 1 will speak with Received Pronunciation (BBC), the accents will become more noticeable as you progress from Class 2 to 3 and 3 to



Supply and installation of
Wood, Multifuel and Gas Stoves
Flue and Chimney
Lining Services
Inglenook Specialists
Fully Qualified and experienced
Hetas engineers

01539 821061

www.cumbriastovesltd.co.uk

SHOWROOM:
34A Main Street, Staveley,
Nr Kendal, LA8 9LN.

4, and will be very strong in Class 5, sometimes so strong as to be almost incomprehensible to outsiders.

Another factor is Age Group – for instance, the glottal stop (good, be'er, best) is becoming more fashionable with the young, and accents tend to be stronger the older people are.

Another factor is the level of formality – the more casual the situation the stronger the accent tends to be, and features such as "H" dropping and glottal stops are more common. Also people tend to react to an accent used by others when speaking to them

Vocabulary varies and not just from region to region. Regional variation are common such as yes/ay, perhaps/happen, bucket/pail, stream/burn/beck/brook, or a word having different meanings such as dyke (a wall above ground/a trench below ground), and sometimes one or other of the words having started as regional becomes Standard English such as yes, perhaps, and stream. Sometimes it is the form of the word that gets adopted where two forms have been used generally such as before/afore, childer/children, snow/snew.

Sometimes it is the grammar such as "he were riding"/"he was riding" or "he were sat"/"he was sitting" where again one form eventually becomes Standard English, or "our clothes"/"us clothes" or "those books"/"them books" and that/yon

It is the pronunciation of different vowel sounds such as cat, cart, class and classic which shows accent. With dialect it is the grammar and words: Yon on 'ems thy tup/One of them is your ram.

SUPPORTING A LOVED ONE'S MENTAL HEALTH AFTER A HOSPITAL STAY: How You Can Help

Stephen Hall, Trauma & Addiction Therapist

I recently had a call from a lady whose partner has been stuck in hospital for the last few months following a traumatic operation. She has noticed his general mood going down and him becoming more anxious - especially when she said she was leaving at the end of visiting time. She wanted advice about how she could support him and whether working with a counsellor might help him to find his motivation and love of life again. It got me thinking about my own experience with relatives and



Online Therapy
Walk & Talk Therapy

in Cumbria & the Yorkshire Dales
Remote Walk & Talk;
Full & Half-Day Options



how many more people might be in this situation, which inspired me to write this article.

When someone we care about is going through a tough time, particularly following a hospital stay or after a traumatic procedure, it's natural to want to help. Extended periods of time in hospital can take a heavy toll on mental health and often lead to feelings of anxiety, low mood, and a sense of helplessness. As a close friend or relative, your support can make a profound difference, and understanding a few key steps can make this journey easier for both you and your loved one.

1. Recognising the Signs of Mental Health Struggles

Recovery isn't only about physical health. Hospital stays, especially lengthy ones, can deeply affect someone's emotional wellbeing. Feelings of isolation, vulnerability, and fear often build up over time, affecting mood and motivation. If your loved one seems withdrawn, irritable, overly anxious, or if they've lost interest in things they once enjoyed, these could be signs that they're struggling with more than just their physical recovery.

Sometimes, these changes are subtle, like increased anxiety when someone they rely on is about to leave. Understanding that these behaviours are a reaction to a difficult situation, rather than a change in personality, is key to approaching the



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

01539 721252 | charles@wocc.co.uk | wocc.co.uk
Tue - Fri 10am-4.30pm Sat 10am-1pm

The home of **WOOLS OF CUMBRIA CARPETS**

situation with compassion and patience.

2. Creating a Safe and Supportive Environment

Your presence is one of the most valuable forms of support. While physical visits may be limited, finding ways to stay connected can remind your loved one that they aren't alone. Here are some ideas:

Regular Check-ins: Make a routine of calling or visiting if you can. This predictability can create a sense of security.

Encouraging Communication: Invite your loved one to share their feelings. They may be struggling with fears about their recovery or the future, which might feel easier to

open up about with someone they trust.

Reassuring Words: Simply hearing that their current feelings are valid and understandable can relieve some anxiety and make them feel less isolated.

3. Supporting Independence

When someone is stuck in a hospital bed, it's easy to feel powerless. Even small steps toward regaining independence can help lift their spirits:

Setting Small, Achievable Goals: Talk with your loved one and the nursing team to set realistic, small goals. This could be as simple as sitting up for a few minutes longer each day or reading a book.

**White Hart
Sports & Social Club**

Sedbergh

TEL: 015396 20773

EMAIL: WHITEHARTSEDBERGH@HOTMAIL.COM

**ONLY £10
PER YEAR MEMBERSHIP**

FREE ROOM HIRE FOR MEMBERS

**SNOOKER - POOL - DARTS - DOMINOES - BOARD GAMES -
LIVE MUSIC - KARAOKE - BINGO - BAR MEALS - CASK ALES**

**MEETING ROOM HIRE WITH USE OF WIFI, DOCUMENT PRINTING
/ COPYING, LARGE TV'S FOR PRESENTATIONS
REFRESHMENTS / CATERING AVAILABLE.**

**PLEASE CONTACT US AND SEE HOW WE CAN HELP YOU!
FOR UP TO DATE EVENT LISTINGS, PLEASE VISIT OUR
FACEBOOK PAGE.**

DUNCAN LAW Ltd

Plumbing & Heating Engineer

Bathroom Suites & Tiling

Central Heating Systems

General Plumbing



Mob: 07796 544596

Tel: 015396 20930

Celebrating Progress: Even the smallest victories, like completing a physio session or walking to the end of the hallway, deserve acknowledgment. Celebrate these milestones together to build up their confidence.

4. Suggesting Professional Support When Needed

Encouraging your loved one to consider speaking with a counsellor or therapist could be an important step. Professionals trained in hospital-based or post-traumatic counselling are skilled in helping patients process the feelings that come with traumatic medical experiences. Therapy can provide tools for coping with:

Feelings of anxiety and fear about leaving the hospital.

Emotional overwhelm related to physical limitations.

Regaining a sense of motivation and purpose.

If suggesting this feels difficult, try re-framing it as something supportive. For example, you might say, "I've heard talking to someone can really help with the tough



thoughts and feelings that come after an experience like this."

5. Focusing on the Future

A prolonged hospital stay can make someone feel disconnected from life outside those walls. Here's where you can help them remember their goals and joys:

Discussing Future Plans: Bring up plans they were excited about before the operation. Even something as small as a walk by the river or a having a brew with friends can be a positive image to hold onto.

Reminding Them of Past

Strengths: Talk about challenges they've overcome before. Reminding them of their resilience can help them believe in their ability to get through this as well.

6. Taking Care of Yourself, Too

Supporting someone going through a hard time can take a toll. Ensuring you're looking after your own wellbeing is equally important. Taking breaks, talking to others about how you're feeling, and even seeking support for yourself can make you more resilient. Remember, you can only help them if you're in a good place, too.

Moving Forward Together

Helping a loved one rediscover their motivation and joy in life after a traumatic experience is a journey, but one that can lead to a stronger bond and shared hope. With patience, understanding and practical support, you can be a pillar of strength in their recovery. And if they, or you, need additional support, don't be afraid to reach out for help – both of you deserve it.

TACKLING YOUR FINANCES - SMALL CHANGES WITH BIG EFFECTS

Linda Wilkinson, South Lakes Citizens Advice

Sometimes tackling your finances can feel overwhelming, but small steps can make a big difference, and planning ahead helps you feel in control of your spending.

A quick way to understand where your money goes is to keep a spending diary for a week, then make a simple weekly or monthly budget. Have regular money check-ins where you review your finances to see what's working and if anything needs adjusting.

Prepare for predictable future expenses, like council tax, car costs,

TV licence, Christmas and birthday presents, or upcoming big events like moving house. They all need to go in the budget. Putting a bit aside each month can make these expenses easier.

There are also unpredictable costs, like a boiler or car breakdown. Even a small amount set aside each month for an emergency fund can give you peace of mind. It's worth considering insurance, such as home or pet insurance, which can offer financial security in case of unexpected events.

