

# Sedbergh & District **LOOKAROUND**

November 2021

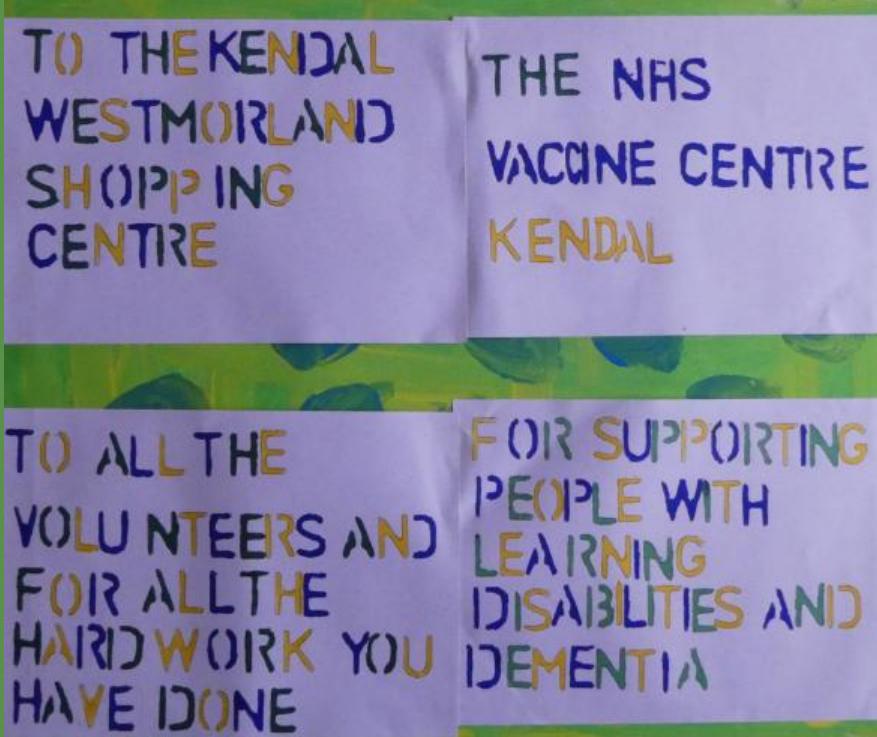
Issue 404

Donation £1

The artwork below is by Georgina Devine as a thank you for all the hard work of everybody involved in the vaccination centre in Kendal. Lookaround would like to say thank

you to Georgina for giving it to us to publish.

Please carry on going for your vaccinations and boosters. I'm enjoying being allowed out! *Ed.*



**CLOSING DATE: 15th of every month for everything**

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**COVER PHOTO**  
**Sunrise**  
*Yvonne Cervetti*

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

Wed 3rd Nov - British Legion

Wed 10th Nov - St Johns Hospice

Wed 17th Nov - TBA

We 24th Nov - TBA

Groups who would like to run a Coffee Morning  
please call Marilyn Leckie on 015396 20829



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- ◊ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◊ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◊ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

### CONTACT INFORMATION

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**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,

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Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

## THE BUTCHERS

*Garth Steadman*

I believe that last year was the first time for a number of years that we have seen every shop open in Sedbergh. As such September the 4th was a sad day for the community, when the tenant suddenly decided to close the Butchers Shop. The reason given was, problems in recruiting a qualified butcher. Fortunately, all the fixtures and fittings remain, so I remained hopeful that I would find an ambitious butcher to take the business forward as a retail shop. In my opinion local shops selling the basics of bread, vegetables and meat are the fundamentals of a market town like Sedbergh. The permanent closure would have been a real miss for our community. I invested most of my working life into the shop and was proud to be recognised with awards at National and International competitions for our products as well as being recognised as Butchers Shop of the year 2006/7 and the North West's best rural retailer 2007/8.

I am therefore delighted that we have reached agreement with a young ambitious family man, who has ties with the business having served

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an apprenticeship at Steadman's, before spreading his wings seeking further experience, development and additional skills at other butcher's establishments throughout Cumbria. Although keen to start the shop will remain closed until after Christmas while refurbishments are undertaken.

I would like to take this opportunity to apologise if any customers were let down when the shop suddenly closed, but I hope that, like me you will see the benefits of shopping local and supporting this new venture for years to come. I know there will be further updates from the business towards Christmas and the New Year and wish him and his family well for the future.

## November Birthdays

Eli Scarr is 10  
on 10th November

Happy Birthday Eli!

## WHAT DO THE DIFFERENT COLOURED POPPIES MEAN?

Valerie Welti



The British Legion red poppy is the most famous symbol used to commemorate those who died in World War One and the conflicts that followed. Wearing a poppy was inspired by the fields of poppies that grew where many of the WW1 battles were fought in Normandy, France. It has been worn since 1921 to show support for the Armed Forces community and the Annual Poppy Appeal raises funds for veterans and their families. The charity says it is a symbol of both Remembrance for those who died in war and hope for a peaceful future.



The Peace Pledge Union designed their white poppy in 1934, carrying on the Co-operative Women's Guild message "never again". Some people felt that the red poppy glorified war and conflict so chose to wear a white poppy to commemorate people who died in wars whilst focussing on promoting peace. The P.P.U. website states "that the white poppy symbolizes a commitment to peace and to finding non-violent solutions to conflicts"



The purple poppy was created in 2006 by the charity Animal Aid, as a way to commemorate animals that lost their lives during conflicts. Some animals were drafted into war service; pets and farm animals were also victims of war. Donations to the Purple Poppy Appeal go to animal charities. It was intended to be worn alongside red or white poppies.



In 2010 Selena Carty, founder of the BlackPoppyRose Project created the **Black Poppy** as a symbol to commemorate the African/Black/

Caribbean/Pacific Islands contributions to various European war efforts, as servicemen and women, as well as civilians.



Here in Sedbergh, this year, we also have yellow poppies to commemorate the hundreds of

thousands of women who worked in the munitions factories in both World Wars. They were handling highly flammable and explosive materials so faced danger from accidental explosions every day. The T.N.T. caused their hair, skin, everything it touched to turn yellow – hence the nickname "Canary Girls". There is no national memorial to value their work and sacrifice, but a campaign has started here to change that.  
[www.canary-girls.com](http://www.canary-girls.com)

## **ROYAL BRITISH LEGION REMEMBRANCE SERVICE**

The Royal British Legion do hope that you can join us at 10.30 am on Sunday 14th November in St Andrew's Church for the Remembrance Service and afterwards at the War Memorial in the Churchyard to remember those who paid the ultimate sacrifice in wars past, and re-commit ourselves to peace.

There will be a short ceremony at the War Memorial at 11.00 am on the 11th of November to remember the anniversary of the signing of the Armistice at the end of the First World War.



---

### **MEMORIAL SERVICE**

*David Crouchley*

Western Dales Mission Community welcomes everyone to a Memorial Service which will be held at Cornerstone Community Church in New Street, Sedbergh on Sunday 7th November at 4pm. This Service will aim to be a quiet reflective place in which to remember our loved ones, particularly those who have died during the past year and a half. If you would like us to remember your loved one, please e-mail their name to [david.crouchley@btopenworld.com](mailto:david.crouchley@btopenworld.com) or call David on 015396 20329. During the Service we will remember each person by name. After the Service, light refreshments will be available for everyone. We look forward to seeing you on Sunday 7th November at 4pm.

**Robert Powell**

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### **DENTDALE CHRISTIAN FELLOWSHIP.**

*Sarah Woof*

Following on from our August Festival we hired a Hall near Carnforth and held a Celebration of Tabernacles or God with us. All the children who were together at the Festival were together again and most of the adults too. We took cardboard and branches, sellotape and string and managed to rig up some shelters. The children made models of shelters and one was in the form of a cake we could eat.

We all added food to the supper table, had a good chat, sang worship songs and danced with banners, scarves and flags.

Our next event is closer to home in Dent and is open to all ages, a Pumpkin party on 31st Oct from 4.30 pm.

We look forward to celebrating Advent and on into Christmas and will mark the occasion for the families of the dale.

God Bless.

JN & SE Woof. (25212)

## **SEDBERGH TOWN BAND**

*Keith Wood*

Absence makes the heart grow fonder. So you will all have greatly missed your very own fantastic town band. Missing in action for so long.

You will be glad to see them back on song and raring to go.

I always think our remembrance concerts are the band at their finest.

So, please, go and enjoy the very best of Sedbergh's brass band culture at St Andrew's Church, Sedbergh at 7.30 on Sunday, 14th November, Remembrance Sunday. Please get there a bit earlier, and listen to the 'big tune up' starring Iwan Lewis as Sir Simon Rattle.

I don't know what the tickets cost but they are always too cheap, be assured, and it will be value for every penny.

Look out for 'A Bridge too Far'. 'Musket Fife and Drum'. Also, the heartbreakng 'Schindler's List' with our brilliant flugel soloist Sophie Hall. and that old crowd pleaser 'Highland Cathedral' with our amazing pipers.

We're back, busting to impress, and on form.

## **SEDBERGH SONGSTERS**

*Dignity in Dementia*

*Dennis Whicker*

The weekly Songster Meetings are now in full swing every Monday morning from 10:30 to 12 noon in St Andrew's Church, Sedbergh with a good attendance at all.

There is no requirement to have a good singing voice (I fall into that category!!!) just a need to get out of the home, meet friends old and new, and to recall memories from the various songs that are sung from the provided song sheets, so come along and have a good time with us. It is a really good confidence builder and everyone is warmly welcome.

All Covid precautions are taken and all are welcome as long as you are well in yourself.

Since the last report, our dear friend Pat Tatt has had to leave us to reside in a Residential Care Home. She regularly led us with our singing even though she is well over 90 years of age. One of her favourite songs is 'Tulips from Amsterdam' so the Songsters sung it for her and a recording was made along with a Greetings Card which everyone signed. We miss her dearly and hope

# **IAN HIGGINBOTHAM**

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that she remains healthy and happy and maybe next year, we could do a 'Concert' for her.

Another victim of a health issue is Ann Wood who fell and broke her hip recently. A Get Well Card was signed by everyone and we hope she has a speedy recovery.

Recent Birthdays that were celebrated were Helen N and Linda G, both of whom were given the Songsters version of 'A Happy Birthday'.

One pleasant comment was made recently by a Visitor who was admiring the 'Tapestries' in the Church, heard the Singing and felt it was so good to hear that she recorded it on her phone for posterity and gave the Songsters plenty of praise. Thank you.

For more information about the Group, please ring Diane Smillie on 07771 682378 or email her on [diane@dignityindementia.org](mailto:diane@dignityindementia.org) or contact any of the Songsters,

## FRIDAY 5 NOVEMBER 2021

### FIREWORK DISPLAY

*Dan Harrison, Headmaster*

I am pleased to write and invite you to our annual bonfire and fireworks display which will be held on Friday 5 November in the field below Busk Lane, between School House and Sedgwick House. We are pleased to invite all members of the Sedbergh community to this annual event; spectators are welcome to attend on Busk Lane.

The bonfire will be lit at approximately 6.30pm and fireworks launched at 7.00pm. They are likely to last for 20 minutes.

If you do join us, we would be grateful if you would please avoid parking on Busk Lane.

I am sorry if you find this annual event unwelcome and regret the disturbance it may cause members of your family and pets. Please bear with us as we seek to balance competing interests.



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## **CHRISTMAS SHOPPER SPECIAL**

*Rebecca Atkinson*

Are you planning to head to Carlisle or Leeds by train for a Saturday of Christmas shopping in December?

Friends of Western Dales Bus are organising a pre-book only bus to collect you from the late trains leaving Dent Station at 19:47 for £2:50 on the 4th, 11th and 18th December.

Scheduled bus services will be running as normal from Sedbergh to Dent Station to catch the train to either destination in the morning (details below).

WDB Scheduled S1 Service Sedbergh to Dent Station (normal fare applies) leaving Sedbergh Post Office 09:58 arriving Dent Station 10:30

Northern Train Dent to Carlisle (normal fare applies) leaving 10:48 arriving 12:01.

Northern Train Dent to Leeds (normal fare applies) leaving 10:41 arriving 12:04.

Northern Train Carlisle to Dent (normal fare applies) leaving 18:24 arriving 19:38.

Northern Train Leeds to Dent (normal fare applies) leaving 18:18 arriving 19:44

WDB Christmas Shopper Special £3:00 leaving Dent Station 19:47 arriving Sedbergh Library 20:19

For enquires and to book onto the service please contact Rebecca at [wdbusops@gmail.com](mailto:wdbusops@gmail.com) or 07541644524.



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## **Friends of Western Dales Bus CHRISTMAS SHOPPER SPECIAL**

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on the late train, our bus can bring you back to Sedbergh**

**See article in this issue for more details  
and ring Rebecca on 07541 644524 to book**



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### **FATHER CHRISTMAS ON ZOOM**

*Dennis Whicker*

After the successful Zoom Meetings with Father Christmas in 2020, he has agreed to do the same again this year. You and your children can meet and see him in his Grotto from your own home.

He will be available from 2pm to 5pm Monday 13th to Friday 17th December. Time slots will be every ten minutes from 2pm.

There will be no charge but a suggested donation of £2 per child is asked. Any proceeds will go to local charities.

If you would like to book a slot or would like further information, please email me at [denniswhicker617@gmail.com](mailto:denniswhicker617@gmail.com)

If anyone would like to sponsor Santa with full recognition, please contact me.

Also—see the advert on page 43.

## **BOXES OF HOPE**

*Pam Dent*

If you've not quite finished packing your shoe-box yet, there's still time – the deadline for me to pick up the boxes from the various drop-off points is 12th November, ready for transfer to the local "warehouse", aka Kirkby Stephen Methodist Church, on Sat. 13th. Thank you to those who have provided fillers for "thin" boxes and to the amazing lady who generously covered 30 boxes for others to fill with Christmas goodies. The children at Dent Primary School started counting how many things I'd managed to fit into one average-sized box but lost track when we couldn't decide whether a pair of gloves counted as one item or two! One little girl told me she was going to Google the Romanian for Happy Christmas so she could write it on a card in her box. Thank you to all, young and old, for your ongoing support for some of Romania's poorest children.

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## FARFIELD MILL

*Clare Huggonson*

Ponies, Textiles and a Festive  
Weekend at Farfield Mill

The Fell Pony Heritage Trust are  
exhibiting some beautiful  
photographs taken on the Cumbrian  
fells. Libby from the Fell Pony  
Heritage Trust has included an  
interesting map showing where the  
various herds are based.

Textiles exhibitions from Textilia3  
are closing on 7 November. These  
beautiful exhibitions reflect northern  
textile heritage, landscape, and the  
artist's lines of thought. Upcoming  
exhibitions include work from local  
makers Preston Threads and  
international quilt art from 40 different

countries from the World Wide Quilt  
Collective.

