

Sedbergh & District

LOOKAROUND

October 2025

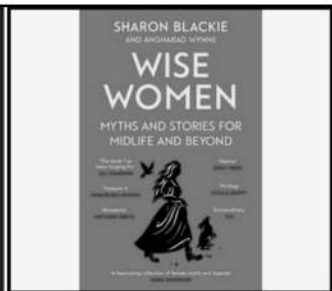
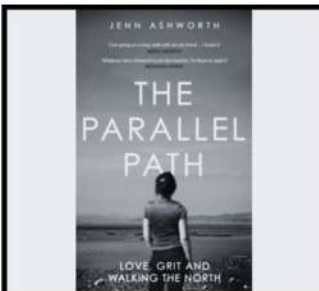
Donation £1.50

Issue 447

First—please see the apology on page 5. And sorry again to the Jumble Sale team!

This month is a Book month, Westwood books are hosting Sharon

Blackie on the 10th, and then we have Death in the Dales over the weekend of the 17th—19th. It's great that we have these events locally—please support them if you can. *Ed.*



All welcome to our next events:

An Evening with Sharon Blackie

Friday 10th October

The Parallel Path with Jenn Ashworth

Saturday 1st November

Tickets £5 - available to buy online or in the bookshop

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Open 7 days a week from 10:30am

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www.westwoodbooks.co.uk



CLOSING DATE: 15th of every month for everything

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

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CONTENTS

Articles

Art Society Exhibition	9
Atom Man	41
Book Town Book Quiz	6
Book Town Book Quiz - Answers	66
Bowling Club	5
Community Apple Juicing Day	14
Community Swifts	42
Community Trust	19
Conversations About Dementia	64
Dentdale Choir	14
Dentdale Christian Fellowship	13
Dentdale, Head To Foot	31
Eyes On The Skies	46
Family Musings	23
Fifty Years Ago	33
Flu & Covid Vaccinations 2025	7
Fungi	44
Garsdale Harvest Festival	32
George Hudson	37
Hardship And Exhibition Funds	22
Lizzi's Column	53
Local Black History Correction	32
Local Young People's Fund	20
Millennium Trust Grants	15
Notes From Dent Station	56
Police Report	21
Public Transport User Group Update	61
Race	48
R.B.L. Poppy Appeal 2025	13
Recollections Of Sedbergh	38
Sedbergh Parish Council	54
Sedbergh School News	47
Sheepfest	11
W.I. Dentdale	29

Articles (Continued)

W.I. Howgill & Firbank	23
W.I. Killington	24
W.I. Sedbergh	26
Westwood Books	18

Business Adverts

Able Memorials	49
Audio Lookaround	55
Black Bull	29
Booktown - volunteers	19
Cancer Care	60
Capstick Insurance	33
Carl Berry Window Cleaner	52
Chapel Gallery Hawes	23
Clean Machine	15
Cumbria Stoves	31
Dalesway Therapies	66
Dalton Woodland Burial Ground	50
Dawsons Fuels	17
Duncan Law Plumber	64
Firewood & Septic Tanks	38
G.J. Baines	8
H&M Craftsmen Kitchens	26
Harrison 52 Interiors	37
Housing 21	39
Howgills Accommodation	45
Information Centre	59
J.J. Martin Funeral Director	48
Keldrigg Shutters	61
Lookaround Subscription	57
Lookaround Subscription Form	58
M.K. Conversions Ltd	21
Matthew Cook Stonemason	18
McGarry Solicitor	25
Parkin And Jackson	51
Peoples Hall	44
Powells	24
Royal British Legion	22
S. Alderson Painting & Decorating	10
Sedbergh Weavers	27
Sheila Shuttleworth Dressmaker	20
Simon Parkin Carpets	6

COVER PHOTOS
Frosty Photography

Rod Kirk

CONTENTS (continued)

Business Adverts (Continued)

Stephenson And Wilson Builders-----	65
The Thirsty Rambler -----	41
Thomson Hayton Winkley Solicitors----	36
Tooby's Electrical -----	53
Treadwell Flooring -----	54
Vacancies - Sedbergh School -----	16
Western Dales Bus -----	35