Making sure your credit report is accurate can help improve your credit score and make it easier to borrow money or access financial products and services in the future. The

THE CLEAN MACHINE

CLEANING SERVICES & PROPERTY MAINTENANCE



Pressure Washing
Window Cleaning
Gutter Cleaning & Repairs
Gutter, Facia & Soffit Cleaning
Drain Jetting & Repairs
Drain CCTV Inspection
General Property Repairs
& Maintenance

Contact: Simon Shaw Telephone: 07917064767 Email: thecleanmachine97@gmail.com

Citizens Advice website tells you how you can check your credit report for free.

If you are worried about falling into debt, or already can't pay your bills, talk to South Lakes Citizens Advice. They can advise you on any benefits, grants or financial support that you might be eligible for, and help you to deal with your debt.

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

- Call 015394 46464 (9.30am – 2pm, Monday – Friday)
- Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)
- Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)
- email advice via the submission page on our website
www.southlakescab.org.uk

FIREWOOD & SEPTIC TANKS

David Labbate
Woodsure approved

Kiln dried soft/hardwood
Large or Small loads

Septic Tank Emptying
And installation service

Reliable & Efficient Service

07811372474
015396 22114



EXPERIENCED DRESSMAKER

Made to measure
Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.
Also alterations undertaken
All made to the Highest Quality by
SHEILA SHUTTLEWORTH
Tel: 015242 - 74322

DISAPPEARING FOLDERS IN APPS/PROGRAMMES

Helpful Book Company

Have you ever been looking at your emails on a tablet or computer, and realised that you can't see the folders on the left any more? It's a pretty common thing on smartphones, since the screen is too small to fit an extra column in, but on most tablets and computers, you should still be able to see them on the left.

The first thing I'd suggest if you can't see your email folders would be to try clicking or tapping on the Back button, if you have one. If that doesn't fix it, or if you don't have a Back button, then there's something else you need to look for.

In the top left corner of the screen, look for an icon of three horizontal lines stacked on top of each other. Click or tap on that, and your folders will appear in a column down the left hand side.

The only exception to this is using Apple's built-in Mail app on an iPad – you're still looking in the top left corner, but the icon looks a little different. It's a square with a few lines

and dots in it, which is meant to look like a screen with a side panel (funnily enough).

Now in some apps, this column isn't supposed to be there all the time. For example in the Gmail app on my tablet, you tap on the three lines icon to bring it up, so that you can choose a different folder of emails, but it disappears as soon as you tap on that folder.

On other apps such as Outlook, or on the webmail versions of Gmail and Outlook, it's up to you whether you want to keep it on screen the whole time, or if you'd rather have more space to read your emails. For Macs, the folders are always there on the left, so you don't really get a choice on that one I'm afraid!



Sedbergh Curtain Workshop

Beautiful handsewn
Curtains & Blinds
Made to order

Lined or lined + interlined
Variety of taped or buckram
heading styles
&
Repairs and alterations

Helen Bromley
54 Bainbridge Road
Tel. 015396 20165

*Diploma in Curtain Making and Soft
Furnishing*

SHEERING GAYE VILLAGE ESCAPES AND WEDDING PLANS

Sandra Gold-Wood

Last month Violet received a telegram telling her that her lover Daniel had not made contact in two weeks and the Ministry did not know where in Vietnam he was. Dora and Roger Croft, proprietors of the Swan are delighted and shocked to find that they are expecting an addition to the family. Conner has taken Carole to meet his family leaving son Adam on his own at home. With P/O proprietary Bartholomew Osborne and her father's help Margaret Muffat had escaped marriage to her soldier boyfriend and he had been dealt with in no uncertain terms by his Commanding officer for his shameless behaviour.

In Sheering Gaye Village, the inhabitants were enjoying the warm sunshine as May turned to June. The talk around the Green was of the much-anticipated Summer Ball and all were hoping that the weather would be kind. Meanwhile, on the other side of the world close to the Chinese's boarder Daniel had discovered that it was the Chinese who had snatched the professor. With the aid of his Asia contact he had joined a group of archaeologists who were travelling into China from Hong Kong in the hope of being allowed to view the newly discovered site of the terracotta warriors. Daniel had studied both archaeology and geology so his cover was good but how to find the location of Professor Kim Jin-Su? Daniel's contact had told him where in China preparations to build nuclear power stations were

likely to be but had warned him that this could easily be misinformation. Daniel thought that he may as well be in China, no use looking for the professor on the outside. The Chinese had carried out nuclear tests in 1964 but nothing much had happened since. They needed knowledge from outside if they were to move forward and that was where the professor came in. Daniel worked on instinct and he felt that the Chinese feeling safe from the eyes of the world would not keep the fact that they had Professor Kim Jin-Su secret. The party were on route from Canton to Guangzhou when an article in an old newspaper caught his eye. It was in Chinese but it was obvious that it was about nuclear

power and there was a rough photo of a group of Chinese with a small bird like man standing in the middle of the group. Daniel recognized Professor Kim Jin-Su at once. Despite the blurred state of the photo, a road sign at the edge of the page caught his attention. Using a magnifying glass, the sign was readable and it was enough to give him the location. The party stopped for the night and while his fellow travellers were enjoying a meal, Daniel was examining the map he had hidden in the lining of his rain hat. From this he deduced he should head for Kunming in Yunna province and if the newspaper information was right, he'd have a chance of finding the professor. Later that evening



 **WESTWOOD
BOOKS**



BOOKS - GIFTS - PUZZLES - CARDS

All welcome to our upcoming events...

Children's Story Time, Sunday 1st December, 10:30am - FREE to attend
Sedbergh Christmas Late Night opening, Wednesday 4th December open until 8pm
Book Club, Wednesday 11th December, 7pm - FREE to attend

Westwood Books Gift Vouchers & National Book Tokens available

Support your local bookshop & order your Christmas books with us



Open from 10:30am every day except Christmas Day

Westwood Books, Long Lane, Sedbergh, Cumbria LA10 5AH
Telephone: 015396 21233
books@westwoodbooks.co.uk
www.westwoodbooks.co.uk



Daniel made his way to the railway station and joined the line of workers getting on board. He had taken great care with his disguise and now he looked like a very sick coolie worker. Daniel knew that the superstitious Chinese would give him a wide berth and not look too closely for fear of disease. Two days and nights Daniel had spent on that train, stealing food and drink whenever he had the chance. Although he had plenty of American dollars sewn in his clothes, he did not want to risk using them at this stage. As the train drew closer to Kunming Daniel jumped off preferring not to risk scrutiny from the station guards. Slipping into the throng of people around the outskirts of Kunming he planned his next step, knowing his Chinese was unreliable and regional dialects could easily trip him up. It turned out to be easier than Daniel expected. He noticed hundreds of workers on bicycles all heading in the same direction. Looking around he noticed a battered old bike lying by the roadside. Quickly checking it over, he jumped on and, mingling in with the workers, rode straight into the site. The place was seriously rundown and nothing

more than a hotchpotch of badly maintained old buildings. Amongst them Daniel spotted a long low white building a little less neglected than the rest. Walking along the outside of the building, keeping his head down, he glanced inside. It was a laboratory and he almost shouted, Alleluia, when he spotted the professor inside. Picking up a discarded broom Daniel went inside and began to sweep the hallway. His instinct told him the professor would come along the hallway at some point. People came and went and no one gave him more than a cursory glance, although, Daniel thought the game was up when a couple of guards shoved him against the wall kicking him to the floor. But they just laughed at him and carried on out of the building. After an hour or so Daniel's prayers were answered and the professor stepped in to the corridor and he was alone. Daniel whispered one word 'Escape'. The two men locked eyes and the professor nodded. They left the building together. Outside Daniel indicated that the professor should make himself dirty, which he did, adding a coolie hat. Bicycles were plentiful and they took one each and

Western Dakar Mission Committee
OPEN HOUSE
Every Tuesday
Coffee, Craft & Chat
10:00am till 12:00pm
Renew Wellbeing Café
Cornerstone Church Sedbergh