Our small Clough Gallery will  
feature work from Anne Mackinnon  
inspired by flowers, nature, gardens,  
and views from a window.

Festive Farfield returns on 27 & 28  
November. The Mill will be decorated  
for the season with winter foliage and  
there will of course be a selection of  
unique, handcrafted, gifts from local  
artists and maker. There will be  
festive fare in our Tea Room and a  
quiz around the Mill for children.

Please check our website for  
opening days and times and  
remember the Mill is always free  
entry.

**farfieldmill**

## SEDBERGH TOGETHER NETWORK

*Mary Briggs*

Sedbergh Together Network is a small but growing group of volunteers who have come together to help welcome refugee families to Sedbergh. For more information or if you would like to get involved please contact  
[sedberghtogethernetwork@gmail.com](mailto:sedberghtogethernetwork@gmail.com)

### HARDSHIP FUND

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

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

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

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

Tony Reed Screen  
([a865@btinternet.com](mailto:a865@btinternet.com) or 015396 21081)

or

John Sykes  
([jmsykes100@gmail.com](mailto:jmsykes100@gmail.com) or 07786 384917)

All applications will be treated in confidence.

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

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

## SEDBERGH AND DISTRICT HISTORY SOCIETY

*Richard Cann*

On Wednesday 20th October the society held its first meeting in St Andrews Church for over a year and a half. However, the advertised speaker was unable to attend but Dr Rob David filled the vacancy. The subject of his talk was "Eastern Influences in Cumbria".

Interest in the Orient extended through the 18th, 19th and early 20th century. The Orient covered the Middle East, North Africa and Far East including China and Japan. The people showing this interest were known as Orientalists. One example, although not a Cumbrian, was Robert Farrer of Ingleborough Hall who was



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[charles@wocc.co.uk](mailto:charles@wocc.co.uk)

a plant hunter and planted his garden with plants from the East, mainly from Ceylon (Sri Lanka). There were two conflicting views for this interest, one that Eastern civilizations were decayed and backward therefore amenable to the transformations by imperialism and the other view that the East was being plundered to stress the decadence of the West through industrialisation. The painting "The Scribe" could be used to support both views. It depicted a man smoking by a doorway. He was idle and an adjacent doorway was broken but he was surrounded by articles showing craftsmanship.

Direct contact in Cumbria with people from the East did occur. For

example a Chinese delegation visited Barrow in the late 19th century and a Japanese delegation in 1912. Both delegations were the result of battleships being built for them in the Barrow shipyard. Cumbrians visited the East as merchants, missionaries, travellers and adventurers. An example being the 5th Earl of Lonsdale and his wife who acquired a whole range of items. Some idea of the items brought back can be found in the sale catalogue for Lowther Hall just after WW2. Eastern articles in Cumbria can be divided into two types, those intended for use by the people living in the East and those made for export to the West. Examples of the former are the Flass

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bed and wallpaper in Rose Castle. Europeans started to make items in the eastern style for furniture and pottery but these were factory made such as Chippendale chairs in Dalemain. Also artists such as Alfred Heaton-Cooper painted Eastern and North African scenes.

Egyptology was started by Napoleon's expedition to Egypt. The interest in Egypt that followed resulted in a vast number of items being purchased or pillaged. For example John Rankin (1845-1928) left many exhibits for Kendal Museum and his home town of Bolton. Architecture and leisure were also influenced by the East, Carlisle Turkish Bath being an example and

also many cinemas were named "The Alhambra" to give them an exotic appeal.

Dr David ended by posing a few questions. How did local people view themselves compared to those from the East? How did they view the East because of its association with leisure and commerce? Were they aware of the craftsmanship of items versus the manufactured ones and could they distinguish between them? Did they think it was acceptable for antiquities or purchases to be brought back to the West? After answering questions from the audience he was thanked for his most interesting talk.



## 50 YEARS AGO

*Colin Cowperthwaite*

A selection of news items from local newspapers dating from November 1971.

### First Stop - Sedbergh

Now that the Yorkshire Travel Association has been superseded by the Yorkshire Tourist Board, Sedbergh Council has decided to increase its subscription to the Yorkshire Dales Tourist Association from 5.25 to 10 pounds. Coun. T. Steadman said that the Association worked hard to promote the Yorkshire Dales, and recently the results of these efforts had been shown when a coachload of Irish tourists made Sedbergh their first stop after leaving the boat at Liverpool.

### Swarming Bees set a Poser

Although bees rarely swarm after July, Mr Joseph Sanderson, of Birks, Sedbergh, who has been keeping bees for over 50 years, claims that one of his hives swarmed as late as October 25th. Mr Sanderson says that his bees, which are French, came out of the hive on that date, swarmed into a neighbour's garden about 100 yards away, and clustered around the wall beside the front door.

They then tried desperately to get in at the windows, but as they were all closed, the bees returned to the hive. Mr Sanderson also claims that a mated queen who left the hive with the swarm returned with them, something which he has never seen before. "I could not account for them swarming", he said, "They just came out !

### Mr "Bunt" Metcalfe of Sedbergh dies at 62

The funeral took place on Thursday at Sedbergh Parish Church of Mr William "Bunt" Metcalfe who died at his home, The Flat, Highfield House, Sedbergh. Mr Metcalfe, who had been ill for nearly six years, was 62. The eldest son of the late Mr & Mrs J. Metcalfe, he was born at Aisgill, Mallerstang, and educated at the old Lunds School. His first job was in farm service with the late Mr W. Sedgwick, of Lockbank Farm, Sedbergh, but later he became a stonemason with a local builder. In 1933 he married the former Miss Ada Woof, of Howgill, and during the last war he served with the Army in Europe. Following the war, he became a railwayman at Aisgill but then returned to building with his former employer. Later he was engaged by the Lancashire River Board and remained with them until ill health prevented him from doing his duties. "Bunt" Metcalfe, as he was generally known, had been a very keen angler all his life and was a member of Sedbergh Angling Association. He was also a member of the British Legion. He had lived at Highfield House for 15 years, and prior to that at Dent and at Lunds.



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The service was conducted by Canon D.A. Rogers, and the organist was Mr V. Brook. Interment was at Sedbergh cemetery. Mr Metcalfe leaves a wife and two sons.

### **The Constant Ambulance Driver retires**

Mr Edward Dinsdale, 63, ambulance driver at Sedbergh, West Riding, will break a 25-year run of almost constant day and night emergency stand-by at the end of next month. With his retirement from this voluntary, unpaid spare-time job, the local authority will have to look elsewhere for a replacement, because no-one else in the St John Ambulance Brigade is prepared to take over Mr Dinsdale's 51 weeks-a-

year stint. Shrinking from the sudden publicity, he said last night: "It has been easier for me because I have a shop and a very understanding wife, who has always taken over when I have been called out". He and his deputy driver of 23 years, Mr John McGuire, who is giving up for business reasons, are unwilling to tell of their more memorable experiences "because our patients would recognise themselves". But Mr Dinsdale concedes that the job is very different from that of the urban ambulance driver. "One of the rural problems is the pitch blackness at night - when you are stumbling along a country lane, perhaps supporting a 16-stone farmer". He added: "But I

have had a lot of luck. I don't remember being stuck in a snow drift and I have never had a puncture". They have picked up patients in almost every corner of the 82 square miles of the rural district, with its scattered population of 3,750. Mr Dinsdale said that, like most of the brigade members at Sedbergh, the ambulance was "getting on a bit, too". But the reason for its veteran quality was the vehicle's slim line, which enabled it the more easily to negotiate the narrow lanes.

(The above article appeared in The Daily Telegraph)

### **Sedbergh goes Gay with New Illuminations**

The Yorkshire Dales town of Sedbergh may not boast of the supermarkets and giant chain stores that a place like Morecambe can, but when it comes to Christmas lights it can hold its head high. For the first time in its history, Sedbergh will light up for Christmas in a big way - with lights borrowed from the seaside resort of Morecambe. The "lights up" campaign is being organised by a re-constituted Sedbergh Chamber of Trade - an organisation which has been virtually defunct for two years,

but which has now sprung to life again. Newly-elected chairman, Coun. J. Dawson, chairman of Sedbergh Rural Council, said "We hope to make the shopping centre more attractive over the Christmas season". About 500 yards of illuminations, enough to cover the Main Street, will be hired from Morecambe Corporation at the expense of Chamber of Trade members. To boost this festive lighting, members are also having a 20-foot decorated Christmas tree placed at the corner of the Joss Lane car park. Switching on of the lighting is planned for Thursday December 17th.

### **Planners say 'No' to Sedbergh Legion Club proposal**

Planning permission for a new British Legion Club in Sedbergh has been refused by the Yorkshire Dales National Park Planning Committee, members of Sedbergh Rural Council were informed on Wednesday. This news, conveyed to the Council's Public Health and General Purposes Committee, was received with dismay by the members. No official decision has been received in writing by the Clerk (Mr A.G. Wilkinson) but he confirmed that the news was true. "At the moment I do not know the grounds for the refusal", he said. Conversion of a house and former shop premises in Main Street, Sedbergh, was going to cost the local branch of the British Legion, with a membership of 270, about 20,000 pounds. Incorporated in the plan was provision for a concert room capable of accommodating 150 people, and the project had the support not only of



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Sedbergh Council, but of the majority of the local population. Coun. J. Henderson, who raised the matter, said he had been told of the refusal by a local resident. "I was a bit startled to be told by a private citizen", he said. He recalled that when delegates had met the Yorkshire Dales Planning Committee to discuss the matter, most of the planners had seemed to be in favour of the application, though he had detected an air of objection from certain members. "But it seems a waste of time sending a delegation to these meetings", he said. "I think it is rather sad that this move forward for the betterment of the social amenities of Sedbergh should be turned down".

## THE SPANISH FLU EPIDEMIC

*Sedbergh District History Society*

A talk by Professor Robert Fox to the Sedbergh and District History Society on 6th October 2021.

In his opening comments Professor Fox stated that the generally accepted view that the Spanish Flu was the epidemic that the world forgot was perhaps not strictly true. People did remember the terrible symptoms: high fever; extreme splitting headaches; lethargy; discoloured skin and blue lips. They also remembered that you could catch it and die within a week. Mortality was about one in ten. Edvard Munch who painted The Scream produced a portrait of himself recovering from the flu, which demonstrated the feeling of helplessness. There was no remedy. It was a case of if you caught it, then wait and see.

It was a killer that lasted barely a year, but, in that time, it is thought to have killed in the region of 50 million – some say as many as 100 million people. It was a large percentage of the world population at the time. It was most likely not the greatest known killer. It is thought that the Black Death probably killed about 72 million in 5 years and in a much smaller population. Aids has killed about 30 million and, at the present time, approximately 5 million have died from Covid.

What is striking about the Spanish flu is that official statements pay it so little attention. There was really silence about it until quite recently on its 100th anniversary. Also, it did not attack the very young or the very old,

but those in the prime of life, 20, 30 and 40 year olds. It seemed to come from nowhere, and a year later was gone. It was likened to a flash flood.

Flu is not something new, it has existed throughout recorded history, and is documented in ancient Egypt. In the Nineteenth Century it was a very real and constant presence. Russian flu at the end of the century killed about 100,000 in Britain, including Prince Eddy who would otherwise have become King after his father the future Edward VII.

The flu came in three waves of which the one in October/November did most damage. It terrified the population with 250 thousand dying in a population of 40 million – about one in fifty. Everyone would have known someone who died. Cities like Leeds, Sheffield and Glasgow were particularly badly hit. Rural areas were not spared but they were hit a bit later. At the beginning of July it was present in Kendal and by the 9th the Penrith Observer reported the death of a prominent schoolmaster. A week later the situation was much worse and all the schools were closed. By November only one in ten Sedbergh School boys were fit and

present. The day schools were all closed until after Christmas. Perhaps, strangely, it has not been possible, so far, to find the number of deaths in Dent and Sedbergh, but by the end of November there had been 50 deaths in Kendal, 11 in Tebay and 11 in Appleby. There were many sad tales, for example, that of a husband and wife being buried together. A church had to stop ringing the funeral bell as it was causing despondency. Sapper Armstrong was given compassionate leave to come home to marry, but died on his honeymoon.

It was not only the deaths, but also the shortages caused, of nurses, coffins, food, animal feed, and manpower because of the huge number of soldiers abroad, together with the feeling of helplessness. The Medical Officer of Health for the region, Dr Henderson, said that all that could be offered was reassurance and common sense, and that infected people should not fight it, but retire to bed. Various remedies were on offer, for example gargling, but did it do any good? The popularity of Bovril as a remedy resulted in its shortage. Dr Williams's pink pills were also in demand but are unlikely to have done any good. Veno's cough cure was successful commercially, and may still be available today. At the time flu was thought to be caused by bacteria and any remedies for that kind of infection had no effect. It was not until about the 1930s that it was recognised that the cause was a virus.

What was known about the epidemic was mostly in the local reporting, virtually nothing was reported in the National Press. The

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Times described it as a passing fad. In November nothing was said about it in Parliament. Why was this? One reason was the war which was in its last few months, but victory was by no means certain. The last thing the Government wanted was for the public to know how bad things were in France, with the hospitals overwhelmed, not with injured, but with flu cases. This was the same on both sides. It was particularly grave on the German side with one million troops ill. They got within shelling distance of Paris in their last big push, but suddenly withdrew, almost certainly due to lack of men.

Countries not in the war were not so muzzled. In Spain there was nothing to stop the news that the King

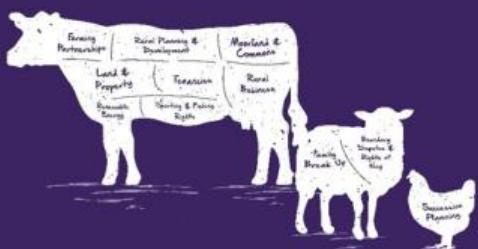
of Spain had been laid low, together with his Prime Minister and most of the Cabinet. Because this sort of news quickly spread people were only too glad to label it someone else's flu, and it became known as the Spanish flu. In fact it came over from America with the troopships.

This kind of propaganda was manipulated, even after the Armistice. There is no memorial anywhere in the world to the victims of the Spanish flu, except in New Zealand.

There were undoubtedly results from the flu. For one, the Ministry of Health was set up, until then health had competed with housing, roads, rubbish etc. in the Local Authorities' budgets and was completely uncoordinated nationally.

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Furthermore, it affected the peace talks in Paris. The news got out in Yorkshire that a prominent Yorkshireman, Sir Mark Sykes, who was advising at the talks caught the virus in Paris and died in his hotel, but the news that the three main negotiators Lloyd George, Clemenceau and Wilson, who had it worst, did not. In fact, Wilson was so ill that he had not the energy to fight his corner, which was that only light punishments should be imposed on the Germans. If he had had more fight in him who knows if World War 2 would have happened?