Event Adverts

Apple Day (25th) -----	13
Death in the Dales (17th-19th) -----	0
Grief share Open House (Tues) -----	7
Jumble Sale - Apology -----	5
Medical Centre (16th) -----	14
Sedbergh Eco Market (18th) -----	11
Weekly Coffee Morning (Weds) -----	3
Westwood Books (10th 1/11) -----	1

Other Information

Advertising In Lookaround -----	4
Bed & Breakfast -----	75
Bus Services -----	76
Car Parking Charges -----	70
Diary of Events -----	70

Other Information (Continued)

Eat and Drink in Sedbergh -----	71
Groups and Organisations -----	72
Lookaround Details -----	68
Lookaround Editorial Team -----	78
Public Information Contacts -----	84
Religious Information -----	81
Sources of Funding -----	74
Train Times -----	80
Useful Contacts -----	67
Walks Around Sedbergh -----	67




**Sedbergh and District
PUBLIC TRANSPORT
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PLEASE DO OUR SURVEY

Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 1st October - St Andrews

Wed 8th October - St Andrews

Wed 15th October - Christian Aid

Wed 22nd October - Sedbergh Ladies N.F.U.

Wed 29th October - R.B.L. Poppy Appeal

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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- ◇ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer.
- ◇ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
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- ◇ If you buy a year's worth of advertising (11 adverts) we will only charge you for 10.
- ◇ New advertisers buying 3 months or more worth of adverts will get an extra one free.
- ◇ Further details may be found in the Lookaround Information Section.

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Other	
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

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editor@sedberghlookaround.org.uk

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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,

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

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23388557

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20-55-41

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INCLUDE THE INVOICE
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SEDBERGH BOWLING CLUB

Philip Johns

Another season draws to a close. The club successfully completed all their matches, home and away, and managed to end the league season without any relegations, but, sadly, no promotions. Although our Kendal League B Team came close, better luck next year!

The club runs a total of 5 league sides over 3 competitions and, between them, completed a total of 100 matches. Considering that each match lasts approximately an hour and each team consists of 8 players, that is an impressive 800 hours of competitive bowling. Added to that is the amount of practising, in-house competitions (14 in all), social bowling and other clubs' competitions, that will make well over 1000 hours of bowling, and they think that golf widows are hard done by.

Sedbergh Bowling Club is owned by the Sedbergh Community where the land for the club and Queen's Garden was donated by Mrs Dormer in 1909 on the proviso that the club is maintained by the members. Anyone visiting the club will see that the grounds are extremely well maintained thanks to the sterling efforts by some of our members. Visitors from other clubs and villages always remark on the high standard of the green and the gardens, also appreciating the wonderful views of the surrounding Howgills, the best situated club in Cumbria.

The clubhouse 'office' is a donated railway hut and is considered by the members as 'iconic'. A prefabricated



APOLOGY

Jumble Sale

We incorrectly announced the
September date as 26th October.
There will not be a sale on the 26th.

Many apologies to the
Jumble Sale Team

'canteen' was added in the 1970s which is now showing its age and needs replacing. Planning permission was granted for a new, more modern, ecofriendly building, with full facilities that can be used all year round. The existing toilet block is inconveniently situated in the carpark and is not suitable for disabled access. The club has now secured sufficient funds to be able to build new, disabled accessible toilets behind the 'office' and this work is due to be completed over the winter by Andrew Mattinson Builders.

The 'canteen' funding is underway, but we have yet to reach our target. Funding has been agreed by the Yorkshire Dales National Parks Sustainability Fund, Sedbergh and District Community Trust, Sedbergh Parish Council and by private donors. Applications are in to Westmorland and Furness Council, Sport England and other more minor funds.

The bowling is open to anyone, irrespective of age, sexual or physical ability. Whilst seen as a sport for the older generation, bowling is also enjoyed by younger people and is a sport in which all sexes can compete



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on an equal level. There is a strong social element to the sport and it has been shown to be stimulating to both mind and body. We are asking that, to continue providing a valuable community asset to Sedbergh, if there are businesses or individuals who may be able to contribute funding to this one-off project, please contact me, Philip Johns, Club Secretary, on 07807 909860 or by email ps.johns@btinternet.com. Alternatively, if there are any companies who would like to sponsor the club, please come forward. It has been agreed that sponsorship banners can be hung around the ground during the season and we are visited by many other clubs from around Cumbria. We also host county-wide competitions.