Sedbergh
Grief Share
07498 870267
For anyone
struggling
with bereavement
A member of the Grief Share team will
be available at Open House
Tuesdays 10am - 12 mid-day
Methodist Church at Cornerstone
Join us for coffee and a chat
For further information or to arrange a one to one
appointment please call the Grief Share number

cycled out of the plant with the next change of shift. When they were a safe distance away the professor asked in perfect English, 'What now?' Daniel shrugged, 'We get across the border into Vietnam, Sir.' The professor smiled and said, call me Jin-Su and you are?' Daniel Hart, pleased to meet you, Jin-Su. Travelling by various trains, buses and finally a cart they made it to the Great Wall. Here they cleaned themselves up as best they could and Daniel purchased some decent clothes. Next, he and Jin-Su looked around for some American tourists. Daniel bribed the tour bus driver who was more than happy, saying there were empty seats on the bus, while adding their names to the passenger

list. Jin-Su turned out to be a great mimic and easily passed himself off as American. Daniel had passports and visas, which his Asia contact had given him just in case he did find the professor. When the bus arrived at the Chinese border, the guards were in a sombre mood. They insisted that the passengers leave the bus, then they searched them pushing them around and tipping their luggage out. Of course, being Americans, they protested loudly. Daniel couldn't have planned a better distraction; it gave him and Jin-Su just enough time to slip away in to the crowds. Daniel had found the whole exercise exhilarating and so had Jin-Su who could not stop grinning. Jin-Su said that the Chinese would think the Russians had snatched him and would most likely be concentrating on its northern border. During the long journey back to Britain, Daniel and Jin-Su got to know each other well forming a close bond of friendship. Back in Berkshire at the 'Hotel De Brief' as Daniel had named it, all was well, Jin-Su was only too pleased to work for the British. As the dust settled, Daniel found himself thinking about Violet and he began to write a letter.

It was early June when Violet had received a letter from the Ministry. It told her that Daniel was safe, but that was all. It hurt her to think this, but she was not sure she cared anymore. Looking round at this grand old house with its seven bedrooms, a ballroom, drawing room, library, morning room, lounge, orangery, extensive gardens and even a stable block she wondered what on earth



All types of building work undertaken:

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

T: 015396 22038
E: info@mkconversions.co.uk
W: mkconversions.co.uk



she was doing there. After all, she only used the kitchen and one bedroom. It was Daniel's house really and with sudden clarity she decided to leave Stanley Hall and go back to her own cottage. It being a Saturday she immediately put her plan into action, calling her brother Norman. Norman suggested that maybe it would be a good idea to get her cottage done up a bit first, perhaps a new bathroom and do up the back bedroom as a nursery. Violet agreed that it was a sensible plan. 'Violet, I've got some news too', said Norman adding, 'Donna and I are getting married at the end of the month'.

Violet was delighted for them, it was obvious to all that they complemented each other well. Norm with his tanned skin, deep brown eyes, and Donna with her long red locks, pale skin and lovely green eyes, she small and delicate and he with a well-muscled physique you could say they made the perfect couple. It was of course, more than their looks, anyone could see the deep connection between them.

Another couple with a deep connection were Carole and Conner. As it was the weekend, they were at Conner's family home. His mother, Iris, and Carole had really hit it off and Conner was pleased, as he knew his father's illness was really taking it out of his mother. Iris had three sons, Conner was the youngest and if pressed she might have admitted that she loved him best. It may of course have been that her other two sons were sent to boarding school whereas Conner refused to go. Carole, having lost her mother to the

Blitz, viewed Iris as the kind of mother she would have loved to have had. Carole's father had been in the Navy and she had been brought up by elderly grandparents on a remote farm in Northumberland who had needed her more than she needed them. She had always thought that was the reason she ran off and married Roy at such a young age. Conner was in the sitting room when the sound of the phone ringing startled him. 'Conner, is that you?' asked Adam obviously flustered. 'Hello Adam, yes, it's me, what's wrong?' 'It's Becky, well I mean it's her mother, she's in the hospital, please can you and Mum come back, I don't know what to do and Becky is so upset, Ted is taking us to the

Treadwell Flooring

Established Family Business since 1999



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

F: 015396 21175 • M: 07795 598 913

hospital now.' 'Ok Adam don't worry, we'll meet you at the hospital, just put an arm around Becky and tell her we are on our way,' soothed Conner. In no time at all Conner and Carole were on the road heading toward Denham.

It was the week leading to the Summer Ball and preparations were in full swing. Pauline Raymond, Jean Muffat and Dorothy Alders were helping to set things up. Inside the marquee, the men including Pauline's and Jean's husbands were laying the planks that would serve as a dance floor. George Billing was supervising from the sidelines while Jonas and JJ Jones were auguring as usual. Sergeant Terry Alders pulled up in his panda car and asked how things

were going. 'We can always do with a bit of help, where's that new constable of yours, Terry?' 'Back at the police house, I'll send him over,' offered Sergeant Alders.

Silvie was laying on her bed she had a few days off and was planning to go to the Summer Ball. Margaret came in from work and flopped on her bed. The sisters talked for a bit pleased to be in each-others company. Then Silvie got up and went to her wardrobe and brought out a beautiful purple maxi-dress. Margaret sat up, 'Oh that's beautiful you'll knock'em dead in that'. 'I might but I'm not wearing it, you are.' Oh Silvie, do you mean it? 'Of course I do Margaret, I got it specially for you.' 'Heavens, Silvie it must have cost a

Thomson Hayton Winkley & The Rural Law Practice

Helping families, farmers and businesses
in Sedbergh and the local area

- **Wills & Inheritance**
- **Farming & Rural**
- **Residential Property**

Kendal - 01539 721945
Rural Law @ J36 - 015395 67571
Kirkby Lonsdale - 015242 71222

- **Tourism & Hospitality**
- **Divorce & Family**
- **Commercial & Business**

e - info@thwlegal.co.uk
e - info@rurallawpractice.co.uk
w - thwlegal.co.uk

Trusted Solicitors & Advisers
Thomson Hayton Winkley



GIVE A POSTAL LOOKAROUND SUBSCRIPTION FOR CHRISTMAS

Get a copy delivered each month.

LOOKAROUND POSTAL SUBSCRIPTIONS

£40.00 per year for a

UK Annual Subscription

Email editor@sedberghlookaround.org.uk.

Or cut out and fill in the form on the reverse of the local advert, and post with the payment to Lookaround, Sedbergh Tourist Information Centre, 72 Main Street, Sedbergh, LA10 5AD.

fortune.' 'Well, my darling sister, you are forgetting that I'm Silvie M, and I earn a fortune, and look I got this one for mum.' John their younger brother and his friends Billy and Robert, were helping where they could and Bartholomew had brought sausage rolls and pie for everyone and Dora and Roger provided the beer. It turned into quite a party. Margaret was gathering up the glasses to take back to the Swan when she stumbled and would have dropped the lot if it hadn't been for new PC Rob Bentley. The accident was averted and Margaret thanked him. As they looked into each other eyes, they felt as if no one else was there. Then Rob took over carrying the glasses

and smiling together, they walked across to the pub.

At Denham hospital, Conner and Carole caught up with Becky and Adam in a side room where Becky's mother lay, a monitor quietly measuring the rhythm of the heart. Becky's mother spoke, her breathing harsh, as she made it clear that she wished to talk with Carole privately. Conner took Adam and Becky for a coffee. Carole moved closer bending low over bed so that she could hear what the woman had to say. With great difficulty Lynn told Carole how sorry she was for the trouble she had caused, explaining that she had not known at first that Roy was married, and by the time she found out, she

OR GIVE A LOCAL LOOKAROUND SUBSCRIPTION FOR CHRISTMAS

And get a copy delivered each month.

£15 FOR A YEAR

in the Sedbergh and District Area

**(Sedbergh, Firbank, Cautley,
Lonsdale to Barbon, Garsdale and Dent)**

Email editor@sedberghlookaround.org.uk.

**Or cut out and fill in the form on the reverse of this
advert, then post or deliver to the Sedbergh Tourist
Information Centre with payment**

had Becky. Carole soothed her worries telling her that the fault was entirely Roy's as he'd always chosen to ignore the fact he was married. This brought a slight smile to Lynn's face. Carole knew what was coming next and she could see that Lynn was struggling to breathe. To save her asking, Carole said, 'Please don't worry Lynn, Conner and I will look after Becky, she will have a home with us, besides she and Adam get on so very well, I think they are good for each other.'