So it is the epidemic the world forgot, or wanted to. But it is wrong to forget it, as it did a lot to fashion the world today.

## SEDBERGH AND ITS SURROUNDINGS

*Colin Cowperthwaite*

The views of Dr Edward Frankland M.Sc, as published in a Jackson's Guide to Sedbergh, Dent and Surrounding District, dating from around 90 years ago.

The town of Sedbergh has been liberated from some of the archaic quaintness and rather grim congestion typical of small towns in the Pennine fringe, but its narrow main street, yards and tortuous alleys still reflect a picturesqueness which has survived with less incongruity in Dent, Muker, and parts of Kendal.

Certainly there is no English town of similar status, and no other public school that has a more lovely and



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impressive setting. Backed on the north by the smooth peaks and dome shaped crests of the Howgill Fells, Sedbergh looks across the Rawthey valley to the rougher and more richly coloured escarpments of the Pennines cleft by the twin valleys of Garsdale and Dent, while south-westward opens the great trough of Lonsdale with its dark tree masses and loops of gleaming water framed by the distant blue wall of Bowland Forest. From the top of Winder, eleven hundred feet sheer above the town, or better still from the Calf, the culminating tableland of the Howgill Fells, it is easy to appreciate the narrowness and seclusion of these green dales that thread a far-flung wilderness of moor and rolling seas of shadow-darkened crests, seamed

with peat hags and pencilled with dusky scree, sharp edged with outcrops of rock, grey green with bent\* or purple with ling\*. Eastward are the tiered summits of Wild Boar and Swarth Fell, the great arc of Baugh Fell, the rounded contours of Rysell and Whernside, the tilted citadel of Ingleborough, the table-like top of Dent Crag, the blue depths of Combe Scar, and the curious knots of Holme Fell. Westward the clouds droop on the serrated outline of the Lake Mountains: south-westward lies a broken landscape of hill and heath, the shining sands, and the grey horizon of Morecambe Bay.

The immediate surroundings of Sedbergh owe a great deal to the artistically laid out grounds and playing fields of the School and still



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more, perhaps, to the assembly of magnificent trees at the eastern end of the town, the old bridges over the Rawthey, the wooded height of Akay, the steep knolls and mill weir at Birks. It is an inestimable boon that the common remains unenclosed. In Garsdale and Dent the hillsides are covered by a mesh of stone walls, but the great triangle of the Howgill Fells, with its southern apex in Winder, remains open land: a labyrinth of silent uninhabited glens with vast treeless slopes, whose dun coloured hide is scored by thousands of sheep paths, gashed by eroded gills and occasionally slit by some fearsome ravine with white, tumbling cascades. So also the northern and western slopes of Baugh Fell are open, linking up with the huge commons of Ravenstonedale and Mallerstang, and nearer at hand Sedbergh Common extends over Frostrow, The Riggs, and Holme Fell.

In general the Pennine moors are covered with bent and moss rather than heather, and the Silurian formation of the Howgill Fells favours a sweeter grass and much bracken. A thousand years ago the floors of the dales were dense oak forest and bog, while scrubby woods mounted the fell sides to a considerable height if not actually to the summits. Natural woodland, sometimes reinforced by modern plantations, still clings to the deep gills winding up into the wilderness and to some of the steep banks and pastures along the main rivers, but elsewhere the retreating forest has only left an occasional scattering of birch and rowan or a grove of stunted thorns where enclosure has mitigated the presence of nibbling sheep flocks. Sheep are of course the mainstay of the fellside farmers and they, rather than the hand of man, have worked the greatest change on the hills. Not only

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have they destroyed the natural regeneration of trees but they have cleared large areas of heather, blaeberry\*, and the taller flowering plants. Gorse and broom survive on some of the lower slopes and the well-named cloudberry on the loftiest peaty ledges, but the sheep effectively prevent its flowers reaching maturity. In consequence of intensive grazing through many centuries, the fells are far smoother and more monotonous than corresponding land in Norway or in the Highlands of Scotland, and the colouring is comparatively pale. Nevertheless the purple ling on the Cautley side of Baugh Fell, the sheen of young bracken and the bronze of blaeberry on the Howgill Fells, the drifts of snowy cotton grass, and the blood red tint of bog bent on Wild Boar and Swarth Fell, add a great sense of glamour to some of the most desolate landscapes in England.

\* Blaeberry is better known as bilberry, also wortleberry or whinberry in different parts of the country. Bent and Ling are, I believe, different types of heathers.

## UPPER DENTDALE HISTORY

*Colin Cowperthwaite*

An extract from my 1959 Dalesman guide to Dentdale and Garsdale, detailing some history of Upper Dentdale by its authors, Ron and Lucie Hinson.

White-walled Dent Youth Hostel, which lies across the river, but near to it, was once a shooting lodge owned by Lord Henry Bentinck. Nearby is a cottage named Scow, which was well known to the railway builders, for the premises were licensed for the sale of drink. For a time, even the building's name was changed, and it became the "Wonder Inn". Fifty feet longer than the viaduct at Dent Head, and with one more arch, is the viaduct spanning Arten Gill, where the engineers did not find any helpful layers of "marble" near the surface, and it was necessary to sink shafts in the soft ground for 50 feet until rock was encountered. The shafts were timbered to prevent landslip. Pumps worked continually to keep them dry enough for the men to operate.

The ruins of Stone House Marble Mill, near the Arten Gill Viaduct, recall an industry which is now merely an item for the history book, but which

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once employed dozens of local men. Dr Arthur Raistrick, an authority on Dales industries, says that Dent marble was widely used a hundred years ago for fireplace surrounds and for many other ornamental purposes. It was quarried in several varieties and shades of colour. Most commonly it is a dark grey to black limestone, with fossils standing out in sharp, contrasting white outline. The quarries from which this "marble" were worked are widely scattered around the head of Dentdale, Garsdale and Rise Hill. The limestone needed special handling. No explosives could be used in the quarries. A violent shock, or even the use of a hammer that was too heavy, might leave "stars" or "shakes" which

would spoil the polishing and would weather badly if, for instance, the block was to be used on an exposed monument.

The marble trade was well established by the end of the eighteenth century. In the nineteenth century, when the trade expanded rapidly, it centred on two mills, High Mill and Low Mill, at the foot of Arten Gill. High Mill had a water wheel sixty feet in diameter, built of iron in the eighteenth century, probably to drive spinning jennies, for the building was previously used for carding and spinning wool. In 1835, the mill was visited by William George (later Lord) Armstrong, founder of the great engineering works on Tyneside. He was so excited by the way the men of

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Dentdale were harnessing the water that he studied intensely, becoming one of the foremost engineers of his day. He turned from the law, having been a solicitor, to his own business. Importation of cheap foreign marble towards the end of the nineteenth century was the main reason for marble quarrying becoming unprofitable in Dentdale.

Near where the road begins its steep climb to Dent Station is Lea Yeat, or Gate. It was a thriving centre in the railway days, when workshops and stores were built here. George Fox, the founder of the Quaker movement, visited Dentdale, and afterwards local converts built a Meeting House at Cowgill. It is now

an Institute, containing a billiard table, but occasionally Friends still gather for worship. They still own the property, and had regular meetings here from 1702 until 1912. The social centre is Cowgill School (built in 1866), between the Institute and the Church, which is not very old as Dales churches go, having been built in 1837 (and restored in 1875).

The Bishop of Ripon consecrated it in 1838. His Lordship little knew at the time that complexities were beginning that would result in years of deliberation, and the writing of a book which was to set down life in the dale in great and vivid detail. The man who laid the foundation stone at Cowgill was Adam Sedgwick, the valley's most famous son, and one of the founders of the science of geology. Sedgwick was passionately interested in Cowgill Chapel, which at first was merely a chapel-of-ease to Dent. Following consecration, the Bishop's secretary took away the trust deeds, together with a map on which the district of the Chapel was defined. The registration was not carried out, which meant forfeiture of the Chapel's right to a district. Sedgwick and his co-trustees also found that their own patronage was forfeited, being transferred to the Bishop.

The old name for Cowgill was Cogill. It was a member of the Cogill family who built a small Presbyterian chapel in the hamlet, a building later used by the Sandemanians. The present Church occupies the site. Cowgill Bridge was "repaired at the charge of the West Riding" in 1702.

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### EARLY MURDERS IN SEDBERGH

*Karen Brucelockhart*

I found the following article by Dr Shannon McSheffrey of Concordia University in Montreal on the internet, which makes interesting reading:

#### FEUD IN CUMBRIA?

Something was going on in the Cumbrian town of Sedbergh in the late 1470s

It seems to have started in July 1477, when Thomas Wadeson, a labourer of Sedbergh, beat John Wilson with a clubstaff, giving him a wound on his head from which Wilson died two days later. Nearly two years later, in April 1479, Wadeson sought sanctuary at Durham Cathedral

In the meantime, in January 1478, Oliver Branthwayt of Ireshopburn in Weardale, County Durham, was in Sedbergh and assaulted Thomas Lupton, stabbing him in the stomach with a dagger.

20 months later in September 1479, when he sought sanctuary at Durham, Braithwayt reported that "it is said" this wound killed Lupton (guess he hadn't stuck around to find out for sure).

In November and December 1479, three more men, John Riddyn, Richard Riddyn, and Christopher Bowe, all of Sedbergh, also sought sanctuary as accessories to Lupton's killing.

And by this time a third Sedbergh homicide had occurred: in March 1478, tailor Robert Richardson and labourer Edmund Moyser, also both of Sedbergh, killed Thomas Forster in nearby Kirkby Lonsdale, "in defence of their bodies".

Although this was the latest of the three homicides, Richardson and Moyser were the first to seek sanctuary

So three homicides involving Sedbergh men, in or near Sedbergh, in July 1477, January 1478 and March 1478; a total of seven men, six from Sedbergh, sought asylum at Durham cathedral for these homicides between October 1478 and December 1479. Also in late 1479 and early 1480 was another sanctuary seeker from nearby Dent: perhaps this was connected too.

This has the classic hallmark of feud – but the entries don't clarify if the seekers were on rival sides of a feud or represented one side. If they were opponents, things must have been tense in the sanctuary precinct!

Sanctuary may have prevented the feud from spiralling even further out of control: but in the absence of further evidence in other records, we don't know what precisely was happening in this remote Cumbrian town in the 1470s



## **WILDLIFE WATCHING IN NOVEMBER**

*Marc Baldwin*

### **Mammals**

Fox society is very active this month as tensions start rising within the family group and cubs begin to disperse to look for their own territory. The fox breeding season runs from around December until February, but you might start to hear more calling even now.

Badgers are starting to venture out less as the nights get colder. Badgers don't hibernate, but they are generally much less active during the winter, preferring to spend the coldest months underground, where their cubs will be born early in the new year.

Many of our smaller mammals are also busy, either stocking their larders for the winter (bank voles, wood Mice and squirrels, for example) or eating as much as they can to put on sufficient weight to see them through the cold months of hibernation (bats, dormice and hedgehogs fall into this category).

Hedgehogs looking for suitable hibernation spots are attracted to large piles of leaves and branches, which make ideal hibernacula. Unfortunately, such piles of garden debris often turn out to be bonfires, particularly in November. Please make an extra effort to check bonfires for hibernating hedgehogs before lighting them – ideally, build it on the day you plan to light it. Additionally,



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please think about leaving some of the fallen leaves in your garden or creating a leaf pile to provide your local hogs with nesting material during the autumn and early part of winter.

November is also a busy month for wildlife rescue centres as they are swamped with small hedgehogs, born late in the year and too small to survive hibernation. If you come across a small hedgehog, or any hedgehog out during the day. Piles of vegetation set aside for burning make ideal nesting/hibernacula sites for hedgehogs and every year untold numbers of hedgehogs die in bonfires. This animal was rescued, but not before suffering severe burns.

Please build your bonfire on the day you plan to light it.

**Birds**

Now that the mass immigration of overwintering birds is well and truly underway, many birders are heading to estuaries to observe the flocks of sanderling, knot, dunlin, and sandpipers working the mudflats just ahead of the tide. Where birds gather in significant numbers, of course, predators can also be found, and birds of prey including peregrines and harriers are drawn by these waders. In nearby fields you can usually find swans and geese feeding; somewhere in the region of 50,000 barnacle geese fly in from as far

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away as Russia to spend the winter in our comparatively mild climes.

Waders and geese aren't the only birds that form impressive flocks at this time of year. Starling populations are starting to swell too, as our 800,000 or so resident pairs are joined by millions of migrants from the continent, leading to some massive flocks wheeling and diving in the sky before going in to roost.

These huge flocks are called murmurations, a term we think English monk and poet John Lydgate coined in 1470, an allusion to the murmuring noise that the birds make as they pass overhead. If you get the



opportunity to experience a murmuration, I highly recommend pursuing it. The spectacle is breathtaking and some flocks contain in excess of 100,000 birds (the largest estimate I've seen was 750,000 birds in a single murmuration). How starlings manage to maintain such tight formation in flight, appearing to move as a single coherent entity, has long been a subject of debate and only recently have we begun to understand what's happening.

In 2014, a team led by Anne Goodenough at the University of Gloucestershire used citizen science

data collected via a couple of online surveys to look at the factors that influenced starling murmurations. Their statistical analysis of more than 3,000 murmurations from 23 countries revealed that these huge flocks were primarily an anti-predator mechanism. Temperature and day length did have a small impact, but overall it was the presence of a bird of prey that was positively correlated with both the size and the duration of the murmuration. In their paper to PLOS One, Goodenough and his colleagues write:

"Our analyses also show that predator presence was related to starling behaviour at the end of murmuration: it was more likely that birds would descend en masse if a bird of prey was present. In contrast, starlings were more likely to disperse in the absence of predators."

Being on the edge of the flock is risky and these individuals are more "jumpy", making them more likely to change their flight direction and

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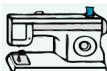
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causing the whole flock to follow. When you have many nervous birds around the edge of such a giant flock all doing the same, the result is this seemingly choreographed "sky dance". Indeed, data from Goodenough and others have found that predators can influence the shapes and waves within a murmuration. If you find it hard to reconcile such a mundane explanation for such an apparently artistic and mysterious protean body, remember our brains are very good at picking out patterns, whether there's one to find or not – shapes in clouds, faces in burnt toast, ghosts of loved ones in shadowy hallways and so forth.

Good places in Cumbria to view starling murmurations include Gilcrux village, the Solway Firth near Silloth, and around Orton, Walney Island and Carlisle. Gretna Green, just north of Carlisle, is also famous for its starling murmurations. ... In the winter months starlings roost together in large numbers. On average, the murmurations last about 30 minutes, after which the birds drop down to roost.



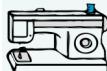
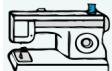
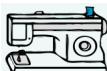
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## SEDBERGH COMMUNITY

### SWIFTS

Tanya & Edmund Hoare

How do we estimate bird populations? It is important to know whether species are in decline since it then may be possible to reverse this.