In the new season, starting in April, if you wish to try your hand at crown green bowling, please come down, all are welcome.

BOOK TOWN BOOK QUIZ

Gerry Cotter

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

1. Which well-known poem, published in 1751, was written in the village of Stoke Poges in Buckinghamshire, and who was the author?

2. Hazel, Fiver, Bigwig and Silver appear in which book? And who wrote it?

3. In Homer's The Iliad who is the leader of the Myrmidons? We all have a personal connection to him.

4. What is the title of the book by Edith Holden that was an enormous bestseller in 1977?

5. Who wrote about Brother Cadfael? And in which town or city

was his monastery?

6. In 1351-53 Giovanni Boccaccio wrote a book in which ten people, sheltering from the Black Death, each tell a story a day over ten days. Many of these hundred stories – erotic, tragic, witty, wise etc – have appeared in the work of later writers. The title comes from the Greek for ten days. What is it?

7. In which novel, published in 1961, is Captain John Yossarian the main character? And who wrote it?

8. The Zero Tolerance Approach to Punctuation was the subtitle of which bestselling book published in 2003? And who wrote it?

9. The Bible in Spain, Lavengro, The Romany Rye and Wild Wales are novels and travel books by which writer, who lived from 1803 to 1881?

10. Who wrote The Chronicles of Narnia?

11. One of the founders of the Hogarth Press in 1917 was a famous writer. Who?

12. This series of novels began with The Colour of Magic in 1983 and finished with The Shepherd's Crown in 2015, published soon after the death of the author. Who was he, and by what name is the series known?

FLU & COVID VACCINATIONS 2025

Sedbergh Medical Practice

Tracy Thornton

We are expecting most of our 25/26 seasonal flu & COVID vaccinations to arrive in September, however we have been given strict guidelines from NHS England on the dates we can start to vaccinate, and we cannot deviate from this. We are therefore planning two booked sessions in October (Saturday AM). To be eligible you must fall in to one of the categories listed below. Please check social media, our website, and any messages we send you for more details.

Flu Vaccination

Eligible for vaccination from 1st September 2025

- pregnant women
- all children aged 2 or 3 years on 31 August 2024
- all children in clinical risk groups aged from 6 months to less than 18 years

Eligible for vaccination from 1st October 2025

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups



OPEN HOUSE

Every Tuesday

Coffee, Craft & Chat

10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



Sedbergh
Grief Share

07498 870267

*For anyone
struggling
with bereavement*

*A member of the Grief Share team will
be available at Open House
Tuesdays 10am - 12 mid-day
Methodist Church at Cornerstone
Join us for coffee and a chat*

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



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Email: info@gjbainesandson.co.uk

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- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- household contacts of immunocompromised individuals
- frontline health and social care workers

COVID Vaccination

The COVID-19 vaccine will be offered to the following eligible groups this autumn/winter from 1

October 2025 to 31 January 2026:

- Adults aged 75 years and over (not 65 and over as in previous campaigns)
- Residents in care homes for older adults
- Individuals who are immunosuppressed

NB: Health & Social Care frontline workers are NOT eligible for COVID-19 vaccine this campaign.

We will be sending out invitations via text message for you to book your flu and/or COVID vaccination. If you do not have a mobile phone, then the practice staff will contact you to book an appointment. If ringing the surgery about vaccinations, please do not ring between 8am – 10.30am as this is our busiest time on the phones.

Flu/COVID booked clinic's – Anyone eligible from the lists above apart from 2 and 3-year-olds – these must be a booked appointment.

- Saturday 4th October – 8.30am – 11.30am
- Saturday 25th October – 8.30am – 11.30am

Week commencing 6th October 2025 – Walk-in service (FLU vaccinations ONLY) - No appointment necessary.

Walk – in service available Monday – Friday (10.30am -6.30pm there could be a short wait if you attend during lunchtime) please note the vaccine may be administered in the waiting room.

Please note that the walk-in service is for FLU vaccinations ONLY.