Later that evening Lynn passed to the next life with Becky, Carole, Adam and Conner standing by her bedside. Briefly, a tangible peace filled the room with a glow that

blessed them all. Through her tears, Becky said she was glad her mother was now free of pain and suffering. The family left the hospital and as they drove through Sheering Gaye Village, they saw the marquee was up in readiness for Saturday's Summer Ball. Adam turned to Becky and asked, 'I know you and I were supposed to do a set, but you don't have to. I can manage.' 'Thanks Adam, I'll think on it, not sure how I feel at the moment.'

On Saturday night, anyone who was anyone was at the Summer Ball, even some of the workmen from Denham who were working on the new estate. Tonight, the name for the new estate would be decided. A few

LOOKAROUND SUBSCRIPTION

Name _____

Address _____

Postcode _____

Phone _____

Local / Postal Subscription (please delete as appropriate).

Enclosed fee _____

Gift Message _____

Annual Subscription -

£15 - local delivery, £40.00 - postal delivery

Send to :-

**Sedbergh and District Lookaround,
72 Main Street, Sedbergh, Cumbria LA10 5AD.**

weeks back the district council had asked for suggestions from the residents. Almost all of Sheering Gaye and Sheering Fair inhabitants had sent in ideas, and even the school children had been asked. The buffet was prepared and safely set up in a side tent ready to come out at the appropriate moment. The bar was supplied by the Swan with George Billings and Bartholomew as bar men, whilst Billy, John and Robert were engaged to take drinks to the tables and collect glasses. Ted's mum Rose and his sisters, Jackie and Kay were helping too. The band were setting up and Jonas was playing the piano quietly as people started to arrive. Billy Raymond, who

was a little older than his friends, had of late developed a strange feeling inside when he looked at girls, particularly Kay Blade. Kay was the same age as Billy, she had dark curly hair, the prettiest smile and she had shared a cigarette with him at the back of the school bus. In his mind, he hoped that he might catch her alone tonight but he couldn't quite work out what he would do if he did. Dorothy Alders was on the door, looking lovely in a pale blue velvet maxi dress, her hair a shining halo around her face. The Rev Grey was among the first to arrive with, JJ Jones, the Baxter's, the Keens, Rob Bentley, and George's mum and aunt. Teachers - Peter Dewhurst, Ian

Simpkin and Susan Day came into the tent with Shelia Gery and the twins. Ivy in a midnight blue satin gown and Clifford in a smart velvet jacket in the same colour. Pauline and little Wendy Raymond caused a stir with their matching paisley dresses and Ed in his white suit and paisley shirt. Donna was a vision in green silk, her hair adored with flowers and Norman in a green suit. Violet wore a beautifully cut dress in shimmering gold chiffon. Then Carole and Conner arrived, he in a brown suede suit with cream waistcoat, she in a classy cream dress with her dark hair piled high, both wore happy smiles. In the Conner's car, Adam and Becky were talking. They had rehearsed their set and felt confident

and Becky told him her mum had loved to hear her sing so she wanted to do the set. Adam was delighted. Becky wore a red sequined cat suit and Adam black velvet trousers and red shirt. The half siblings hugged and then joined the throng in the marquee. Suddenly there was a bit of a stir as Silvie Muffat and her family entered, cheers, whistles and calls of give us your autograph Silvie M, soon turned into applause and laughter. Les wore a light blue suit, his wife a turquoise chiffon dress that looked like water as the light bounced off it. Silvie wore a silver backless dress by a top designer, and Margaret stood out in the lovely purple maxi dress. Rob Bentley felt his breath catch in his throat as he looked at her, to him

Sedbergh and District Lookaround

AUDIO & LARGE PRINT LOOKAROUND

The Audio Version is supplied FREE on a delivered USB Memory Stick and is played on a FREE Speaker - as illustrated.

The Large Print Version is delivered and supplied for FREE.



If you would like to receive either the Audio or Large Print, or you know of someone that would benefit or appreciate it, please contact Rosemary on Sedbergh 20540, or Colin on 20659.

she was the loveliest girl in the room and his feet just took him towards her. The band stuck up with the New Seekers song, 'I know I'll never find another you,' and Rob led Margaret to the dance floor. Neither of them noticed they were the only ones dancing. The moon was sailing high and the stars were bright as we leave Sheering Gaye Village to its happy ever after.

THE END.

PERSONAL MESSAGES

ALLEN

William & June Allen would like to thank everyone who sent cards and good wishes on the occasion of their Golden Wedding on October 26th

BAINBRIDGE

Harold and family would like to thank you all for your support, kindness and sympathy shown to them following the sad passing of Pat. It has been very much appreciated.

METCALFE

Bill and family would like to say thank you for the cards, flowers and kind words following the loss of Dot (Dorothy).

DEVINE

Georgina would like to thank William Johnson of Sedbergh for walking her to the station from the bus and he saved the bus driver having to see her across the road.



Christmas Messages

GEORGINA DEVINE would like to say a very Happy Christmas and New Year to all her friends in Sedbergh, Garsdale and Dent.

=====

**STEVE AND SANDRA
LONGLANDS AND FAMILY** wish everyone all the best for Christmas and a happy and healthy 2025.
XXXXXX

=====

**PAUL AND MEL MITCHELL
(MITCH)** - Season's Greetings to family, friends and customers. All the best for 2025

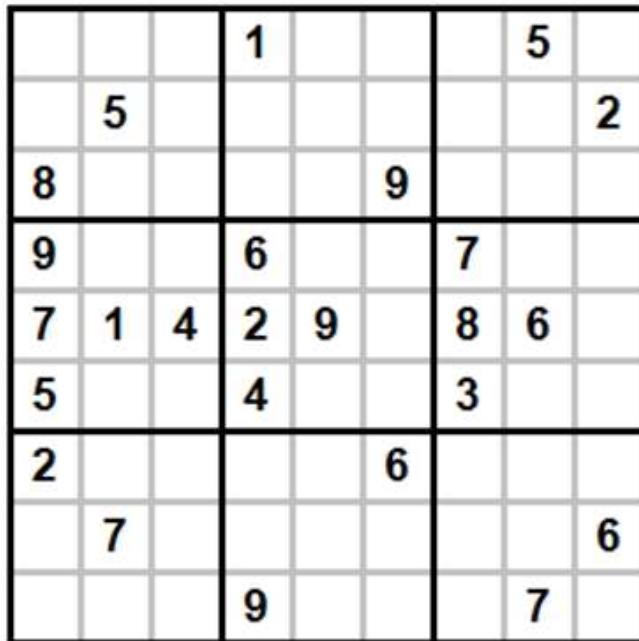
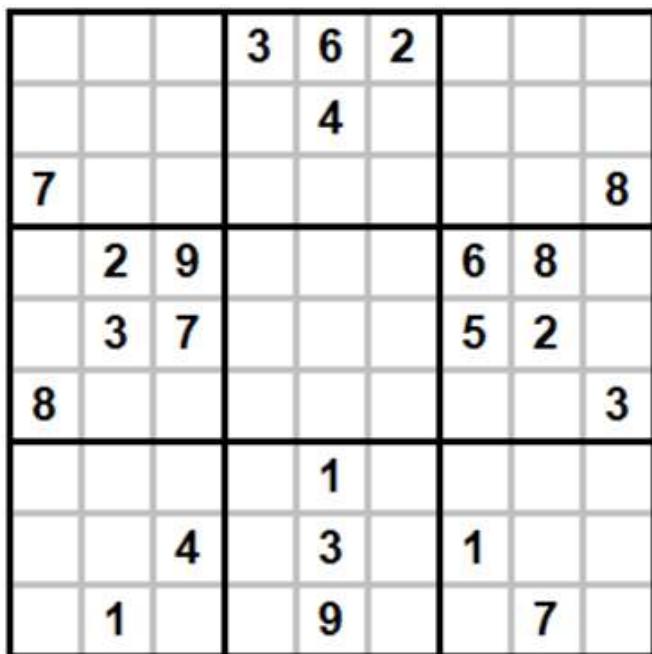
=====

MYLES RIPLEY would like to wish Happy Christmas to all his co-volunteers in various organisations in and around Sedbergh and thanks you for your hard work.