Bird population sizes are estimated in the UK by surveys for the BBS (Breeding Bird Survey), organised by the BTO (British Trust for Ornithology). The country is divided up into 1km squares and volunteers make counts annually during the breeding season in 3,000 randomly selected locations. The volunteers walk transects (routes) in the squares twice a year to record the nest sites of the birds they observe.

Swifts, however, do not fit in well into this method because of their dependency on buildings for nest sites. They are difficult to spot as they dart into crevices in buildings, and they often forage far from their nests.

The population status of birds regularly found in the UK is reviewed every 5 years. They are then classed as red, amber, or green according to their level of conservation concern. Swifts are currently amber listed. Yet they have declined, according to the latest estimates, by 62% over the last 20 years or so – that is two thirds of our swift population. And at that rate of decline we are in danger of losing them altogether.

So why are they not red-listed? It is because of a quirk in the system: one of the criteria for red listing is that a species must show a decline of over 50% over 25 years. Yet the swifts rate of decline is greater than this, but the

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problem is that we do not yet have records for 25 years. When we have, it is very likely that they will sadly be moved to the red list, the most serious level of conservation concern.

Other birds have been monitored for longer, so sparrows for example, whose decline was in the 1980s but is now stabilised, have been red listed. Compared to the continuing dramatic decline in swifts this is an anomaly because the population sizes are very different. Sparrows are far more common and number around 5.3 million pairs while estimates for swifts are only between 55 – 87,000 pairs. Taking the actual population numbers into account, not just the decline, show us that while other birds such as sparrows have declined, the situation for swifts is more serious.

So, what can we do? Let's help our swifts by providing more nesting places, nest boxes and bricks. By doing that at Lowgill we have increased our colony to 30 pairs. And as we wrote last month, looking after the existing nest sites is a priority too.

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

## FAMILY MUSINGS

Sarah Woof

We have recently spent a few days at Staithes on the east coast of Yorkshire, I first came across it on children's BBC with the stories about 'Old Jack's boat', which were filmed at Staithes. From then grew a plan to visit, further fuelled by articles in "Yorkshire Life" magazine and the visits of others. We made it and really enjoyed the east coast although not all the steep hills and steps! Meeting people in a car park at Robin Hoods bay who know our son was a lovely interlude as was walking on the beach and sharing tea and scones in delightful cafes.

Leaving the car park in Whitby hubby was startled to hear the

bleating of sheep...?? Then clucking of chickens and mooing of cows. It turned out to be a recording to illustrate the long ago cargo of the ship in the harbour, but puzzling at first.

We came home through the moors and via a road from where we had a great view of the White Horse of Kilburn. We often stopped to look at it en route to Filey and the "Bible" week in September at Butlins. both sadly long gone. It was there I went on a Waltzer for first time and had to be man-handled after looking absolutely green! I probably thought my boyfriend was trying to finish me off, never again has a Waltzer appealed. Said boyfriend must have got forgiven as I married him, we got engaged at

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Filey and went to Bridlington to buy the ring. Odd what you remember isn't it?

Then once home another day to Brimham Rocks and great fun with grandchildren, some routes/climbs deemed unsuitable for Granny but on others little hands happy to push and pull as necessary. .

Back to everyday stuff now and no doubt some little hand holding too. Enjoy yours.

## SEDBERGH LADIES N.F.U.

Caroline Sandys-Clarke

Our meeting on September 21st was the first since February 18th 2020. We all agreed it was lovely getting together again. 17 members much enjoyed an illustrated talk by Wendy Fraser-Urquhart about a trip up to the Arctic Circle she took with her husband and son in their light aircraft some years ago.

They were away for 16 days, flying up the west coast of Norway, stopping off at times to do a bit of exploring by car, visiting various important places such as Narvik which is the main port for shipping Iron ore from Sweden. They visited Sweden to see where the iron ore came from, then on up to Tromso a major cultural hub back in Norway but north of the Arctic Circle. Wendy had some wonderful slides showing the spectacular scenery of steep mountains and deep fiords... the sun seemed to be shining all the time! We all appreciated such a lovely way to restart our programme of meetings in 2021.

A short meeting followed when amongst other things our forthcoming coffee morning on the 10th November in St Andrews Church was discussed. Money raised from this will go to St John's Hospice who are hoping to bring some Christmas Cards to sell. Our next meeting is on October 19th when we will welcome Bill Nelson from 1818 auctioneers at Junction 36.



## SEPTEMBER WEATHER

Brian Wright

A typical late summer/autumn month for September with a mixture of sunshine and showers. We started off with a dry week followed by a mixture of sunshine and showers. We ended with 62mm (2.44inches) which was a little below average. Winds were generally normal and generally from a North Westerly direction. Temperatures were normal with no excesses. A maximum of 14.3C (57.7F) and a minimum of 8.6C (47.5F) were recorded. A maximum wind speed 22.4mph (36kph) and an average of 4.6mph (7.4kph) were recorded.

As the days shorten the natural world changes accordingly. Perhaps the strangest "migration" is the disappearance of the sparrows!! Goodness knows where they go. The diggings in the grass continues but as yet we haven't seen the culprits. The owl has been about, calling, but not seen. The blackbird alarm calls give its presence away. Unfortunately, movement restrictions prevented me picking up replacement tups at the minority breeds sale at Carlisle. Now I shall have to pick them up later when they are free to move ready for tupping in November.

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## DENTDALE W.I.

*Thelma Belfield*

There is no doubt that the subject matter of our annual programme is varied. Whilst last month we were taken into the natural world and learned about Owls, this month was completely different with Marjorie Bidgway sharing her knowledge on the history of Buttons including her vast collection of these very useful items which we all take for granted.

We began our October meeting singing Jerusalem, the first time we have sung together since Covid

## Lookaround Editorial Team

Myles Ripley (T)	Team Leader and Chairman	Jane Fisher (T)	Proofreading
Susa Ellis (T)	Treasurer	Ed Welti (T)	Compilation and Vice Chairman
Philip Johns (T)	Secretary	Valerie Welti (T)	Advertising Administration
Elspeth Griffiths	Proofreading	You could be here!	TBA

Editorial Team members annotated with (T) are also Trustees.

Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

restrictions were eased and it felt good. Vice president Kate chaired our meeting and began with a warm welcome to all including our speaker Marjorie Bidgway. Kate outlined the usual health and safety issues and reminded us all of the need to maintain Covid regulations and to wear a face covering whilst moving around in the Hall.

Rita our Secretary brought us up to date with the arrangements for our Christmas Party lunch which this year is to be at the Sedbergh Golf Club and asked us to select our meal from the menu.

Rita also shared news of the next Dining club event which will be to Lakeland in Windermere for lunch and a shopping trip. It is great to know that after the restrictions of the

last eighteen months we are able to look forward once again to enjoying social outings.

A final reminder from Rita was regarding our AGM which will be our next monthly meeting when we re-elect our committee and President for the forthcoming year.

Winding up the business section of our meeting, Kate shared a communication received from Sarah Woof on behalf of the Memorial Hall committee, thanking us for our donation to their funds.

Kate then formally introduced Marjorie, who began by telling us that her interest in buttons began with her mothers button tin, something which many of us could identify with. Marjorie began collecting buttons 30-40 years ago, she had no expert

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knowledge to begin with but had constantly researched her subject and subsequently has begun to share her knowledge and experience.

In prehistoric times buttons were purely decorative and were not, as they are today used as fasteners on garments or shoes. Originally made of horn, animal claws, tusks, pebbles, shells and metal.

From the 13th century in Europe, buttons became used as fasteners on garments. Prior to this garments were most often tunic style simply slipped over the head. The aristocracy were often sewn into their clothes. Buttons became a status symbol. Front opening garments became the fashion with simple slits or loops as button holes. The clergy were

strongly opposed to this style recurring to them as the ' Devils Snare'. During the 16th century both King Henry 8th and Queen Elizabeth 1st were huge fans of ornamental buttons made from gold and silver.

The 17th century saw the introduction of jewelled buttons made from paste, diamante and cut steel. Others were made from brocade and metal thread. Wood based buttons were covered in silk and beautifully embroidered and during the reign of Louis XIV, delicate porcelain buttons were made. Button workshops were set up often as cottage industries. Dorset was famous for buttons made from flax thread on sheep. Northamptonshire produced leather

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buttons and Macclesfield was the centre for making silk buttons.

Ultimately Industrialisation saw the production of button making machines and Birmingham became the leading button manufacturing centre. White pearl buttons were produced using mother of pearl imported from Japan. These buttons were made famous when Henry Croft an orphaned street sweeper and voluntary charity worker had a complete outfit made covered with tiny pearl buttons. He became the original Pearly King. Into the 19th century and French black glass buttons were produced, looking very much like real jet, a much favoured accessory worn by Queen Victoria. However, as Margery told us real jet

is very fragile and easily damaged so no doubt the French Black glass was much more durable but looked very like the real thing

Different style periods such as Art Nouveau and Art Deco influenced button design and gradually functionality and utilitarianism dictated button production. Quantity replaced quality and the modern style of the button we are familiar with were produced.

Marjorie concluded her talk by describing some of her favourite Bimini buttons – a glass button produced by Fritz Lampl with the back of each button having a metal back with a tiny flower pot mark identifying it as a genuine Bimini button. Another favourite was a

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ceramic button made by Lucie Rie, well known for her beautiful ceramic vases, bowls and bottles. Marjorie had brought with her a huge number of different styles of button to illustrate her talk and invited us at the end to examine them and enjoy them as she herself does.

Enthusiastic, knowledgeable, humorous, Marjorie brought history to life with her extensive collection and made us all much more aware of the origins of the simple button.

Over a well-earned drink and a homemade biscuit she judged our competition for the evening which was of course 'an interesting button and its history' and Rita was the winner with Ann and Kate in second and third place.

Chris and Ann were raffle prize winners.

Another enjoyable, informative and interesting evening. Next month is our AGM when business is the main focus of the evening but it will be followed by a Sing along and a Guess that tune session. If you feel musical come and join us and enjoy learning something new and making new friends.

## HOWGILL/FIRBANK W.I.

*Audrey Hoggarth*

The A.G.M. Was held at Firbank Church Hall on Oct.7th. Sarah gave a warm welcome to members and our visitors, Judith Stainton, Karen Hanks - federation chairman and trainee advisor Sarah Middleton.

Officers in turn gave their reports. Due to the pandemic meeting up in person was cancelled for 18 months which meant any plans we had were scrapped. However during the lockdowns we had good communication between us due to technology enabling support and friendship. Thankfully last month we restarted meeting again with a social get together.

It was over to Karen to lead us through the vote for president the result was unanimous; Sarah is happy to continue for the coming year.

Karen then spoke about the success of the two-day county show, the highlight being the visit by the royals which apart from a handful of people had been kept a secret. Having the honour of providing lunch

for princess Anne and Sophie, Countess of Wessex was a pleasure.

As usual the W.I. marquee was amazing and seeing the work by our county's talented ladies was a real treat.

The talk was by Karen, who we all know has a passion for horses, she decided to become a volunteer with the riding for the disabled. RDA offers equine therapy to children with physical and learning difficulties and autism so is helpful for children with a wide range of needs. The tack and equipment used by riders were on show.

The W.I. pop up shop manned by Karen was open during the evening for some retail therapy.

The raffle was drawn with three lucky winners.

Sarah thanked Karen for entertaining us throughout the evening and members were reminded of forthcoming events - The council meeting, the annual quiz and the canary girls talk by Sandra Gold-Wood.

We meet again on November 4th.

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## SEDBERGH W.I.

*Moira Folks*

Our first Coffee Morning for two years took place in St Andrew's Church Rooms on Wednesday 29th September, a sociable occasion for our members and visitors alike: we would like to thank them all for supporting us and helping us to raise about £150 for our WI funds.

When Ellen Morrison, our Programme Secretary, as well as our President, approached Richard Chambers to ask him if he would speak to us one evening, he asked her, 'What about?' 'Oh, just one of the mad things you've done,' she replied. Richard decided that his participation in the 2004 'Marathon des Sables' – the Marathon of the Sands, the 'sands' being those of the Sahara Desert in Morocco – would fit the bill. This is no ordinary marathon, however, but an Ultramarathon, the length of 6 normal marathons, run over 7 days but including one rest day (or a catch-up day for any who have lagged behind!). It is reckoned to be the toughest foot race on the planet, 154 miles over hard sandy gravelly terrain for the first two days, the remainder being over sand dunes up to 100 metres high where you

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needed to follow compass bearings in order to keep on track because it was impossible to see over the dunes to where you should be going. One year a competitor ended up 90 miles off course! To make things more difficult, competitors had to carry their own bedding rolls as well as food, ecogel to boil water, distress flares and anti-venom kits in case they were bitten by a snake or scorpion! Water was available at various points en route. Medical care was provided too, foot care being the most essential. It wasn't just people who took part: the whole procession of competitors was completed by two camels – named Charles and Camilla! – which formed the final barrier. If you failed to keep in front of them, you were out of the

race! Richard illustrated his talk with professional photos on the screen, many of them taken from above so you could get an overview of the daily camps as well as the terrain. Anne Pitt thanked him for his excellent presentation.

Let's now leave the excessive heat and sand of the Sahara in the 21st century, and consider the lives of London merchants and ship owners in the 1780s, when losing a ship was not uncommon. It's a scenario that our book club members have been thinking about recently while reading 'The Mermaid and Mrs. Hancock' by Imogen Hermes Gowar. Jonah Hancock was a shipowner getting increasingly worried because he had heard nothing about his ship for a

long time. Eventually the ship's captain turns up to tell Jonah that he has sold the ship in exchange for a mermaid, a curiosity which will earn him a fortune if he puts it on display. Jonah is not best pleased, to put it mildly, but he has no option if he is to try and recoup some of his losses. He displays the mermaid to people in high society and the brothels they frequent. On one of these occasions, he meets and falls for the beautiful Angelica Neal, whose 'protector' has recently died and left her destitute. She is reluctant to return to her old 'profession' in the 'hunnery' and would like a new 'protector' instead, but Jonah, the shy widower, seems an unlikely candidate. Our discussion at Angela's home on Thursday 14th October focused on several areas: first, the interest in curiosities like the small (dead) 'mermaid' which could have been something put together by a taxidermist with other animal parts and a fishy tail; secondly, the double standards that existed at the time for men and women and the abuse women suffered, not only in the brothels of the time, but also in higher social circles the practice of marrying off girls to higher status men for social advancement, or conversely less well-off men marrying into a wealthy family for the sake of financial gain and no actual emotional ties; thirdly, the issue of race was brought up, with former slaves from



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the Caribbean being abused in London. While some members of our group had trouble getting into the story because of having to read about abusive situations, those who persisted really appreciated the style and the characterization and beautiful turns of phrase. The overall average score was 7/10.