****Please note clinics are subject to receiving vaccines on the scheduled delivery dates****



SEDBERGH ART SOCIETY EXHIBITION, AUGUST 2025

Jenifer Alison

Our Exhibition this year ran from Thursday 24th until Monday 28th August in Sedbergh School Library. We are so fortunate to be able to display work from our local artists in this atmospheric, historical setting. The accompanying photo shows the way we have reorganised the lay-out, which features the greetings cards in the foreground and allows a more panoramic view of the framed work.

Our exhibition coincided once again with the Artisan Market and the very popular Sedbergh Sheepfest. We had our very own Vincent 'RAM' Gogh complete with Sunflower to

entice visitors in (1,004 overall and 400 on the Saturday alone) and a SHEEPish David Hockney to 'meet and greet' those visitors inside. Thanks to Anne Mackinnon who created these wonderful sheep!

In order to transform the library into an art gallery we rely on a host of volunteers and thank them all warmly. They include:

- ◇ Robin and Ruth Davy who house all the stands and other equipment at their home in Croasdale.
- ◇ The wonderful and efficient team of helpers who transport everything from there and back. Thanks to the drivers who used their vans for this purpose –

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Stuart Gray at the start of the event, and, this year, a special thanks to Will from Powells who drove all the equipment back to Croasdale.

- ◇ All members who displayed their framed pictures, browsers and greetings cards.
 - ◇ The group of members who organise the exhibits, especially the lovingly called 'Hanging Committee' responsible for hanging the framed pictures in such a way that they complement one another. One visitor described this as 'A visual banquet!' Another appreciated the 'interesting range of work capturing the local atmosphere and beyond.'
 - ◇ Our artists who placed their sketchbooks on display. These were enjoyed by many who found them moving and inspiring.
 - ◇ Jackie Hooley who certainly helped to create enthusiasm in the Sedbergh community by whetting the appetite with previews of framed pictures on the Sedbergh Forum website.
- Finally, we cannot thank our

chairperson Gill Impey enough for her dedication to the smooth running of this event, before, during and after. Also, we mustn't forget our wonderful treasurer, David Calvert, who does a lot more than just count the money! He opens up and closes the venue every day and also liaises with Sedbergh School concerning the hire of the library and other arrangements.

The main aim of Sedbergh Art Society is to celebrate annually the work that our artists have produced over the year, and we do thank all of them wholeheartedly plus all the people who visited us. This is an event which brings so many together in harmony, and, personally, I feel privileged to be a part of it.

If you wish to know more about us, or to join the Society, please visit our website: www.sedberghartsociety.org or contact:

David Calvert (treasurer and membership secretary):
davidcalvert53@gmail.com

Jenifer Alison (events secretary):
tracks.north2@gmail.com

Phone or Message: 07785 964008

Sedbergh ECO Market

Saturday 18th October 10am-3pm - St. Andrew's Church

natural & sustainable products
delicious eco-friendly foods

recycled & upcycled arts & crafts
info on protecting the environment

Sedbergh Environmental Network

SHEEPFEST

Ann Parratt

What a fantastic day we all had at SHEEPFEST, which took place over the August Bank Holiday.

It was wonderful to see Sedbergh so busy with visitors, and shopkeepers commented that they hadn't seen the town so busy in a long long time. It was a real pleasure to see how much was going on, in and around the town.

There were mobile Sheep Shows on Lupton Field, a Wool Fair at the People's Hall, the Artisan Market on Main Street, the Art Society's Annual Exhibition at Sedbergh School Library, the History Society's exhibition at St. Andrew's Church, and the Town Band and Common Ground playing outside the TIC, as well as Folli con Torti singing in St Andrews.

There was plenty of fun for children big and small; hunting for sheep on the market stalls; badge making outside the church; have a go crafts at the People's Hall and Farfield Mill; the world's smallest sheep breed at the Sheep Show, to name just a few.