BOOK QUIZ ANSWERS

1. Alexander McCall Smith
2. William Cobbett's
3. War photography
4. Brewer
5. Around the World in Eighty Days – Le Tour du Monde en Quatre-vingts Jours
6. The Republic
7. W H Auden
8. Tender is the Night – F Scott Fitzgerald
9. The Naked Ape – Desmond Morris
10. Thomas De Quincey
11. Raymond Briggs
12. Ebenezer Scrooge

PUZZLES (SOLUTIONS ON PAGE 83)



LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

If you are in need of financial assistance, as an individual or as a community organisation, here are a list of local funds which may be able to help. All applications are treated in confidence. Also see 'The Cumbria Community Foundation' (<https://www.cumbriafoundation.org>) where a wide range of funds are available.

Organisation	Help For	Contact
Dent Grammar Educational Foundation	Educational Expenses	Dgsef1@yahoo.co.uk
Killington Educational Foundation	Educational Expenses	andy.burgess@westerndales.org.uk
Sedbergh School Young Persons Fund	Educational Expenses	mhm@sedberghschool.org
Sedbergh United Charities and Widows' Hospital : Exhibition Fund	Educational Expenses	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh United Charities and Widows' Hospital : Poor Householder's Fund	Financial Assistance	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh British School	Further Education Expenses	015396 20194
Sedbergh United Charities and Widows' Hospital : Widow's Fund	Housing for Widows	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh & District CIO	Community Endeavours	015396 20790
Lea Yeat (otherwise Cowgirl Institute)	Individuals and Organizations	015396 25638
The Combined Dent Charity	Individuals in Need	015396 25368
Trott Musical Foundation	Musical Instruments	015396 22340
Sedbergh Pepperpot Club	Orchestral Musicians	DrNicolaCann@outlook.com

PUZZLE SOLUTIONS

1	8	5	3	6	2	9	4	7
9	6	2	8	4	7	3	1	5
7	4	3	1	5	9	2	6	8
4	2	9	5	7	3	6	8	1
6	3	7	9	8	1	5	2	4
8	5	1	4	2	6	7	9	3
5	9	6	7	1	4	8	3	2
2	7	4	6	3	8	1	5	9
3	1	8	2	9	5	4	7	6

3	4	7	1	6	2	9	5	8
1	5	9	7	4	8	6	3	2
8	6	2	3	5	9	1	4	7
9	3	8	6	1	5	7	2	4
7	1	4	2	9	3	8	6	5
5	2	6	4	8	7	3	1	9
2	9	1	5	7	6	4	8	3
4	7	3	8	2	1	5	9	6
6	8	5	9	3	4	2	7	1

JOSS LANE & LOFTUS HILL CAR PARKING CHARGES CARS & CARS WITH TRAILERS

1 hour = £1.50	4 hours = £5.00
2 hours = £2.70	All day (9 hours) = £7.00
3 hours = £3.90	Payable all days 9am - 6pm
Maximum stay = 24 hours	Annual Resident Permit = £70
Permit available from the Information Centre only, renewable annually on 1 st September.	

PEOPLES' HALL HIRE RATES

Main Hall

Session	7-9am	9am-1pm	1-5pm	5-7pm	7pm-1am
Local Hirers	£12.00	£24.00	£24.00	£18.00	£45.00
Other Hirers	£18.00	£36.00	£36.00	£27.00	£67.50
Commercial	£24.00	£48.00	£48.00	£36.00	£90.00

Committee Room

Local Hirers		£18.00	£18.00	£12.00	£18.00
Other Hirers		£27.00	£27.00	£18.00	£27.00
Commercial		£36.00	£36.00	£24.00	£36.00

DIARY OF EVENTS

Dates are held up to 08/11/2025
 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.

DECEMBER 2024

04	1700	Flora and Fauna of Malham Tarn	online
04	1800	Sedbergh Late Night Shopping	Sedbergh
05	1130	Laughter Yoga (7)	PH
05	1400	Community Afternoon Tea	GH
05	1930	Sedbergh Orchestra Concert (6)	STAS
06	1930	Dent Foll Carols Concert (5)	DMH
07	1700	Dentdale Over 60s Xmas Lunch	DHTF
07	1930	Flicks in the Fells (Nov)	PH
07	1800	Town Band Christmas Concert (19,1)	STAS
10	1200	Killington WI Xmas Lunch	PH
10	1930	Domino Drive & Mince Pies	FCH
10	1930	Ladies NFU Living Over The Shop (35)	PH
11	1930	Dentdale WI Xmas meal	TBA
11	1930	Sedbergh WI Christmas Dinner	TBA
11	1930	YFC Xmas Domino Drive (13)	PH
12	1930	Sedbergh School Term Ends (Nov)	SS
12	1130	Laughter Yoga (7)	PH
13	1400	Term Ends (30)	SS
13	1930	Domino Drive	HVH
15	1500	Flute concert	St mary's
18	1000	Community Police Drop In (14)	SIC
18	1000	NHS App Day (13)	MC
19	1130	Laughter Yoga (7)	PH
19	1400	Community Afternoon Tea	GH
19	1930	Sedbergh Parish Council (22)	PH
21	1330	Town Band Carols	Levens Hal

JANUARY 2025

02	1400	Community Afternoon Tea	GH
05	1930	Sedbergh School Term Starts (Nov)	SS
05	1930	Term Starts (30)	SS
08	1930	Epic Run (Frostrow Wall) (30)	SS
08	1930	Sedbergh WI Demystifying Dementia (38)	PH
09	1930	Sedbergh Parish Council	PH
14	1400	WIK - Blood Bikes	PH
14	1930	Domino Drive	FCH
16	1400	Community Afternoon Tea	GH
16	1400	Rawthey Run (30)	SS
16	1900	AGM Spellbound Theatre (16)	RR
17	1930	Domino Drive - Barbon (17)	BVH
18	1400	Morgan Run (30)	SS
22	1700	Nature based flood management	online
24	1930	Italian Evening	FCH
30	1400	Community Afternoon Tea	GH

FEBRUARY 2025

06	1400	Community Afternoon Tea	GH
07	1400	Dentdale Head to Foot	DHTF
07	1400	SS Half Term Begins (30)	SS
11	1400	WIK - Dark Skies	PH

11	1930	Domino Drive	FCH
12	1930	Sedbergh WI Tropic Facial Demo	PH
13	1930	Sedbergh Parish Council	PH
20	1400	Community Afternoon Tea	GH
24	1930	Scholarship Application Week (30)	SS
24	1930	AGM	FCH

MARCH 2025

07	1400	Dentdale Head to Foot	DHTF
11	1400	WIK - Crossing the Blue Line	PH
11	1930	Domino Drive	FCH
12	1930	Sedbergh WI AGM & Jacobs Join	PH
13	1930	Sedbergh Parish Council	TBA
25	1930	Wilson Run (30)	SS
29	1930	Spring Show (8)	PH

APRIL 2025

04	1400	Dentdale Head to Foot	DHTF
08	1400	WIK - Mosaic Workshop	PH
10	1930	Sedbergh Parish Council	PH
26	1930	Dentdale Choir Messiah (Sep)	StAD

MAY 2025

02	1400	500 Anniversary Gala Weekend (30)	SS
02	1400	Dentdale Head to Foot	DHTF
13	1400	WIK - Resolutions and More	PH
15	1930	Sedbergh Parish Council	PH

JUNE 2025

06	1400	Dentdale Head Foot summer outing	DHTF
10	1400	WIK - Cycling Vancouver to San Fran	PH
12	1930	Sedbergh Parish Council	PH
25	930	WIK - Coffee Morning	STAS

JULY 2025

02	1400	WIK - Garden Party	TBA
05	1400	Dentdale Head to Foot "Tea"	q
08	1400	WIK - My Life in the Gutter	PH
10	1930	Sedbergh Parish Council	PH

AUGUST 2025

12	1400	WIK - History of Puzzles	PH
23	1930	Sheepfest (25)	Sedbergh

SEPTEMBER 2025

05	1400	Dentdale Head to Foot quiz	DHTF
09	1400	WIK - Lancaster Castle	PH

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

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

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.

THE GUNDOG COFFEE SHOP

Closed until further notice

HADDOCK PADDOCK

MAIN STREET - 015396 20468

Excellent Fish and Chips, if you're visiting have some before you leave. Café open serving paninis, tray bakes and fish and chips!

NUMBER 46

MAIN STREET

Great sandwiches, rolls etc, perfect for taking with you when walking in the Fells (I speak from experience). Or pop in for a cup of excellent coffee!

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.

SEDBERGH PIZZA

MAIN STREET - 015396 28262

Takeaway with some seating serving good pizzas, burghers, kebabs. Open late.