Our next meeting, on Wednesday 10th November at 7.30pm in the People's Hall committee room, will be our Annual Meeting with reports of the past year, followed by our regular monthly business meeting. Social time with a Jacob's Join supper will complete the evening, so members are asked to bring along a small plate of food to share. New members and guests are welcome, but we need to know numbers in advance because of Covid restrictions, so please contact Ellen Morrison on 07702 919745 if you are interested.

## KILLINGTON W.I.

*Wendy Fraser-Urquhart*

At our meetings I usually have pen and paper handy, so that I can jot down anything which I might want to include in the Lookaround report. Even then I can make mistakes and get the date wrong and forget to say who will be next month's speaker, as I did last month. Our speaker for today was Colin Cowperthwaite and the date of the meeting was the 12th not the 13th as I wrote. So, corrections dealt with we can get on with today.

At ten minutes to two, things were looking a bit rocky. The room was arranged. Projector set up. Screen pulled down. Chairs in the right place, [still taking care to be almost socially distanced]. But alas! and alack!,

where were the punters? Was everybody going to turn up tomorrow? Sighs of relief as the hordes rushed in at five minutes to start time. And just as well, because Colin's presentation, "A Slide Show of the Sedbergh Area through the Years", was so absorbing. Recently, I have enjoyed seeing various pictures of Sedbergh in past times at History Society presentations, and really enjoyed those. I was half expecting to see similar pictures at our meeting today, but this one was rather different. Colin, who has lived all his life in Garsdale and Sedbergh had personal pictures of family and community happenings throughout his lifetime. Some of them had been taken with his father's original Box

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Brownie camera. Most of us were able to identify folk we had known in past years, taking part in community events, weddings, christenings, and such like. I was particularly thrilled to see the wedding photo of the couple from whom we bought our house when we moved to Sedbergh 24 years ago. Life is full of surprises! Appropriately, Margaret Denton, another lifetime Sedbergh person, proposed our vote of thanks to Colin.

Then it was teatime, and another exciting one. Coincidentally, I had read an article by the same Colin Cowperthwaite in September's Lookaround, entitled, "50 Years ago", detailing the staff changes in Sedbergh schools. In the Sedbergh Primary School section I read, "Two

local girls also joined the staff as teachers: Miss Dilys Evans, who formerly taught at Keighley and also in Kenya with the VSO organisation..." Well, today we had a special birthday cake to celebrate that same Dilys Evans' birthday. You can do your own sums to work out how young she is now. And another coincidence, in one of Colin's slides Dilys identified her mother, right in the middle of the picture. Birthday wishes were also proffered to Susan Raw but only a piece of Dilys' cake. Cakes only come to folk whose birthday ends in a zero.

After tea and lots of lovely chat it was back to business. Susan Sharrocks, our president, brought us all to order by ringing her little bell.



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Being a campanologist, she can ring much larger bells! Susan gave a particular welcome to our new member, Lindsay Gray, our returning member, Barbara Leigh, and guests, Paula Hasselin, Sheila Kitchin, and Rose Sanderson. Treasurer Margaret reported that our recent coffee morning had been a social and financial success. Future activities include visits to the Literary Lunch at the Belsfield Hotel, the Annual Council Meeting in Kendal, and the Federation Quiz, and our Christmas lunch at the Golf Club. The most exciting happening ahead is our next meeting. This will be our AGM, followed by our 80th birthday party. We are planning an elegant celebration. All the fancy wedding present tea sets will be on show and the afternoon tea would shame the Ritz. This will be on Tuesday November 9th in the People's Hall. Glad rags at the ready!

## POST COVID DEMENTIA?

*Becky Upham*

A study looked at Long COVID-19 sufferers and found that six months after infection, the most common symptoms included cognitive problems or "brain fog." Getty Images; Eugene Myrrin/Getty Images

"We've seen hundreds and hundreds of people with many different lingering post-COVID-19 symptoms, and among the most common are problems with memory and thinking," says clinic director and physical medicine and rehabilitation physician, Janna Friedly, MD.

It's estimated than anywhere from one-fourth to one-third of people with COVID-19 have long-lasting symptoms — and not just people who have been hospitalized.

Approximately 1 in 3 people who had mild to moderate COVID-19 symptoms reported lingering symptoms seven to nine months later, according to a study published in July

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2021 in the Annals of Internal Medicine.

"People often report that they're having difficulty finding the right words and remembering things that are very common to them, such as the names of their friends, the locations of familiar things, and driving directions," says Dr. Friedly.

A study published July 15, 2021 in *The Lancet* looked at long COVID-19 sufferers and found that six months after infection, the most common symptoms included fatigue, malaise after exertion, and cognitive problems or "brain fog."

"We're also seeing a lot of people with significant anxiety and depression, sleep disruption, fatigue, and a variety of other neurological symptoms as well," she says. These symptoms are found in both people who had only very mild COVID-19 and in those who had much more severe infections, says Friedly.

In many cases, these symptoms improve with time and rehabilitation, but experts are concerned about lasting effects on COVID-19 on the brain, says Ronald C. Petersen, MD, PhD, director of Mayo Clinic Alzheimer's Disease Center. "The question is, will people develop cognitive impairment of a more persistent nature down the road after the acute infection is over," he says.

Researchers have found that some genes responsible for increasing the risk of severe COVID-19 are also linked to a higher risk for Alzheimer's disease, says Friedly. Brain scans taken before and after COVID-19 also indicate that COVID-19 may cause changes similar to those observed in people with Alzheimers.

## SIGHT ADVICE SOUTH LAKES

Dennis Whicker

The Pandemic has not been kind to many people and our hearts goes out to all those affected. As a result, attendance at meetings of Groups has dwindled and the Sight Advice South Lakes Sedbergh Group is no exception.

Since our last report, we continue to have our Telephone Meetings at 2pm on the first Tuesday of every month. These have been very successful, especially for those that are unable to leave their home. The system is very easy: - the phone rings, you answer it – and that's it. We have had speakers giving their experiences, sessions of memories, poetry and the infamous fun quizzes by Susan Harper.

We were unable to have our Summer Outing in June, so our first 'Live Meeting' was on Tuesday 21st September in the People's Hall when the Services Manager of SASL, James Carey, gave us a much-appreciated visit and told us of his experiences and the route to joining SASL which was most interesting. He also outlined the continued support given to those with Sight Loss

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problems and invited those in Sedbergh and District affected to join the Sedbergh Group. He also imparted information about the facilities and equipment available to people.

This was followed by an afternoon tea for all, ably supplied by Smatt's Duo, for which we say a big thank you to Sue & Matt.

By the time you read this, we would have had our October Meeting whereby Myles Ripley will be giving a talk on one of his many roles in the community (for which we say a big thank you).

Our next Live Meeting on 16th November will be our Christmas Lunch, this year to be held at the Fat Lamb at 12 noon. Anyone with sight

problems are welcome to join us and transport can be provided.

We will have our phone meeting in December then resume properly in January with the phone meeting on the first Tuesday at 2pm as normal and a 'Live Meet' in the People's Hall at 2pm on Tuesday 18th January, when we hope to have some local talented musicians joining us to provide some entertainment.

I would like to emphasise that the Sedbergh Group is run under the umbrella of the Kendal Based Charity and supports everyone with sight issues. If you would like to join us or want more information, please contact me at [denniswhicker617@gmail.com](mailto:denniswhicker617@gmail.com)

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## ESTATE AGENT CAREERS

Beth Handley

Sue and I spent a morning at Settlebeck School with a lady called Maria from the Inspira group, a nationwide careers service supporting individuals into employment once leaving school. Although a daunting experience, which somewhat felt like we were being summoned by the headteacher, it was very rewarding being able to push beyond one's comfort zone to talk about something which we both, are very passionate about.

The morning comprised of a talk to the Year 11 students of Settlebeck. We began by introducing ourselves and the company, going on to demonstrate a day in the life of an Estate Agent. Explaining our day-to-day tasks, individual favourites and how one conducts them.

The aim of the session was to provide the students with an insight

into the world of work. I, having left Settlebeck in 2016 went on to progress to explain my career path and how I became an Estate Agent. Although there isn't a direct entry route into the Estate Agency industry, I explained my chosen path, highlighting to the students that choosing a career path at the age of 16 is not the only decision they'll ever have to make.

I, having left school with little desired direction was able to interlink a personal experience which a lot of students face when considering their next steps.

As a local business it is great that we can support a more rigorous curriculum highlighting employability skills like teamwork, communication, and presentation skills. We look forward to collaborating further with Settlebeck School and the students.

## SEDBERGH SCOUTS AND CUBS



*How many do you recognise from this picture? We'll publish the names next month.*

## MY WORK EXPERIENCE

*Eileen Bartlett*

At first, I did not want to do work experience as I was worried about working with others and found it scary, but now I'm so glad I did.

My experience with Lookaround has been one to remember. I was reluctant to try something new and a bit different, but I pushed that feeling away and did it anyway. I loved every second! It was refreshing, and interesting to find out what exactly Lookaround does, but in more depth.

If you want to do something, then do it. You might regret it or you might not, but it's the fact you tried it and did it. Over the last 3 days, what I've seen is hard work from the team and so much dedication towards

something so special. Its admirable to see so many of the citizens of our wonderful community so involved.

I will cherish this experience.

*Eileen worked on many different parts of this edition of Lookaround, and, due to circumstances beyond our control, had to work for some of the time by herself without direct input from the Lookaround team.*

*She made a very positive and useful contribution at all times. We'd all like to thank her for all her hard work and her positive attitude, and hope that she will continue to work with us in the future.*

*Please read the editorial at the back of this edition for further details.*  
Ed.



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## **LOCAL YOUNG PEOPLE'S FUND**

*Karen Bruce Lockhart*

This Fund is provided by the Governors of Sedbergh School for the benefit of all young people (under 25) resident within the parishes of Sedbergh, Dent and Garsdale, as well as Killington, Dillicar, Firbank, Howgill, Lambrigg and Middleton for educational purposes

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary school aged child who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8 might need violin lessons, but later in his or her career may require a very much more expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

At a recent meeting of the Trustees it was felt that it might be helpful to those considering whether to apply for a grant to know the types of grant that have been awarded recently, and accordingly the following are some typical recent awards

1. Grants for laptops at university and for A Level courses
2. Grants for university textbooks
3. Grants for overseas educational travel

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4. A grant for a residential field trip
5. A grant towards a gap year placement abroad
6. A grant to assist with fees for an extra-curricular language course
7. A grant to assist with the cost of books, equipment and uniform for a vocational course
8. Grants towards the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical electronic university course which requires a



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very expensive computer and might receive a larger grant. Another may be going on a two-week course in Europe, while yet another may be going for six months to work with a charity in a less developed country. It is also helpful to know what other steps the young person has taken to raise funds.

The next consideration of applications will be early in November and the Trustees hope that young people of the district will give early consideration to applying for a grant.

Application forms can be obtained from the School ([bursarssecretary@sedberghschool.org](mailto:bursarssecretary@sedberghschool.org)) or from the Tourist Information Office.

## SEDBERGH SCHOOL NEWS

*Karen Brucelockhart*

The inaugural Nick Dutnall Cup was held on 25th September at the Kirkby Lonsdale Golf Club. This was in memory of Nick Dutnall, a member of the School maintenance team who tragically died last summer. Nick Dutnall was an enthusiastic golfer. Graham Sowerby and Martin Speight won the Cup

Children at the Prep School rise early when enthusiastic about their interests. Early morning sports club sessions at 7.20 am include the Boys' Cricket Club on Mondays, the Running Club on Tuesdays, the Girls' Cricket Club on Wednesdays, the Girls' Netball on Thursday, and Swim Training on Fridays.

The road closure at Middleton for four weeks, cutting off the direct route between the two schools, has been a nuisance but most parents and School buses have used the motorway in preference to the twisting lanes. Why wasn't this work done at the same time as rebuilding the bridge?

The Prep School enjoyed a talk by Ben Dobson, European and National Fly Fishing champion.

The Prep School took part in the Holy Trinity Church Harvest Festival. The children contributed tins, dried food and jars for Manna House and Springfield Hostel. The Prep School senior choir and girls' chamber choir sang.

The School was a finalist at the Independent Schools of the Year Award ceremony on 7th October but unfortunately failed to win.

A dinner for 180 was celebrated in Powell Hall during the Old Sedberghian weekend. A lunch was held for about 60 to celebrate 20 years of girls in the School and a tree was planted to mark the occasion

The Prep School will be supporting the Salvation Army Christmas Present Appeal instead of the shoebox appeal

The School has started an "Eco-Awareness" Group. The group meets to generate ideas and initiatives to implement throughout the school to limit the School's carbon footprint.

#### **Music**

The music scholars gave a concert performing solos on 4th October

The Prep School senior choir sang at the Harvest Festival in St Mary's

Church (and the donated produce was given to Manna House)

A Night at the Musicals was held on Friday 8th October when a selection of music from Broadway and the West End was performed to a "sold out" audience.

The whole School was at last back in the chapel for a service on 3rd October, and the Commemoration Service on 10th October was attended by Old Sedberghians and friends of the School.

Sedgwick House and Evans House have teamed up to provide sponsorship for two African rescued children, Miriam and Mary, through Restart Africa, a charity providing education, shelter and care for homeless children in Kenya. This is a

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### Rugby

Unfortunately all the RGS Newcastle Games of 18th September had to be cancelled, and the 1st XV match v Durham on 2nd October was also cancelled. Finding schools able to play has been difficult this term.

However, the School won against Oakham, and the Wavell Wakefield match against St Peter's York went ahead on OS Weekend and was won by the School.

The Old Sedberghians won against the Anti-Assassins on the OS Weekend Sunday, despite being heavily out-weighed!

### Cricket

OS Harry Brook was named the Professional Cricket Association's Young Player of the Year after a brilliant year for Yorkshire CCC and in The Hundred.

On 21st September three former School cricket captains played for Yorkshire against Nottinghamshire at Trent Bridge, Harry Brook, George Hill and Matty Revis

Tom Aspinall, next summer's cricket captain, returned late to School as he had been in the West Indies with the winning England U19 team against the West Indies.

### Netball

1st VII pupils Simpson and Smith have been selected for Manchester Thunderers U19 team. The U19 team won the South Cumbria championship and move on to the County finals.

### Sailing

Sedbergh CCF retained their 2019 title as Royal Navy CCF national champions in Southport.

### Running

On 26th September the School welcomed 450 runners from 90 schools as they hosted the 13th English Schools' Fell Running Championship

Fraser Sproul won at Burnley in the Mid Lancs League

Eleven Schools attended the Prep School's U13 invitational Cross Country, and 400 children attended the U9 and U11 invitational Cross Country

### Future Events

Half term ends on 31st October.