A huge thank you (in no particular

order!) to:

- Sedbergh Young Farmers who did a terrific job running the café at the People's Hall
- Sedbergh School for allowing free parking on Lupton Field.
- Our fantastic volunteer from Western Dales Bus service for shuttling visitors all day long between the People's Hall, Joss Lane, and Farfield Mill.
- St. Andrew's for kindly allowing 'sheep pens' in the churchyard, children's activities and providing refreshments throughout the day.
- Farfield Mill for all the inventive and inspiring activities for children and their families.
- The Wool producers in the People's Hall for putting on such a fabulous display of anything 'woolly', it looked amazing and to Why Not Alpacas for bringing along their gorgeous animals.
- Rural Links and Fell Gather Roadshow in Lupton Field for such informative and fun activities.
- Sedbergh CIC for insuring the event, handling the accounts, and managing the 'Find a Sheep' competition.

- Sedbergh Community Trust and the Parish Council for providing grants to support the event, Farfield Mill for funding the bus, and the Sedbergh Church Ladies for ably assisting our coffee morning fundraisers.

- All of the volunteers who manned desks, assisted with parking and helped with activities, setting up and breaking down.

We counted 39 sheep this year, which we think is 11 more than last time with many appearing in shop windows or on the doorstep. What a fun display they made, everyone who made a sheep was so inventive. The theme this year was 'Celebrity' so we were graced with famous 'sheep' as old as 'Ram-e-sees' to very up to date 'Ed Shear-ram'.



The winner this year (and for the second time!!!) was The First Responders' - 'Baavis Cocker'.

A HUGE THANK YOU to the incredibly hard-working people who orchestrated this year's Sheepfest. Like all small towns, Sedbergh thrives when people volunteer their time to make things happen.

They spent countless hours over many months organising everything down to the last detail, dealing with all the logistics of renting space, printing posters, building websites and social media sites to help promote the event, figuring out where people were going to park and how they would get around between different venues, reminding us over and over again to put Sheepfest on the calendar and make a 'sheep'.....the list goes on, and on.

It was hugely gratifying to see the town coming out in support.

So, please put the next Sheepfest on your calendars – August 2027. And, if you wish to get involved or want to send us feedback and ideas, then please message us via our Facebook page or email info@sheepfest.co.uk



Sedbergh Apple Day

Saturday 25 October

People's Hall

12 – 4

Lunches, tea, coffee, cake

Activities for children

Music from Common

Ground

...and of course,

apple juicing!

DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

September is always a quieter month for us after the business of August with the Festival. We helped at the tea tent at Dent Gala at the end of August.

October will hopefully bring Tabernacles celebrations, if not in Dent then in Carnforth, celebrating God With Us. Then on 31st, the annual Pumpkin Party in Dent with much pumpkin chiselling and carving before to share love, hope, etc alight on the garden wall.

We hope to 'do something' in January depending on the weather, probably around food as 'Food and

Fellowship' do fit well together. Just let us know if you would like more information nearer the time.

Enjoy autumn, walking amongst the leaves, watching the birds or curled up besides the fire. Know that whatever you do, God is there and loves you very much. John & Sarah E Woof, 015396 25212.

THE ROYAL BRITISH LEGION POPPY APPEAL 2025

David Parratt

The Royal British Legion will launch this year's Poppy Appeal on Thursday 23rd October until Sunday 9th November. Every poppy bought makes a difference to the lives of our Armed Forces community, veterans and their families who may need help and support.

The Sedbergh community has generously supported the Poppy Appeal over the years which is always appreciated. The Sedbergh & District Branch also appreciates our Poppy Appeal collectors and the work that they do during the campaign.

As well as poppies and other merchandise being available in shops and various retail outlets in the town, schools and outlying districts, there will be a stall manned by members of the Branch committee adjacent to the bus stop in Main Street on Wednesdays and Saturdays and outside Spar on Fridays. In addition, as in previous years, there will be collections at Killington Services during the period. We look forward to your support as always.





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

Thurs 16th October
Weds 12th November



A DATE FOR YOUR DIARY - COMMUNITY APPLE JUICING DAY

Ann Parratt

Community Orchard Group -
Sedbergh (COGS) 8th Apple Day
takes place on Saturday 25th
October from 12 noon until 4pm at
The People's Hall.

The event is free of charge but
donations are very welcome.

Apple Day gives everyone an
opportunity to bring along their
apples, any type - eaters and cookers
and in any condition, washed but not
bruised – which can be juiced and
taken home either to drink or freeze.
All you need to bring on the day are
apples and sterilised bottles.