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 the place for a relaxing drink with good company.

WAFFLE CONE

MAIN STREET

Ice creams, waffles and drinks, and a selection of savoury food. Eat them inside in the seating area, or take the waffles away for home or al fresco consumption.

THE TEA ROOM AT FARFIELD MILL

HAWS RD - 015396 21958

catering@farfieldmill.org

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		SOME WALKS AROUND SEDBERGH
Bowling Green, Queens Gardens		WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs Sedbergh's own little Matterhorn with great views of the surrounding fells and dales. (<i>Walk 1</i>)
Bruce Loch Nature Area, Busk Lane		THE CALF 8 miles 2600ft 4-5 hrs A bracing ridge walk over Arant Haw and Calders to the highest point in the Howgills, . (<i>Walk 1</i>)
Cautley Spout, A683 towards Kirkby Stephen		FARFIELD MILL 3.7-4.4 miles, 2-3 hrs Fairly flat walk partly by the riverside, with the added advantage of the Farfield Café half way around. (<i>Walk 2</i>)
Community Office, 72 Main Street		AKAY WOODS 2.3 miles 1 - 1.5 hrs Lovely riverside stretches, past the restored Pepperpot, then through woods above the river, with vestigial remains of Akay House. (<i>Walk 3</i>)
Community Orchard, Vicarage Lane		SEDBERGH SCHOOL 45 mins A stroll to see the sights of Sedbergh School (<i>Walk 4</i>).
Cornerstone Community Church, New Street		FELL WALL 2.2 miles 1 - 1.3 hrs Elevated promenade above Sedbergh Town, not as energetic as going to Winder top, but still out onto the edge of the open country. (<i>Walk 6</i>)
Cumbria Wildlife Trust, Community Office		BRIGGFLATTS 4.2 miles 2- 3 hrs. Along the Rawthey to the peaceful and historic Quaker Meeting House, then back through the fields. (<i>Walk 7</i>)
Dent Heritage Centre, Laning, Dent *		DENT AND BACK 11.5 miles 1500 ft 4-5 hrs Across the wild (and possibly wet) Long Moor to Dent then back by Dentdale and the River Dee. (<i>Walk 8</i>)
Farfield Mill, A684 Garsdale Road		CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs A stroll across open country to the bottom of Cautley Spout. Some would say this is the second highest waterfall in Britain. (<i>Walk 9</i>)
Friends Quaker Meeting House, Brigflatts		CAUTLEY SPOUT AND BACK 10 miles 3150 feet 4.5 - 6.5 hours Gorgeous walk up the dale to the Spout, with a return over the tops for the adventurous. (<i>Walk 9</i>)
George Fox's Quaker Pulpit, Firbank		MILLTHROP AND ABBOT HOLME 5.1 miles 920ft 2.5 - 3 hours. Up over Frostrow, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. (<i>Walk 10</i>)
Golf Club, Catholes, Sedbergh *		DALES WAY AND CRAGGSTONES. 7.5 miles 1165 ft 3 - 4 hrs. Follow the Dales Way beside the Rawthey and the Lune, then ascend past the waterfalls in Craggstones Wood, before a final stroll across the base of Winder. (<i>Walk 11</i>)
Information Centre, 72 Main Street		<i>For further details of these numbered walks see the Sedbergh Town website. Leaflets describing the walks can also be obtained from Sedbergh Tourist Information Centre for a small donation to cover printing costs.</i>
History Society, Community Office		
Holy Trinity Church, Howgill		
Jubilee Wood Nature Area, Castlehaw Lane		
Langstone Fell, A684 Garsdale Foot		
Motte & Bailey Castle, Castlehaw Lane		
Pepperpot Folly, Busk Lane		
Picnic Site, Ghyllas, Cautley Road		
Picnic Site, Settlebeck New Bridge		
Play Ground, Dent Village		
Play Ground, People's Hall		
Play Ground, Maryfell		
Queen's Gardens, Station Road		
St. Andrew's Church, Dent		
St. Andrew's Church, Main Street, Sedbergh		
St. Gregory's Church, Vale of Lune		
St. John's Church, Cowgill		
St. John's Church, Firbank		
St. John's Church, Garsdale		
St. Mark's Church, Cautley		
Sedbergh Embroidery, StAS		
Tennis Courts, Guldrey Lane *		
Winder Fell, above Sedbergh		
* = Entry Fee Applicable		



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	21529
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) 1T(ES), 1D(ES) NS, CH, L e-mail: crosskeyscautley@outlook.com	20284

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub e-mail: sam@thecapps.co.uk website: www.scrogghouse.farm	34032
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Ann Newbold 45845	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) <i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i> e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk	07927 295262

KEY

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	TBA
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Phil Johns - 07807 909860
Bridge Club -----	Mr Alison - 015398 24666
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
Cornerstone Community Church -----	William Allen - 015396 20194
Cricket Club - Sedbergh -----	Kris Ballock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 07855 102930 / annemclurg@btinternet.com
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill – Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	TBA
First Responders - Dent -----	See Public Information
First Responders - Sedbergh -----	See Public Information
Football Club Junior - Sedbergh -----	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
Football Club Senior - Sedbergh -----	Mr Parkin - 015396 20585
Friends of Farfield Mill -----	friends@farfieldmill.org
Friends of Settle and Carlisle Line -----	john.carey@settle-carlisle.com
Garsdale Village Hall -----	Mrs Labbate - 015396 22114/07814 378758 / rhlabbate@gmail.com
Getting Together -----	Sarah Woof - 015396 25212
Gladstone Community Group -----	Janey Hassam - 07966 134554
Golf Club -----	Mr Gardner - 015396 21551
Good Companions - Dent -----	Sarah Woof - 015396 25212
Grief Share -----	Duty Team Member - 07498 870267
History Society -----	Karen Bruce Lockhart - 015396 34603
Howgill Harriers -----	admin@howgillharriers.co.uk
Howgill Village Hall -----	Gareth Marshall - 07801 276233
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Joe Gorst - 07964 830473 / joe.gorst24@gmail.com
Killington Parish Hall -----	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk
Lunesdale Archaeology Society -----	lunesdale.archaeology@gmail.com
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003

GROUPS AND ORGANISATIONS (CONT)

Messy Church -----	Rev'd Andy Burgess - 015396 20018
Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Over 50's Swimming Group -----	Rachael Mellor - 07969 663881
Parent Support Group -----	Mrs Goad - 015396 20402
Parish Council - Dent -----	Scott Thornley - 07368 455353
Parish Council - Garsdale -----	Phil Johns - 07807 909860
Parish Council - Sedbergh -----	Janey Hassam - 07966 134554 membership@sedberghgym.club
People's Gym -----	Steve Longlands - 01536 20885
People's Hall -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Pepperpot Club - Sedbergh -----	Janey Hassam - 015396 20125 07785 743837 / sedberghplaygroup@yahoo.com
Playground - Sedbergh -----	Steve Longlands - 01536 20885
Playgroup - Sedbergh -----	0300 111 5090 / kendal@pmrgca.org.uk booktown@sedbergh.org.uk
Playing Field - Sedbergh -----	sedberghredsquirrels100@gmail.com
PMR/GCA support Group -----	Nigel Whiting - 015396 21358 / nigelwhiting306@gmail.com
Poetry Club* -----	015396 25259
Red Squirrel Group - Sedbergh -----	015396 25259
Royal British Legion -----	015396 20510
Schools - Dent Primary -----	015396 20303
Schools - Dent Primary - Friends of -----	015396 20383
Schools - Sedbergh Primary -----	Bill Mawdsley - 07989 201481
Schools - Sedbergh School -----	Bill Mawdsley - 07989 201481
Schools - Settlebeck -----	Bill Mawdsley - 07989 201481
Scouts -----	booktown@sedbergh.org.uk
Scouts - Beavers -----	sedberghecomarket@greencobweb.co.uk
Scouts - Cubs -----	Jo Birkbeck - 07769 908663
Sedbergh Book Town -----	TBA
Sedbergh Environmental Group -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
Sedbergh Ladies Friendship Group -----	Mr Braddon - 0330 1138850
Sedbergh Songsters -----	Richard Martin - 07884 559829
Sedbergh United Charities -----	Miss Harper - 015396 20613
Senior Golfers -----	Anastasia Micklethwaite - 07952 601568
Shooting Club - Sedbergh -----	Facebook: Spellbound Theatre
Sight Advice South Lakeland -----	John Bannister - 07877 301088
Sing Joyfully! (Kirkby Lonsdale) -----	Sedberghswimmingclub@gmail.com
Spellbound Theatre -----	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Squash Club -----	Sarah Waters - 015396 20457
Swimming Club -----	Garth Steadman - 07796 164066
Tennis Club -----	Myles Ripley - 07880 161648 / vscssebbergh@gmail.com
Town Band - Sedbergh -----	Ed Welti - 07854 103377
Town Twinning Group -----	The Committee - 015396 20773
Voluntary Car Scheme -----	Mrs Smith - 015396 25607
Westmorland Gazette Entries -----	Mrs Hoggarth - 01539 824663
White Hart Sports and Social Club -----	Mrs Sharrocks - 015396 20754
Women's Institute - Dentdale -----	Louise Atkinson - 07855 378883
Women's Institute - Howgill -----	Club Secretary - sedberghyfc@hotmail.com
Women's Institute - Killington -----	
Women's Institute - Sedbergh -----	
Young Farmers - Sedbergh -----	