The 1st XV play Warwick on 13th November, kick off 13.00, Kings, Macclesfield, on 27th November, kick of 2.15  
The chapel choir, past and present, will perform Faure's Requiem on Sunday 14th

November at 4.30 pm. All welcome to this

The Guest Carol Service will be held on Sunday 5th December at 5 pm. All welcome to this

A Ceremony of Carols will be held on 10th December at 7.30 pm. All welcome to this

The School will perform The Thirty Nine Steps from 30th November to 3rd December at 7.30 pm with a matinee on the Thursday at 1.30 pm. However, as it is to be performed in the Arden Theatre it is unlikely there will be any spare seats

The Friends of the Prep School Christmas Fayre will be held on 10th September from 3.30pm tp 7.30pm this year

Term ends on Thursday 16th December.

## **NEWS FROM THE PEWS**

*Susan Sharrocks, Tony Reed  
Screen  
Churchwardens*

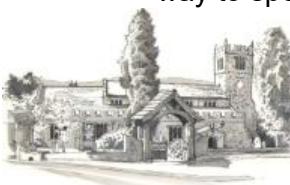
Glorious shades of golden Autumn colours give such delight to those such as me who marvels at the sight of trees in the process of preparing for Winter.

Autumn is Harvest time and in St Andrew's we enjoyed super, colourful, flower arrangements of sunflowers, dahlias, the much-loved Michaelmas daisies amongst many others. Taking centre stage as always was the Harvest loaf provided free of charge by a well-known supermarket. Our gifts of tinned and dried food were taken to the Kings Food Bank in Kendal.

Sunday November 14th will be Remembrance Sunday and the traditional service in St Andrew's at 10.30am when the names of those in our community who died protecting our freedom are read and a minute's silence is kept. This is the one time during the year the bells are half muffled, a haunting sound solemnizing the occasion. The flower arrangements will be bursting with red poppies.

With remembrance in mind a service of quiet reflection is planned for Sunday 7th November in Cornerstone Community Church, New Street at 4pm. Light refreshments will be served afterwards and all are welcome.

Of course, we all seem to have thoughts of Christmas somewhere in our minds now. It is not so far away and plans are being made for the



Christmas Fair in church. Stallholders are signed up, pickles and preserves are under production, Father Christmas has the date in his diary. Everyone making plans, gathering goods, all getting ready for the day which is Saturday 20th November from 11am until 3pm in the church as usual. Come for morning coffee, browse and buy from the stalls, enjoy chatting to friends over lunch before wending your way home. What better way to spend a Saturday in November?

As always there is a welcome on the mat whenever you choose to visit your Parish Church and we look forward to

having you join us for services, Wednesday coffee mornings or indeed any event that happens in the building.

To end with a plea. If you are interested in bell ringing, we would particularly welcome you and positively grab you with both arms as our team is dwindling and we need to keep the dust off our bells! Tuesdays at 6pm until 7pm. If you just want to see what happens in the belfry just come for a visit. Take care

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## **TIM'S COLUMN**

*Tim Farron MP*

The copy dates for Lookaround means that I am writing this just after we have learned of the appalling murder of the MP David Amess. I have no idea what the impact of this will be on my life as your MP. In recent years, on advice, we have introduced quite a few additional security measures around the office and in my ways of working. However, one thing I really really hope does not happen is that it results in my being prevented from meeting up with you as much as possible. As I am sure you know, I love knocking on people's doors simply to ask them what their issues are, my Summer Tour is one of the highlights of my year and I really

enjoy my regular surgery sessions across the constituency.

Which reminds me, there is one planned at the Information Centre in Sedbergh on the 26th November. I would love to see as many of you as feel need my help there but do check on my website ([www.timfarron.co.uk](http://www.timfarron.co.uk)) to ensure it is still happening.

The past month has been a bit of an active one. Thank you everyone who sponsored me for the London Marathon, we managed to raise over £5,000 for Brathay Trust. You can still sponsor me if you want to, just go to the Just Giving website and search on Tim Farron. I would like to say that I enjoyed running the marathon (my first) and I did in parts but 26 miles is a very long way. Possibly a bit further than I had anticipated.

My wife is far from convinced that running the Coniston 14 the week after the Marathon was my best idea. But I did it and amazing as the London Marathon is, the run around Coniston was so much more beautiful and the other people doing it were so much friendlier. It really was the one of the most enjoyable races I have ever done so I am afraid I must disagree with Rosie on this one.

On the work front I am getting increasingly worried about the government's plans for health care around here. Over the past six years the number of GPs in Cumbria fell by nearly a fifth. It's all very well the government producing league tables of which GP surgeries are conducting the most face to face appointments but if they don't invest in having enough doctors in the first place all that will happen is that GPs face even more pressure and even fewer of them will want to do the job.

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Added to this we are still facing the threat of seeing our nearest hospital A&E move even further down the M6 than it already is.

Finally, I managed to get a debate in Parliament to discuss the government's funding for broadband. Their current plans mean that a company like B4RN would no longer be able to bid for funding to provide their fibre broadband in many parts of the county. For places like Sedbergh, who are at the planning stage, this could mean that you see significant delays in your scheme arriving. I used the debate to plead for the minister to listen to what B4RN and the communities they serve. I was pretty encouraged by the response I got but I need to keep the pressure up.

As ever, if there is anything I can help you with please do drop an email to [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk), call us on 01539 723 403 or come along to the surgery on the 26th.

Thanks for your support.

## SEDBERGH PARISH COUNCIL

*Janey Hassam*

The Council held their normal monthly meeting, commencing at 7.00pm, on Thursday 14<sup>th</sup> October 2021 at the People's Hall, Sedbergh. Their next scheduled meeting is on **Thursday 11<sup>th</sup> November 2021 at 7.30pm**. Due to any ongoing Covid regulations (at the time of writing) please contact the Clerk for any up-to-date information on public participation as might be required.

Members continue to investigate EV charging at Joss Lane car park, further looking at the feasibility of additional EV capacity at Loftus Hill car park (in conjunction with Sedbergh School) and the People's Hall car parking area.

### Sedbergh Cemetery

Members had met recently with a representative from South Lakeland District Council, in respect of the Cemetery. Members are mindful that any consideration to formally request

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Start your week with *Monday morning yoga*:

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

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

Challenge yourself with *evening classes*:

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

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

Classes held at the beautifully refurbished Dent Methodist Chapel.  
Text Elly on 07724 803508 Email [ellyarcher@talk21.com](mailto:ellyarcher@talk21.com) to book or for further details.



an asset transfer of the Cemetery, to Sedbergh Parish Council, would have significant financial and legal implications. There was, therefore, a need to first establish detailed associated costs, as well as legal and administrative requirements. When further information is established, Members would be in a position to consider in detail. Also, ultimately, giving additional time and thought to any future Precept increases that would be required if Sedbergh Parish Council were to become the authority responsible for the Cemetery.

#### Precept – 2022/2023

Members noted that with the ongoing and predicted rise in expenditure/utilities/energy etc, it was anticipated that there would be a significant increase in the Council's precept request to South Lakeland District Council for 2022/2023. Whilst the increase might be in the region of 5%, this was envisaged to be an annual increase of approximately £2.00 for the Parish element of the Council Tax (based on an average Band D property). Members were advised that this sum is still significantly less than other parishes in SLDC.

#### Other matters/Correspondence

Members received a short presentation from Sedbergh School on their current and ongoing plans. A Grant was awarded to Sedbergh First Responders, toward a defibrillator at Millthrop. £500 and £600 was agreed to support the erection of festive lights in December. Planning matters were noted, including the requirement to consider future Dispensations for Members in light of a forthcoming



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application in Sedbergh. Members also discussed progress at Jubilee Fountain, with the hope to establish drinking water with the ongoing assistance from a local contractor and United Utilities. Also discussed, was disabled access at the Tennis Courts, after a request from the Tennis Club. Finally, it was hoped that the Council would coordinate a visit from the Slovenian Ambassador and the High Sheriff of Cumbria in the coming months.

If you have any queries, or wish to contact Sedbergh Parish Council, please email me at [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk)

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

## **ROYAL BRITISH LEGION**

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

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

Membership costs £18.00 - call 20964  
email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

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



## **ROYAL BRITISH LEGION'S AGM**

### **President's report**

**14 October 2021.**

*Tony Reed Screen*

It has been a quiet year with many activities restricted due to Covid 19. The poppy collection raised £3,500 and a simple service took place in the churchyard on Remembrance Sunday to enable social distancing rules to be observed. That the collection and the Service took place at all is a reflection of the determination of the Branch to carry on in adversity and this has been reflected in the continued assistance given to servicemen and their dependants through the Branch Community Support initiatives and liaison with the Rawthey Project. In this context I am delighted to report that John Pease, through the kind offices of Peter Anstiss, has established contact with BAE who have offered to provide substantial support to the Project. Looking to the future it is encouraging that this year's Remembrance Service will once again be in St Andrew's and Killington Service Station has

welcomed the resumption of collections.

At the same time that we are emerging from Lockdowns, and all the other restrictions we are coming to terms with a new organisational system within the Legion, which is being introduced to manage resources more efficiently in the light of lessons learned during the pandemic. For over a year the Cumbria Membership Support Officer, the only full-time administrative post in the Region, was on furlough and the Branch had to go to Newcastle for support. While we have our Support Officer back, he is now working from home, and his office in Penrith has closed together with the Penrith Branch premises. The future organisation is still evolving, and we live in hope that we will end up with a more efficient system to support those in need. However, we are concerned at the apparent lack of front-line support that will be available and I have taken this up with Nicola Cook, Assistant Director of Regional Operations.

We held a short ceremony at the War Memorial on 15 May to mark the



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100th Anniversary of the Legion. On Sunday 5 September, after a long delay, we dedicated our new Standard and laid up the old Standard, which now hangs in St Andrew's adjacent to the Ladies Standard. To set the scene for the laying up ceremony, which was attended by the Lord Lieutenant, senior Legion officials and local dignitaries, a magnificent poppy array at the church lych-gate and an exhibition in the church telling the story of the Legion was created by Barbara and Derrek Hartley. The display and the exhibition lasted for one week. It is now being stored until the Poppy Appeal period when it will be on display for 3 weeks during

which time the exhibition will be visited by children from Settlebeck and the Primary School. I must congratulate our standard bearers and escorts for their impeccable presence in the dedication service, led by the Archdeacon of Westmorland and Furness which received many congratulatory comments from outside observers.

The Branch strength is 121 of which 55 are pupils at Sedbergh School. Sadly, Jane Collison, one of the longest serving members of the Branch and a veteran poppy collector, has died. John Estensen, who served on the Committee for many years most recently as the Branch Welfare Case Worker and, in the past various



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appointments from Standard Bearer to Chairman, has also died. His funeral will be at Beetham Crematorium on Wednesday 20 October. On a more positive note, Nigel Whiting is now a committee member and Sedbergh School sailors sailed 100 laps of Killington Lake as part of the Captain Tom 100 Challenge. We hope the display and exhibition during the Poppy Appeal period will be a catalyst to enable the

Branch to recruit some new members.

Lastly, I wish to thank all the members of the Committee for their support during the past year.



## SEDBERGH AND DISTRICT C.I.O. Annual Report

*A J Reed Screen*

It has been a difficult year managing closures during Lockdown and then introducing measures to ensure the safety of staff and customers in the charity shops and the premises at 72 Main Street. After the first Lockdown, regaining momentum in the charity shops was very difficult as both volunteers and customers were very cautious. By the time we had found our feet and the income from the shops was beginning to match that of previous periods the second Lockdown was upon us. Government support grants and a drastic reduction in grants made to deserving causes; £11,200 to six organisations contrasting with the record sum of £30,155 to twenty-one organisations in the previous year have kept the Charity financially viable.

No new projects have been identified this year and there has been no progress on the provision of a pump track as we wait to see whether other developments will enable a suitable site to become available.

The Trust continues to be actively involved with the Parish Council, the Chamber of Trade and Business and the Sedbergh Economic Partnership, previously known as the Forum.

We continue to maintain close contact with the Community Orchard Group, Sedbergh Dementia Group and Sedbergh First Responders.

## NOTES FROM DENT STATION

*John Carey*

It is now a little over a year since the Friends of the Settle-Carlisle Line acquired the Grade II listed Dent Station and since then much has happened. We always knew it would be challenging and it hasn't disappointed! Those who have passed the station recently will have noticed the scaffolding to the rear of the building and I can perhaps explain a little of the background to what we have been doing.

Much of the initial restoration was carried out by Neil Ambrose and Robin Hughes during their respective ownerships and prior to 1985 the building was in a poor condition leased by British Rail to a Burnley school as an outward bound centre. Whilst the property was up for sale in 2020 there was always a risk that it could have become yet another second home with a short-term view taken as to maintenance. However, in acquiring the building FoSCL have the longer-term conservation of the building at interest.

Maintenance has been an ongoing process. In the first few months we attended to the safety critical work such as fire alarm, emergency lighting and electrical distribution plus



limited work to the interior to put it into a lettable condition as self-catering accommodation. Of course we were immediately hit by the third period of lock down and did not manage to open until the Covid restrictions were eased in April 2021. The summer period has provided valuable income.

The weather takes its toll at 1150ft elevation and two of the purlins plus a wall plate supporting the west elevation gable were showing advanced signs of decay. We devised a plan and after submitting our application for listed building approval in the summer we closed for guests in early September for a 2 month period in order to carry out the work. This is a complicated process and has involved stripping slates from the gable section of the roof, inserting and bolting two new purlins and a wall plate and reconstructing with new rafters and the ornate Midland style barge boards. All of the work has been carried out using more resilient hardwoods and will last for a good few years. Fortunately, we haven't had to look far for skilled tradesmen and the works have been carried out by Julian Wilkinson and Edwin Middleton both of Dent with





whom we have an excellent relationship.

Meanwhile, we have decided to take the opportunity to replace the heating system to ensure reliability over the winter months and also control our fuel bills. This work has been undertaken by Gary Sedgwick and his team. All this has more than justified our decision to use local tradesmen and suppliers where possible and our commitment to the community.

Next year we hope to commence work on the pointing to the west elevation and also replace the large west window with a 'Midland' heritage style timber window more in keeping with the building. Discussions are ongoing with the listed building officer.

We do also rely on volunteers and offers of help are rarely turned away. With about  $\frac{1}{2}$  acre of land around the station, much of it in a wild state, we are most grateful to Dent resident Ken McClurg who turned up one day and undertook to manicure the grounds and hedges. The results are self-evident.

On to more mundane things, FoSCL are first and foremost a rail-user group and the largest in the UK with a 3000-strong membership. We

are concerned about the train services on the line and engage regularly with Northern Trains, the train operating company. We have several current objectives these being to achieve a more regularised clock-face timetable with trains at 2 hourly intervals; trains better suited to commuting times in Leeds and Carlisle for those who have to access work or education; all train to stop at all stations to remove the current 4 hour gaps and finally integration with local bus services.