Other activities include:

Identification and Apple Display

Cake stall including jams and
chutneys

Activities for children

Live music by Common Ground

Tea, coffee, refreshments and light
lunches will also be available.

It's a great family fun day, with free
parking and close to a playground,
and you get to take away pure apple
juice. What could be better?

See the ad on the previous page!

DENTDALE CHOIR

The Dentdale Choir performed
Handel's Messiah last April to mark
its 50th Anniversary. We believe that
the Messiah had never been heard in
Dentdale, and the choir rose to the
challenge! The performance, which
included four superb professional
soloists and musicians, exceeded
everyone's expectations, with every
seat taken. It was a memorable night.

The choir is now recruiting new
members for the new season, which
will include December carols in Dent
and Cowgill, and a concert in April
2026 of music by the greatest English
composer, Henry Purcell, including
Dido and Aeneas. As for the Messiah,
the performance will again feature a
cast of stellar soloists and musicians
(keep an eye on our new website at
<https://www.thedentdalechoir.com>).
There is no audition to join the choir –
you just need to love music and enjoy
singing. Although weekly Tuesday
evening rehearsals started in



September, fear not, we have a number of learning tools at our disposal to help singers learn the music and easily catch up.

We'd welcome anyone who wants to join, and we're especially keen to hear from tenors!

The choir has been part of life in Dentdale for 50 years, having originally been founded by Judith Bush, and combines our local singing talent with friendly enthusiasm. If you are interested in joining, please get in touch with the choir's secretary, John Feltham

(feltham.john@btinternet.com), or simply come along to The Memorial Hall in Dent on a Tuesday evening at 7.15pm to try it out.

A warm welcome awaits!

MILLENNIUM TRUST GRANTS

Richard Anderson

Local charity Yorkshire Dales Millennium Trust (YDMT) has opened its latest Community Grants scheme, which aims to support organisations that benefit the people, landscape and wildlife of the Yorkshire Dales.

Since 2023, YDMT has provided grant support to more than 125 projects across the Dales to help tackle nature recovery at scale and to improve access to nature. Thanks to a YDMT grant, Craven Wildlife Trust has been able to simplify and professionalise animal care facilities within its rescue hospital, including the purchase of veterinary-grade housing for its wildlife patients. The grant has also helped the Trust to

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

successfully build relationships with local vets and the RSPCA, through an awareness-raising open day.

Penny Hunt, the Co-Founder of Craven Wildlife Trust, said: "This grant was the kick-start to raising our standards, profile and the growth of the whole operation and we are extremely grateful for YDMT's support in that early stage of our development."

Two types of grants are available through this new scheme; firstly, 'Project Grants', which can help to fund specific projects and pay for things like the restoration and creation of habitat for nature, or opportunities for underrepresented groups to access the Dales.

Alternatively, 'Unrestricted Grants'

are also available which can pay for an organisation's revenue costs such as rent, insurance, staff and volunteer travel expenses.

Typical grants range from £1,000 to £5,000 and applications are evaluated on how closely they help to deliver YDMT's strategic aims and demonstrate value for money. There is no set minimum or maximum grant and YDMT is happy to discuss bigger projects. The charity also aims to have two application windows each year, though applicants can speak to its dedicated Grants Officer at any time.

Mike Appleton, YDMT's Grant Officer said: "As a small and innovative charity, our new grants scheme aims to build partnerships



We are currently looking for additional staff to join our team:

Catering Assistants

Information regarding this role, and our other vacancies, can be found on our website:

www.sedberghschool.org/vacancies

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with a diverse range of passionate people and communities to deliver projects that will help conserve and protect the people, landscape and wildlife of the Yorkshire Dales. Our application process is designed to be simple and painless and is backed up by lots of support and advice to help applicants maximise the impact of their proposal.”

To be eligible to apply for a grant, projects and organisations must be within the Yorkshire Dales National Park, or close to its boundaries. Projects and organisations outside of this area that clearly provide significant benefits to the area or its communities may still be considered.

YDMT welcome applications from public bodies, voluntary and

community groups, social enterprises, charities, partnerships, young people, individuals, landowners, farmers and businesses.