*Groups are currently being updated—TBAs will be removed in the coming editions.
If you would like to add or update your group please let us know.
New groups are marked with an asterisk *.*

BUS SERVICES

Stagecoach
563 Monday-Friday - Kendal - Penrith
Kendal - Sedbergh - Appleby - Penrith

From 25th March 2024

	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Kendal Bus Station stand D	0830	1100	-	1305
Oxenholme Railway Station	0841	1111	-	1316
A684 Motorway Bridge	0851	1121	-	1326
Sedbergh Post Office	0904	1134	-	1339
Cautley The Cross Keys Hotel	0914	-	-	1349
The Fat Lamb Inn	0923	-	-	1358
Kirkby Stephen Pennine Hotel arrive	0935	-	-	1410
Kirkby Stephen Pennine Hotel depart	0937	-	-	1412
Brough Clock	0950	-	-	1425
Warcop	0959	-	-	1434
Appleby Moot Hall	-	-	1128	-
Appleby The Sands Church	1009	-	1130	1444
Kirkby Thore Sanderson's Croft	1021	-	1142	1456
Temple Sowerby	1028	-	1149	1503
Penrith Sainsbury's	1041	-	1202	1515
Penrith Railway Station	1047	-	1208	-
Penrith Railway Station	0845	1050	-	1305
Penrith Bus Station stand 2 arrive	0850	1055	-	1310
Penrith Bus Station stand 2 depart	0853	1058	-	1313
Penrith Health Centre	0856	1101	-	1316
Temple Sowerby Post Office	0907	1112	-	1327
Kirkby Thore A66	0911	1116	-	1331
Kirkby Thore Sanderson's Croft	-	-	-	1334
Appleby The Sands Church	0920	1125	-	1345
Appleby Moot Hall	-	1127	-	..
Warcop	0932	-	-	1357
Brough Clock	0940	-	-	1405
Kirkby Stephen Costa Coffee arrive	0950	-	-	1415
Kirkby Stephen Costa Coffee depart	0952	-	-	1417
The Fat Lamb Inn	1003	-	-	1428
Cautley The Cross Keys Hotel	1012	-	-	1437
Sedbergh Library	1022	-	1135	1447
A684 Motorway Bridge	1035	-	1148	1500
Oxenholme Railway Station	1045	-	1158	1510
Kendal Bus Station stand D	1056	-	1209	1522

BUS SERVICES

Western Dales Bus
S1 Wednesdays - Kendal Shuttle
Dent - Sedbergh - Oxenholme - Kendal
From 2nd October 2023

Dent Village	..	1010	..	1430
Sedbergh Maryfell	..	1025	1200	1445
Sedbergh Library	..	1027	1202	1447
Sedbergh opp. Morphets	..	1028	1203	1448
Killington M6 Bridge	..	1037	1212	1457
Oxenholme Station	..	1047	1222	1507
Kendal K Village	..	1052	1227	1512
Kendal Bus Station	..	1058	1233	1518
Kendal Morrisons	..	1103	1238	1523

Kendal Morrisons	..	1113	1328	1533
Kendal Bus Station	..	1118	1333	1538
Kendal K Village	..	1123	1338	1543
Oxenholme Station	..	1128	1343	1548
Killington M6 Bridge	..	1138	1353	1558
Sedbergh Spar	..	1147	1402	1607
Sedbergh Post Office	..	1148	1403	1608
Sedbergh Maryfell	945	1150	1405	1610
Dent Village	1000	..	1420	..

DENT RAILWAY STATION TIMETABLE

Valid from June 2024

(N) Through train to Leeds, Sheffield and Nottingham
(S) Originates in Sheffield (G) Time at Garsdale - DOES NOT STOP at Dent.
*Cancellations are always possible, so please check before travelling:
 National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)*

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
06.49	07.55	10.46	07.03	09.08	10.40
09.16	09.16	12.39 (S)	09.38	10.42	13.38
10.47	10.47	14.01	12.12	12.12	16.35 (N)
12.17	12.17	15.53	14:40 (G)	14:40 (G)	18.40
14.45	14.45	17.48	16.05	16.05	20.26
18.15	16.46	20.20	17.33	17.33	..
19.45	18.15	..	19.38	19.38	..
..	19.45

BUS SERVICES

Western Dales Bus
S1 Saturdays - Kendal Shuttle
Dent Station - Dent - Sedbergh - Oxenholme - Kendal

From 2nd October 2023

Trains to Carlisle	..	1048	1815
Trains to Leeds	..	1041	1733
Dent Station	..	1053	1737
Dent Village	..	1108	..	1505	1752
Sedbergh Maryfell	0835	1123	1315	1520	1807
Sedbergh Library	0837	1125	1317	1522	1809
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 Bus Station	0908	1156	1348	1553	..
Kendal Morrisons	0913	1201	1353	1558	..
Kendal Morrisons	0923	1223	1403	1608	..
Kendal Bus Station	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 Spar	0956	1256	1436	1641	..
Sedbergh Post Office	0958	1258	1438	1643	..
Sedbergh Maryfell	1000	1300	1440	1645	..
Dent Village	1015	..	1455	1700	..
Dent Station	1030	1715	..
Trains to Carlisle	1048	1815	..
Trains to Leeds	1041	1732	..

BUS SERVICES

Western Dales Bus

S5 Fridays - Kirkby Stephen Shopper
Sedbergh - Kirkby Stephen - Ravenstonedale -
Newbiggin - Kendal Bus Station - Kendal Morrisons
From 2nd October 2023

Sedbergh Dalesman	0900
Cautley Cross Keys	0909
Kirkby Stephen Station entrance	0923
Kirkby Stephen, Market Square	0928
Kirkby Stephen Co-op	0935	1139	1428
Kirkby Stephen Social Club	0936	1140	1429
Kirkby Stephen Station entrance	0941	1145	1434
Trains to Carlisle	0934	1106	1501
Trains to Leeds	0920	1146	1455
Ravenstonedale Kings Head	0947	1151	1440
Newbiggin on Lune	0950	1254	1443
Tebay Roundabout	0958	1202	1451
Killington M6 bridge	1008	1212	1501
Kendal Castle Green	1017	1221	1510
Kendal Bus Station	1022	1226	1515
Kendal Morrisons	1027	1231	1520
Kendal Morrisons	1037	1326	1530
Kendal Blackhall Road	1042	1331	1535
Kendal Castle Green	1047	1336	1540
Killington M6 Bridge	1056	1345	1549
Tebay Roundabout	1106	1355	1659
Newbiggin on Lune	1114	1403	1607
Ravenstonedale Kings Head	1117	1406	1610
Kirkby Stephen Station entrance	1123	1412	1616
Trains to Carlisle	1106	1501	1703
Trains to Leeds	1146	1455	1717
Kirkby Stephen Pennine Hotel	1128	1417	1621
Kirkby Stephen Co-op	1129	1418	1623
Kirkby Stephen Market Street	1624
Kirkby Stephen Station entrance	1629
Cautley Cross Keys	1643
Sedbergh, Library	1652