Users of the trains in recent times may have noticed that they have been particularly full and on one notable occasion passengers were left standing on the stations unable to board. The increased usage has partly been due to the consequences of the numbers of people enjoying a staycation, group bookings and also an ill-judged offer intended to get passengers back to rail travel particularly in the urban areas. FoSCL supports all uses of the line and indeed tourism is to be encouraged however it is unacceptable that overcrowding should take place as we emerge from Covid restrictions. Indeed, the problem could be solved with adequate stock but perhaps easier said than done. We have made



representations to Northern Trains on this and now have a regular dialogue on service issues. We would be happy to take any service concerns forward via [john.carey@settle-carlisle.com](mailto:john.carey@settle-carlisle.com)

We do sometimes have to remind the rail operator that the Settle-Carlisle line is a vital local and long distance transport link for those that use it and is not merely a 'heritage line'. Tourism is of course important to the area provided that visitors actually alight at the intermediate stations which is something we are keen to encourage. However for many this is simply an 'out and back' scenic ride contributing little to the local economy.

The arrival of the Western Dales bus on a Saturday morning reminds that Dent is also a transport interchange and we must not forget the vital role that bus services can and should play in the local transport. Indeed, FoSCL argue that the line can be used as a spine of a local transport strategy with connecting bus routes. However, it is disappointing that the railway line is not even featured in the recent Cumbria Bus Service Improvement Plan which has very little if anything to offer the area. The government-led initiative called for each primary authority to submit an ambitious improvement plan and the Cumbria document is far from that predicated on demand responsive services rather than conventional buses. We have submitted our response and await further comments. Anyway, enough for now!

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



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### UPCOMING SALES

General Sales -  
4th, 11th, 18th & 25th Nov



Antiques & Fine Art Sale  
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To include the sale of the Principal  
Contents of GREYSTOKE CASTLE  
on Wednesday 1st December



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### TOM ADDISON FINE FURNITURE

*Tom Addison*

A former fell running champion has been inspired by the hills surrounding his Yorkshire Dales National Park home to start his new bespoke furniture making business.

Talented Tom Addison is creating pieces of work based on places and hills around his home close to Askriigg, near Hawes in Wensleydale.

One item of furniture - a console hall table - he has just completed captures the profile of the iconic hill Addlebrough which he can see across the fields from his living room window. He has also produced the stylish Ellerkin lamp table and the functional Sedbergh coffee table.

Of the Addlebrough table he says: "This table evokes the fell's recognisable landscape profile with its sweeping, curved tapered legs with tapered chamfers on each edge."

Tom trained for six years at the prestigious Peter Hall & Sons workshop in the Lake District village of Staveley and learnt traditional furniture making techniques as well

as gaining valuable knowledge about design and construction.

"With the experience gained, I decided to set up my own furniture making workshop and studio at my home," said the 31-year-old father-of-one who was crowned English fell running champion in 2014. "I now strive to design and make fresh, inspiring and beautiful pieces of furniture with quality and craftsmanship at the heart."

"I fell in love with hills and mountains when I was running competitively and when I moved to Wensleydale after getting married in July 2018 I was struck by the beauty of the hills that surround my home and wanted to capture some of their character in the furniture that I have started making."

"I am now lucky to live and work in the Dales and I take great pleasure in getting out into the hills with my family and dog, whether it's running or walking and I find the scenery and peace and quiet very inspiring for my furniture designing," said Tom who has represented England and Great Britain in mountain running. "My running has allowed me to travel to



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some of the most beautiful parts of the world experiencing different cultures and new landscapes, which has really shaped and influenced my life."

"I have just finished my first substantial commission which was to design and make a contemporary, stylish yet functional desk for a client in London, I have thoroughly enjoyed working together to create a very beautiful standalone piece which can be cherished for many lifetimes."

Tom can be contacted at:  
[tom@tafinefurniture.co.uk](mailto:tom@tafinefurniture.co.uk) or  
07585952951 and you can see his portfolio of furniture made on his website: [www.tafinefurniture.co.uk](http://www.tafinefurniture.co.uk)

## WINTER AT CROSS KEYS TEMPERANCE INN – CAUTLEY

*Chris Clowes*

From the 1st November we will be opening as shown in the ad above

We will be CLOSED ON Monday, Tuesday, Wednesday and Thursday but will gladly open for a group booking.

The past year and a half has been particularly difficult for us both financially and staff wise and with the present hike in fuel prices we cannot justify the further losses we would sustain by trying to maintain heating and cooking with perhaps only one or two customers all day.

Please note that our popular PIE DAY returns on a Friday.

## THE ZERO PANTRY - A NEW CHAPTER

*Kim Bradshaw*

Hopefully by the time you read this the Kirkby Lonsdale "The Zero Pantry" will be starting to pack up and move to their new premises on 55 Main Street (in between Avanti and Natwest Bank). We are super excited as the move will mean a larger shop which in turn means more exciting products for you. We will be increasing our selection both within the food section as well as the home/personal section. The planned move is the 15th November so fingers crossed we manage to do all that needs to be done before then! If we are missing in action for a few days please be patient - we will be with you shortly.

This new chapter ties in nicely with what we have managed to achieve over the past 16 months of trading. On the 1st August 2020 The Zero Pantry opened its doors for the first time and it was more than we ever expected. The community of Kirkby Lonsdale and surrounding areas welcomed the concept of plastic free shopping, so much so that just a few months later we opened a further store in Sedbergh on the 1st December. Together we have refilled over 3,670 plastic bottles, eaten over 900kg of rolled oats, washed our clothes with 1,020 litres of eco-friendly laundry liquid and composted over 250 bamboo toothbrushes. Well done everyone!

As you all know, not only am I passionate about reducing plastic in our homes but I am also a keen advocate of supporting local

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With Christmas just around the corner it would be lovely to see our townsfolk support local shops, whether that be in Kirkby Lonsdale, Sedbergh, Ingleton etc. Spend some time looking around the amazing selection that is on offer and make a promise to yourself that you will buy at least one Christmas present this year locally - gosh, why not buy them all!! And remember "When you buy from a small business an actual person does a little happy dance". So spread those warm fuzzy feelings this year - support local, shop local, eat local, spend local.

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015396 23670 or [dinkydalesnursery@outlook.com](mailto:dinkydalesnursery@outlook.com)

## **DENTDALE GALA AND CAR BOOT SALE 2021**

*Barbara Allwright*

August Bank Holiday 2021 saw a different sort of Gala Day, where the venue and activities were changed to suit the “new normal”, including selling Raffle Tickets before the day. People bought tickets on the day as well and prizes included £100 cash, hampers and a range of other prizes kindly donated by local businesses and other generous individuals and families.

The event was held on Millbeck Field just outside the village. It was a sunny day with a brisk cold wind, but this did not put anyone off.

All the vehicles arrived and set up before 7am to be ready for the 8am start of the Car Boot Sale. There were plenty of browsers and shoppers who got early morning bargains and then went back for breakfast. Many then came back for the Gala.

The Gala proper started at 10am. Although we did not have as many stalls and games, we had many interesting attractions. Johnny Flip, the children’s entertainer, had a large audience of parents accompanied by

their children. The wine-and-water was again popular as was Bat the Rat, the tombola, the Nordic walk and the bouncy castle and of course the final event: the egg throwing. We were pleased to welcome a local author, Dianne Allen, to share with us her writings and books.

Visitors enjoyed a range of refreshments, including hot and cold drinks and hot food from Spit and Crackle. The WI provided homemade sandwiches, cakes and drinks and were sold out by the end of the Gala. The WI also had a craft stall with a wide range of items, which attracted a lot of interest.

The band Rawthey Rhythm played at regular intervals during the day and their modern, popular, cheerful music was enjoyed by everyone. The bouncy castle was very popular with children of all ages and was very lively all day.

On a flat piece of land near the top of field, we held the races for children and adults which are always good fun both to watch and take part in. This included flat races, wheelbarrow, egg and spoon, and sack races and the more difficult than it sounds 3-legged race.

We raised over £1900 and would like to thank everyone who helped by putting up the stalls and tents and allowed us to use their electricity, to run activities, those who provided prizes, bought raffle tickets, ran stalls and those who came to support us. An excellent day.



## SENIORS' GOLF AT SEDBERGH

Adrian Baddon

As the calendar year draws to its close, Sedbergh's Senior Golfers (SEGGS) can reflect upon an extended spell of dry weather over the Summer which allowed them to complete their scheduled tournaments and matches despite a season shortened by the Government's seemingly senseless ban of golf in the early part of 2021.

Who would have thought that Cowgill could be regarded as a centre of golfing excellence until John Halls became 2021 SEGGS Golfer of the Year and Colin Gardner won both the Bruce Wilson Knockout Trophy and the Senior Captain's Day Trophy? That is a flavour of what happened in a packed summer programme and seems to show there is an added benefit of life in the upper reaches of Dentdale.

The SEGGS continue to meet during the winter months on a Monday and Thursday at 9.15 and very much welcome new members whatever the standard to which they play the game. It has members not only from Sedbergh and Dentdale but from Kendal, Arnside and Yealand and across the Pennine watershed in Hawes.

After two years in post Adrian Braddon will shortly be succeeded as SEGGS Captain by Steve Ockerby although Adrian will remain a point of contact for those who may wish to join with a friendly group of golfers at the challenging but picturesque Sedbergh Golf Club. His telephone number is 0330 1138850.

## RENTING A PROPERTY

Citizen's Advice

I'm moving into a shared house with friends for the first time. Although I'm excited, I'm also a bit nervous as I've never rented from a private landlord before. What should I look out for when I move in? Most landlords are reasonable people who look after their properties and tenants well, but it's always a good idea to know your rights. Here's a checklist of things to do when you first move in:

- Make sure you have your landlord's contact details. Your landlord is responsible for keeping your home in good condition and arranging repairs when they're needed. They should be your first point of contact if anything goes wrong.

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- Make sure your deposit is protected. Check that your landlord has given you information about the scheme used to protect your deposit.
- Take photos on the day you move in. It's also worth asking your landlord or letting agent for an inventory, to check everything is in order. Use this to note down any problems and the condition of the furniture, kitchen, carpets, bathroom etc.
- Check if you're in a 'house in multiple occupation'. If you're living with two or more people who aren't part of your family, and share a toilet, bathroom or kitchen with you, this is considered an HMO. This means your landlord must make sure your home meets certain safety standards. This includes making sure smoke alarms are installed and there's a

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# **LOOKAROUND DIARY**

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

safe fire exit. The landlord must also ensure shared areas such as staircases and corridors are clean and in good repair. Some HMOs need to be licensed by the council - if you're unsure whether this applies to your home, check with your local council.

- Make sure your landlord gives you: a copy of the Gas Safety Certificate, an Energy Performance Certificate and a How to Rent leaflet.
- Understand your tenancy agreement. It's important to know who's responsible for paying bills and what to do if there are any changes, like if someone wants to move out. The Citizens Advice website explains the different ways shared accommodation can be organised.

If you encounter a problem with the property, contact your landlord. If it relates to disrepair, for example if your heating system fails or there's damp in the property, it's best to put this in writing so that you have evidence if you need it later. The landlord shouldn't come in without your permission. If your landlord is unresponsive or refuses to help, contact South Lakes Citizens Advice for support. In serious cases, for example if your health or safety is at

risk, you may be advised to contact the council.

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

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

How to access:

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

## TYRE SAFETY

*Joseph Murray*

### *Neighbourhood Alert*

Any car owner should always be aware of this information, however, Cumbria Police are encouraging motorists to double check their tyres with the changing of the season. Here is some handy tips surrounding what is required.

#### Tyre tread

The legal minimum tread depth for cars in the UK is 1.6mm throughout a continuous band comprising the central three-quarters of breadth of the tread and around its entire outer circumference. In wet weather tyre tread grooves help to remove water from the contact patch between your tyres and the road surface meaning

## Sedbergh and District Lookaround

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your car can brake, steer and accelerate properly.

Without adequate tread depth your tyres may not be able to perform properly in wet conditions, reducing your safety on the road. It is therefore advisable to consider replacing your tyres well before they reach the legal minimum. Furthermore, drivers whose tyres fail to comply with the minimum tread depth requirements risk a fine of up to £2,500 and three penalty points for each illegal tyre

### Tyre pressure

Tyres with insufficient air are also more likely to suffer from a sudden rapid deflation and will suffer premature wear on the outside edges of the tyre. The wheel rim and tyre will be more susceptible to impact

damage. Over-inflation results in less comfortable ride, a reduced area of contact with the road giving less grip in the day and accelerated wear on the tread centre. The benefits of a properly inflated tyre, include reduced running costs and longer tyre life.

### Tyre condition

Tyres are never manufactured with lumps, bumps or objects sticking in them, so if you see any of these, you'll need to have the tyre inspected. Tyres should be examined frequently, removing stones or other embedded objects from the tread. If the tyre has lumps or bulges it must be examined by a tyre specialist since these could indicate internal damage. Remove oil or grease with a suitable diluted detergent. Always seek the help of a professional if you are unsure about any aspect of your tyre's condition.

### USEFUL TELEPHONE NUMBERS

**Age UK South Lakeland**

030 300 30003

**Electricity in any area**

105

**Medical in any area**

111

**Pension Service Surgery**

Stricklandgate House every Tuesday 1400 -  
1600

01539 795000 or 0845 6060265

**Police in any area**

101

**Sight Advice South Lakes**

01539 769055

**South Lakes Citizens Advice Bureau**

03444 111 444

**South Lakeland District Council**

01539 733 333

**Yorkshire Dale National Park**

0300 456 0030

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

## PERSONAL MESSAGES

### ELI SCARR

10 years old on the 10th November -  
Wishing you a Very Happy Birthday -  
Love from Nannie and Gramps.

## EDITORIAL

As you may have seen on page 50 this edition of Lookaround was partly compiled by Eileen Bartlett, a student from Settlebeck doing work experience.

When we were asked if we could take on a student for a few days I did wonder what we could offer, but on reflection I thought that doing Lookaround compilation would be a very useful experience about the way magazines are put together. Obviously we don't bother the Sun, or even the Guardian, in terms of circulation, but all periodicals must have the same issues: proof reading, advert design, writing content, making the output look good, the constraints

imposed by the 'look and feel' of the journal, finance, etc etc. And big organisations have specialised roles, people designing adverts, journalists writing content, editors and sub editors, accountants and administrators. At Lookaround the team does it all, anybody joining us even for a short time is going to get an overview of what it is all about, rather than a limited view of one small aspect.

We were greatly pleased by the help that Eileen gave us and I would be more than willing to give other students a similar work experience, as long as they are keen and enthusiastic. So if there is anybody out there let us know.