The charity has also recently launched a separate Woodland Grant scheme, which aims to support the creation of new native broadleaf woodlands, hedgerow and landscape trees in the National Park, Nidderdale and Forest of Bowland National Landscape.

If you would like to learn more about YDMT's grants and strategic aims and help do something amazing for the people, landscape and wildlife of the area, please visit <https://www.ydmt.org/what-we-do/grants/grants>.

Applications for the grant scheme



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are now open and can be submitted at any time, and YDMT aims to make a decision within 6 weeks of receiving all necessary information.

For further details and to discuss your project idea, contact YDMT's Grants Officer Mike Appleton on 015242 51002 or email grants@ydmtd.org.

WESTWOOD BOOKS

October Update

Paul & Heather Thomas

Welcome to our latest update for the Lookaround, to keep local people informed about what's happening at Westwood Books. We hope it's helpful.

Upcoming Events

We are delighted to announce the following events we are hosting this autumn:

An Evening with Sharon Blackie –
Friday 10th October 6:30pm

Dr. Sharon Blackie is an award-winning and internationally bestselling author, and a psychologist with a background in mythology and folklore. Her work is focused on reimagining women's stories, and on the relevance of myths and fairy tales

to the personal, cultural and environmental issues we face today. As well as writing six books of fiction and nonfiction, including the bestselling *If Women Rose Rooted* and *Hagitude*, her writing has appeared in international media outlets and she has featured in programs by the BBC, US public radio and independent filmmakers.

The Parallel Path with Jenn Ashworth – Saturday 1st November 7pm

Burnt out and longing for an escape, Jenn Ashworth emerged from lockdown with a compulsive need to walk - and to walk away. Armed with little more than the knowledge imparted by a two-day orienteering course and a set of maps, she embarked on the most epic of English walks: Wainwright's Coast to Coast.

Guided not just by Wainwright's writing but also by daily letters from her friend Clive - facing an epic journey of his own - Jenn's pilgrimage soon becomes more than just walking: a chance to reconnect and excavate, to re-engage with the act of caring for others and for oneself. But the walk's tricky terrain is not the only thing standing in Jenn's way. As days go by, her balance begins to fail her and the act of putting one foot in front the other becomes a new exercise in caution. When a vicious heatwave forces her to pause her expedition and gives her an opportunity to investigate the new limitations of her body, Jenn is confronted with a life-altering diagnosis - and a new path of self-discovery.

Tickets are £5 and there is a free hot drink on arrival. You can buy tickets in the shop and online.

Book Club – Second Wednesday of the month, 7pm at the bookshop

Our September book was *You Are Here* by David Nicholls. The group very much enjoyed this one and we gave it 8/10. For October, we are breaking with tradition, and each member can choose a different book with the criteria being an author who will be attending the upcoming Death in the Dales Crime Festival. Each member will then be able to give a 5 minute update on their book if they so wish. Our next meeting is Wednesday 8th October.

We'd love to see new members if you're keen to join. Just get in touch and we can add you to the list. You don't have to come every month. If we're reading a book that you like the sound of, please do just drop in for that month. Our book club is free to attend and there's a free hot drink when you arrive. Book club members also get 10% discount off that month's book if you buy it from us.

We hope to see some of you in the bookshop soon.

Heather & Paul

SEDBERGH & DISTRICT COMMUNITY TRUST

Tony Reed Screen

Since I last wrote in August grants have been made to Dent Gym, Dent Allotment Association, Dentdale Head to Foot and Sedbergh Bowling Club bringing the total grants made in this financial year up to eight. The next round of applications will be considered in November; there is still a good balance of funds in this year's kitty so don't miss out.

The Charity Shop was closed for a few days at the beginning of September for painting the inside of the windows. At the same time the autumn stock was brought out ready for trying on in the recently fitted changing room. So if you haven't been in recently pop in and have a look at what is on offer. Apart from clothes we have recently had two generous donations of bone china and cut glass which are well worth investigating.

On a different tack work has continued on the roof of the Information Centre. While the slates, which are very heavy, are in sound condition there have been problems with the chimney stacks which are

SEDBERGH is ENGLAND'S BOOKTOWN

This year 2025 is our twentieth anniversary. We want to grow back to how we used to be in our first 12 years when we were selling around 10,000 tickets per year.