BUS SERVICES

Western Dales Bus

**S6 Tuesdays and Thursdays - Kirkby Stephen—Penrith
Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith**

From 2nd October 2023

Sedbergh Post Office	0914
Cautley Cross Keys	0923
Kirkby Stephen Station Entrance on A685	0937
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 (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfell (pick up only)	1055	1333	1536
A66 Bridge End Inn(pick up only)	1100	1338	1541
Appleby, The Sands (pick up only)	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Pennine Hotel	1138	1416	..
Kirkby Stephen Social Club	1616
Kirkby Stephen Station Entrance on A685	1621
Cautley, Cross Keys	1625
Sedbergh Town	1644

LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman	Mark Crawford	Proofreading
Frances Haigh (T)	Treasurer	Jane Fisher (T)	Proofreading
Philip Johns (T)	Secretary	Paul Shepard	Proofreading
Karen Bruce Lockhart	Proofreading	Ed Welti (T)	Compilation and Vice Chairman
Trish Cooling	Proofreading	Valerie Welti (T)	Advertising Administration

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

The Benefice of the Western Dales

**Vicar: Rev'd Andy Burgess
20018**

andy.burgess@westerndales.org.uk

Licensed clergy:

**Rev'd Christine Brown 25418
Rev'd Lindsay Gray**

Churchwardens:

St Andrew's, Sedbergh

Tony Reed Screen 21081

Susan Sharrocks 20754

churchwardens.sedbergh@westerndales.org.uk

St Andrew's, Dent

David Wright

churchwardens.dent@westerndales.org.uk

St John the Baptist's, Garsdale

Bill Mawdsley and Rosemary Lord

churchwardens.garsdale@westerndales.org.uk

St Mark's, Cautley

Judith Bush and Maureen Hinch

churchwardens.cautley@westerndales.org.uk

St John the Evangelist's, Cowgill

Janice Moorby and Heather Fraser

churchwardens.cowgill@westerndales.org.uk

Holy Trinity, Howgill

Pauline Marshall and Helen

Hoggarth

churchwardens.howgill@westerndales.org.uk

St John the Evangelist's, Firbank

Currently no churchwardens,

please contact Sedbergh

churchwardens

All Saints', Killington

Currently no churchwardens,

please contact Sedbergh

churchwardens

ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Parish Priest Kendal

Tel: 015397 20063

~ ~

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

Sarah Woof Tel: 25212

~ ~

METHODIST CHURCH IN THE WESTERN DALES

Cornerstone Community Church, New Street; Dent;

Garsdale Low Smithy; Hawes Junction

Rev'd Andy Burgess 20018

andy.burgess@westerndales.org.uk

~ ~

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545

375721

Anglican Service Times

ST ANDREW'S CHURCH, SEDBERGH

Every Sunday	8.30am, BCP Holy Communion 10.30am, Holy Communion
4th Sunday	4.00pm Teatime Church
Mondays	9.30am, Morning Prayer
Wednesdays	11.30am, BCP Holy Communion

ST ANDREW'S CHURCH, DENT

2nd and 4th Sunday	10.30am, Holy Communion
Tuesdays	9.30am, Morning Prayer

ST MARK'S CHURCH, CAUTLEY

3rd Sunday	9.30am, Morning Prayer + HC (ext)
5th Sunday	2.30pm, Taizé Service

ST JOHN THE BAPTIST'S CHURCH, GARSDALE

1st Sunday	10.00am, Holy Communion
3rd Sunday	10.00am, Morning Prayer
5th Sunday	10.00am, Morning Prayer

ST JOHN THE EVANGELIST'S CHURCH, COWGILL

1st Sunday	2.30pm, Evening Prayer
3rd Sunday	2.30pm, Holy Communion

HOLY TRINITY CHURCH, HOWGILL

2nd Sunday	9.30am, Holy Communion
------------	------------------------

ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday	2.30pm, Holy Communion
------------	------------------------

ALL SAINTS' CHURCH, KILLINGTON

1st Sunday	2.30pm, Afternoon Service
------------	---------------------------

Methodist Service Times

CORNERSTONE - Sunday 10.30am
DENTDALE - 1st and 3rd Sunday 10.30pm
GARSDALE - 2nd and 4th Sunday 2pm.

Combined plans for Western Dales Mission Community
December 2025

	Time	1st	8th	15th	22nd	24th	25th	29th				
St. Andrew's, Sedbergh LA10 5BZ	8.00am	HC-BCP	HC-BCP	HC-BCP	HC-BCP			HC-BCP				
	9.30am	Morning Service 6pm Advent Carol Service	HC		HC	4.30pm Nativity Play with Carols 11.30pm Christmas Night Holy Communion	10.30am Christmas Day HC					
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Service 4pm- Messy Church	Joint Service with HC	Service 6.00pm Town Carol Service	6pm Christingle	Christmas Day Service	Joint Service				
St. Mark's, Cautley LA10 5LZ	2.30pm			MP HCx	Carol Service		9.30pm Christmas Day Service HCx	Taize Service				
St. John's, Garsdale LA10	10am	HC				23rd 7pm Carol Service	10.00am Christmas Day Service					
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service		Carol Service			Service				
Hawes Junction Methodist Chapel Garsdale Head, LA10 5PT	2.30pm			Carols by Candle Light with Askrigg Ladies								
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service				2pm Carol Service						
Holy Trinity Howgill LA10 5JD	9.30am		6.00pm Carol Service									
St. John's Firbank LA10 5EF	2.30pm		HC									
HC- Holy Communion (BCP- Book of Common Prayer)					MP- Morning Prayer							
Contacts- Quakers contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063												
Continued on next page												

Combined plans for Western Dales Mission Community December 2025 (continued)								
	Time	1st	8th	15th	22nd	24th	25th	29th
St. Andrew's, Dent LA10 5QL	10.30am		HC	7.00pm Carol Service	HC	4.30pm Blessing of the Crib	10.30am Christmas Day HC	
St. John's, Cowgill LA10 5RJ	9.30am	Afternoon Service		HC		7.00pm Carols by Lantern	9.00am Christmas Day HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	Service		Service				Morning Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting on Zoom	Meeting for Worship	Meeting for Worship			Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	6.30pm Christmas Mass		Service
	Tues	3rd						
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP						
	Weds	4th	11th	18th	25th			
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP				
Quakers	19.30	Area Meeting Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.			
Roman Catholics	21.00			Compline Night Prayer				
HC- Holy Communion BCP- Book of Common Prayer					MP- Morning Prayer			
Contacts- Quakers contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063								

Combined plans for Western Dales Mission Community January 2025					
	Time	5th	12th	19th	26th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Epiphany Service with HC	HC	Joint Service	HC 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Covenant Service 4pm- Messy Church		HC
St. Mark's, Cautley LA10 5LZ				9.30am MP with HCx	
St. John's, Garsdale LA10	10am	HC		Service of the Word	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Covenant Service		Service
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service			
Holy Trinity Howgill LA10 5JD	9.30am		Public Worship with HCx		
St. John's Firbank LA10 5EF	2.30pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC
St. John's, Cowgill LA10 5RJ	2.30pm	Afternoon Service		HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	All-Age Service		Covenant Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	7th			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	Wednesday	6 th	13 th	20 th	27 th
St. Andrew's, Sedbergh LA10 5BZ	11.30am		HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00				29th Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer)		MP- Morning Prayer			
Contacts- Quakers contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

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.

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

Health Centre, Station Road

Telephone Box, Millthrop

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

First Responders

IN EMERGENCIES CONTACT THE EMERGENCY SERVICES

The numbers below are for information on
volunteering only

Sedbergh - Myles Ripley 07880 161648

Dent - Wendy Pontefract 015396 25253

POLICE

101 or 999

Email: 101@cumbria.police.uk

Crimestoppers 0800 555 111

Community Officers

Mandy Colman - 07773 181425

Amanda.coleman@cumbria.police.uk

Adam Roberts—07773 217740

adam.roberts2@cumbria.police.uk

DENTAL SURGERY

Main Street 015396 20626

Ben Houghton (principal), Miss Katie McKay,
Anna Kayani and Dawn Douglass

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street

01539 713150

[https://www.cumbria.gov.uk/libraries/locations/
sed_lib.asp](https://www.cumbria.gov.uk/libraries/locations/sed_lib.asp)

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

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 seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - 015396 20406

MARKET DAY Wednesday

Last Page Update:

September 2024