I'm very pleased to see that the Butcher will continue in Sedbergh, and will be reopening after Christmas—see Garth's article on page 5. I'm quite keen on shopping locally and trying to make sure the money I spend gives employment and helps the businesses in our community.

Ed.

## PEOPLE'S HALL HIRE RATES

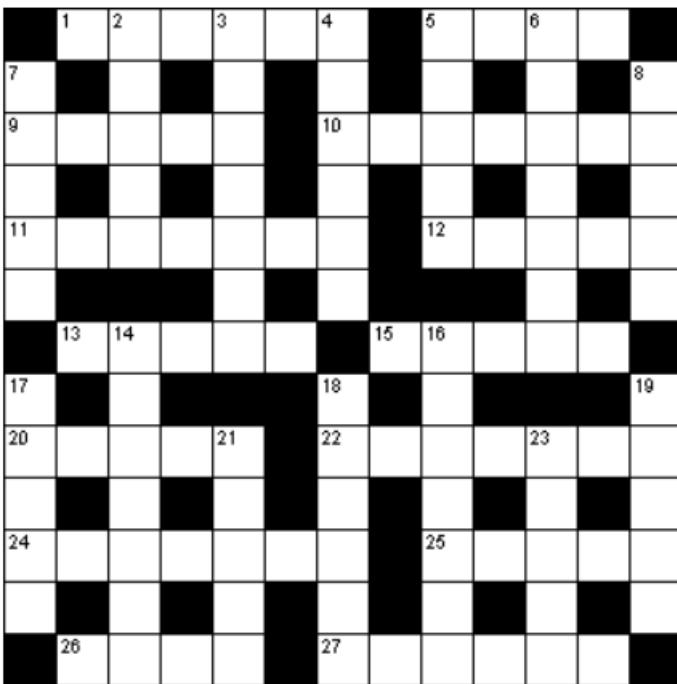
### Main Hall

Session	Z	A	B	C	D	All day
Local Hirers	£10	£20	£20	£15	£36	£90
Other Hirers	£15	£30	£30	£22.50	£54	£136.50
Commercial	£20	£40	£40	£30	£72	£182

### Committee Room

Local Hirers		£15	£15	£10	£15	£55
Other Hirers		£22.50	£22.50	£15	£22.50	£82.50
Commercial		£30	£30	£20	£30	£110

## PUZZLE (SOLUTION ON PAGE 85)



### **Across**

1. Rhythmical mover in Bermudan ceremony (6)
5. Expensive sounding animal (4)
9. Spirit between two letters is a overall winner (5)
10. Recipe for rum loaf mixture (7)
11. Sounds more than a shredder (7)
12. Took a seat in soft fabric (5)
13. Find fruit, cheap please (5)
15. Twenty found in disco resort (5)
20. Subject revealed in the meeting (5)
22. Mixed bat ribs or furry animals (7)
24. Exact mixture of recipes (7)
25. Wrote down to end mixup (5)
26. Pig pen sounds like a sight for sore eyes (4)
27. Signals return to quarters, found habitat too military (6)

### **Down**

2. Entertain a daughter of Zeus (5)
3. Large letter or major city (7)
4. See the light or reunite the band (6)
5. Finds challenges in Nevada resort (5)
6. Circles the world without being seen (7)
7. Put on a platform (5)
8. Extra insurance included precipitation (5)
14. Make a gift of a writhing serpent (7)
16. It can be re-arranged piece of furniture (7)
17. Halts re-arrangement of posts (5)
18. Clergyman in Capri establishment (6)
19. Stage whisper is a theatrical facet (5)
21. Cream of the crop in model items (5)
23. Tin trombone supported brief musical passage (5)

## **LOOKAROUND DETAILS**

### **LOOKAROUND INFORMATION**

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

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

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

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

### **ARTICLES**

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

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

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

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

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

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

## DIARY OF EVENTS

Dates are held up to 26/06/2022

Dates in **BOLD** are start & finish events.

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

### NOVEMBER 2021

03	930	British Legion Coffee Morning (3)	StAS
03	1930	HS - Eastern Influences on Cumbria	StAS
05	1630	F&C fundraiser	DMH
05	1830	Fireworks display (9)	TBA
07	1000	Tai Chi Qigong (19)	MCD
07	1600	Memorial Service (7)	CCCN
07	1930	Concert - Emma Abbate	Appleby Hall
09	1400	Kendal Dementia Hub (Oct)	Abbott hall
09	1930	Domino Drive	FCH
10	930	N.F.U. St John's Hospice Coffee Morning	StAS
10	1000	Ladies NFU (35)	StAS
10	1915	Dentdale WI AGM	DMH
11	1100	Act of Remembrance	StAS
13	1000	Dentdale Methodist Coffee Morning	DMC
13	1830	Fellowship Supper	Rhumes
14	1030	Remembrance Sunday Service (55)	StAS
14	1600	Messy Church (Oct)	CCCN
14	1930	Remembrance Concert Town Band (8)	StAS
16		Sight Advice S.Lakes Xmas lunch (Sep)	TBA
17		Medical Centre Early Closing (Oct)	MC
17	1930	HS - Housing in NW England	Zoom
19	1900	Monthly Yoga and Gong Meditation	MCD
20	1000	Learn to Meditate (19)	MCD
20	1100	Christmas Fair (20)	StAS
26	1900	Robin Ince (Author) (Oct)	Westwood Books
27		Festive Farfield Mill (27)	FM
28		Festive Farfield Mill (27)	FM
28	1930	Concert Sacconi Quartet (Oct)	Appleby Hall

### DECEMBER 2021

01	1930	HS - The Northern Film Archive	StAS
05	1400	Children's Nativity	DMC
08		Dentdale WI Christmas meal	TBA
11	1000	DMC Coffee Morning	DMC
12	1600	Messy Church (Oct)	CCCN
13	1400	Meet Father Christmas (11)	Grotto
14	1400	Kendal Dementia Hub (Oct)	Abbott Hall
14	1400	Meet Father Christmas (11)	Grotto
15	1400	Meet Father Christmas (11)	Grotto
16	1400	Meet Father Christmas (11)	Grotto
16	1930	Hercules - The Panto	PH
17	1400	Meet Father Christmas (11)	Grotto
17	1930	Hercules - The Panto (17)	PH
18	1400	Hercules - The Panto (17)	PH
18	1930	Hercules - The Panto (17)	PH
25		Christmas Day	
27		Christmas Day Bank Holiday	
28		Boxing Day Bank Holiday	

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

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

## EAT OR DRINK IN SEDBERGH

### AL FORNO ITALIAN KITCHEN

MAIN STREET- 015396 34040

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

### BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

### DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

### HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

### ON A ROLL

MAIN STREET - 07775 893354

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

### THE RED LION

FINKLE STREET - 015396 20433

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

### SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

### SMATTS DUO

MAIN STREET - 015396 20552

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

### THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

### THREE HARES DELI

MAIN STREET - 014396 21058

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

### WAFFLE CONE

MAIN STREET

If you've had some takeaway food from one of the other Sedbergh businesses then this is the place for dessert. Or if it's a hot day and you need something to cool you down.

### WEAVERS CAFÉ

FARFIELD MILL, HAWES RD - 015396 21958

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

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

Bowling Green, Queens Gardens

Bruce Loch Nature Area, Busk Lane

Cautley Spout, A683 towards Kirkby Stephen

Community Office, 72 Main Street

Cornerstone Community Church, New Street

Cumbria Wildlife Trust, Community Office

Dent Heritage Centre, Laning, Dent \*

Farfield Mill, A684 Garsdale Road

Friends Quaker Meeting House, Brigflatts

George Fox's Quaker Pulpit, Firbank

Golf Club, Catholes, Sedbergh \*

Information Centre, 72 Main Street

History Society, Community Office

Holy Trinity Church, Howgill

Jubilee Wood Nature Area, Castlehaw Lane

Langstone Fell, A684 Garsdale Foot

Motte & Bailey Castle, Castlehaw Lane

Pepperpot Folly, Busk Lane

Picnic Site, Ghyllas, Cautley Road

Picnic Site, Settlebeck New Bridge

Play Ground, Dent Village

Play Ground, People's Hall

Play Ground, Maryfell

Queen's Gardens, Station Road

St. Andrew's Church, Dent

St. Andrew's Church, Main Street, Sedbergh

St. Gregory's Church, Vale of Lune

St. John's Church, Cowgill

St. John's Church, Firbank

St. John's Church, Garsdale

St. Mark's Church, Cautley

Sedbergh Embroidery, StAS

Tennis Courts, Guldrey Lane \*

Winder Fell, above Sedbergh

\* = Entry Fee Applicable



## BED & BREAKFAST

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

## CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN 34032 Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub e-mail: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a>	
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS e-mail: <a href="mailto:ed_welti@btinternet.com">ed_welti@btinternet.com</a>	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) 20360 Self-Catering Sleeps 6 e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) 45845 Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC e-mail: <a href="mailto:hello@killingtontower.co.uk">hello@killingtontower.co.uk</a> website: <a href="http://www.killingtontower.co.uk">www.killingtontower.co.uk</a>	
The Roost at Bowersyke, Killington, LA10 5EW	Sleeps 2 people 1D CH L TV P NS NP NC e-mail: <a href="mailto:booking@theroostcottage.co.uk">booking@theroostcottage.co.uk</a> website: <a href="http://www.theroostcottage.co.uk">www.theroostcottage.co.uk</a>	07927 295262

## KEY

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

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

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

\* = Latest Amendments

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

# BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive	Day	No	Co	Depart	Arrive	Day	No	Co
0940 (L)	1010	M - F	W1	W	1030	1056 (L)	M - F	W1	W
1015 (L)	1045	Wed	W2	W	1300	1330 (L)	Wed	W2	W
1240 (L)	1310	M - F	W1	W	1330	1356 (L)	M - F	W1	W

L = Library

W = Woof's of Sedbergh

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

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

Last Update November 2021

## S1 Saturdays - Kendal Shuttle

Western Dales Bus

**Dent Station - Dent - Sedbergh - Oxenholme - Kendal**

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

# BUS SERVICES

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

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

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

### DENT RAILWAY STATION TIMETABLE

*Valid until December 11th 2021*

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

(N) Through train to Leeds, Sheffield and Nottingham

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

## **BUS SERVICES**

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

#### **Western Dales Bus**

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

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

## BUS SERVICES

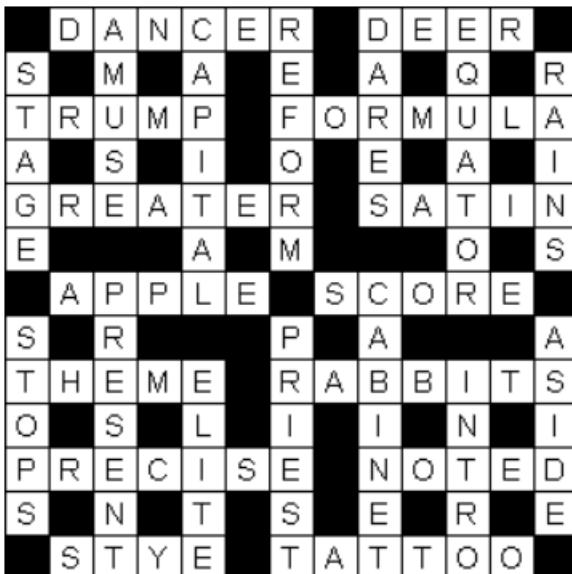
### S6 Tuesdays - Kirkby Stephen—Penrith

#### Western Dales Bus

#### Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith

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

#### PUZZLE SOLUTION



## Religious Services in Sedbergh

### CHURCH OF ENGLAND

St. Andrew's Parish Church  
Sunday 10.30

Wednesday 12.00

*Church Wardens:*

Tony Reed Screen 21081

& Susan Sharrocks 20754

[www.sedbergh.org.uk/churches/anglican](http://www.sedbergh.org.uk/churches/anglican)

### ROMAN CATHOLIC

St. Andrew's Parish Church  
Sunday 12.00

Holy Days 19.30

**Parish Priest Kendal**

**Tel: 015397 20063**

### CORNERSTONE COMMUNITY CHURCH

New Street

Sunday 10.30

**Rev. David Crouchley Tel: 20329**

**worship@peopleshall**

Currently suspended.

**Rev David Crouchley Tel:20329**

### SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

**Janet Chetwood (Comms Clerk)**  
**Tel: 21715**

**Sally Ingham (Business Clerk)**  
**Tel:07939 569559**

### DENTDALE CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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

### CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. Christine Brown Tel: 25418**

*Church Wardens:*

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Inquiries -Tony Reed Screen

21081

Dent & Cowgill

**Rev. Christine Brown Tel: 25418**

**Email: christinelucy2014@gmail.com**

### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 28151**

[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

### PIONEER CHURCH

Becca Gilbert

**Email: becgilb@gmail.com**

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

Combined plans for Western Dales Mission Community - November 2021					
	Time	7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service HCx	Remembrance	FS	HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service-Contemporary worship 4pm Memorial Service	United at St. Andrew's 4-6 Messy Church	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP	2.30pm Advent Carol Service
St. John's, Garsdale LA10	10am	HC		SW	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service
All Saints, Killington LA6 2HA	2pm				
Holy Trinity Howgill LA10 5JD	10.30am		Service		
St. John's Firbank LA10 5EF	2pm				
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC	Remembrance	EP	
Dentdale Methodist Chapel LA10 5QJ	2pm	Service	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
Sedbergh Christian Centre, The People's Hall, Howgill Lane, Sedbergh LA10 5DQ	6pm	Currently meeting live on YouTube			
	Wednesday	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19:30	Zoom – contact correspondence clerk below.			
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer MP-NC- Morning Prayer Northern Community					
BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word					
<b>Please note that these services are subject to change due to coronavirus.</b>					
<b>To be covid safe on numbers at Brigflatts Meeting House please contact correspondence clerk 015396 21715,            for Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063,            and for Sedbergh Christian Centre contact David Hendrickse 015396 28151</b>					

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## Option 1 - 24hr Prescription line

## Surgery and Dispensary Opening Hours

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

## **Doctors Clinics**

Monday – Friday

Open Surgery – 8.30am – 10am

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

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

Late Morning Appointments 10.30am – 12pm &

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

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

## Dent Surgery

## Currently cancelled due to Covid-19

## Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

## Saturday morning clinics

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

For more information on all clinic times please see our website  
**www.sedberghmp.nhs.uk**  
for further details.

## Bridging the Gap

First Monday - 1400 - 1600  
Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane  
Fire Station, Long Lane

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

## POLICE

101 or 999

Crimestoppers 0800 555 111

## Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

## DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

## **SEDBERGH LIBRARY** Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## **DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## **SEDBERGH & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

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

## VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 \*

Monday-Friday Appointment Only 1400 - 1500 \*

## **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

## **POST OFFICE**

Main Street - Phone 20406

## **MARKET DAY**

Wednesday

Last Page Update:

July 2021