To do this we need LOCAL PEOPLE WHO ARE INTERESTED ENOUGH TO VOLUNTEER!

Stewards attend events free of charge so why not sign up and come along, you'll be pouring tea and selling tickets, nothing too strenuous and we guarantee it'll be fun!

Trustees are the decisions and ideas people, we aren't a formal bunch so we'll appreciate your input whatever it is.

Trustees are registered with the Charity Commission and Companies House and should we go bust you would be asked to pay £10.

SO THAT'S IT – YOUR BOOKTOWN NEEDS YOU

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being resolved and made weather proof. Sadly some of the double glazing units, which were only installed in 2012, have failed and are being replaced to maintain the heating efficiency of the building.

Lastly, a reminder that the Trust's Annual General Meeting will be held on Monday 13 October starting at 7.00 pm in the Rawthey Room above the Information Centre. Do come along to hear more about the Trust and answers to any questions you may have.

LOCAL YOUNG PEOPLE'S FUND

Karen Bruce Lockhart, Chairman

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 wish to purchase an expensive instrument.

The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

Grant have been made recently to support the following types of activities:

1. Grants for laptops at university and for A Level courses
2. Grants for university textbooks
3. Grants for overseas educational travel
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 university course which requires a very expensive computer and might receive a larger grant. Another may be going on a two -week course in Europe, while yet



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POLICE REPORT

PCSO 5244 Mandy Coleman

13/8 – A vehicle reported to us, linked to crime, was stopped in the area. The driver was arrested for being a disqualified driver, over the limit for cocaine and cannabis. The vehicle was also uplifted for having no tax or insurance.

13/8 – 3 youths were reported throwing things from a bridge near to Killington onto the M6. We were unable to locate the youths on arrival. The area is being monitored.

4/9 – Minor criminal damage was caused to the toilets on Main St. Enquiries still ongoing.

5/9 – Reports of a male shouting racist remarks in the area.

6/9 – Criminal damage was caused to a car on Back Lane.

6/9 – 1 person was arrested for drunk in charge of a motor vehicle.

Door to door salesman have been reported in your area and the surrounding areas. Can we remind all residents to NOT open the door to anyone you feel uncomfortable with. First, take a look through the window to check if you know them or put your door on the chain if you have one. If the salesman does have a large bag when observing them through the window, then please do not open the door and ignore them.

Always remember it is your door, and you do not have to open it. We do have numerous complaints regarding their selling techniques, if they are way below par..., then do get in touch to report them on our 101 number.

We are cracking down on tool thefts in the area and trying to help in

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. Applications should, wherever possible, be made by the young person themselves rather than by a parent.

Application forms can be obtained from Sedbergh School (mhm@sedberghschool.org) or from the Sedbergh Information Office on Main Street.

ROYAL BRITISH LEGION SEDBERGH BRANCH

If you have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone). Your local Sedbergh Branch needs new members in order to keep up its good work. You do not need to have served in the Armed Forces to be a member of the Legion. Membership costs £23.00. Call 015396 21358 or email: nigelwhiting306@gmail.com to apply.

For more information, visit our website:

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



any way we can. We are offering FREE Selecta DNA to tradesmen in the area, this is an advanced forensic marking solution designed to deter theft and protect valuable tools and equipment, the kit uses a unique combination of synthetic DNA, UV tracer and microdots to provide evidence of ownership.

This enables Police to identify marked items and link them to their rightful owners, by applying the DNA and displaying the stickers included, significantly can reduce the risk of theft and improve the chance of it being returned.

If you would like any further information, then please email me. Amanda.coleman@cumbria.police.uk

Bike marking is still ongoing, along the same lines as above but your bike will be marked with a metal-based sticker, registered to your home address.

I will be at Sedbergh Spar Saturday October 11th with both kits, come along to have a look. 11am – 1pm.



HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

If you are in financial need or have a real need for an item which you do not have the wherewithal to buy, then the Sedbergh United Charities may be able to help you. Or, if a friend or neighbour is in need of financial help then please let them know about us. The Charities also have an

Exhibition Fund:

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

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

or

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

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

FAMILY MUSINGS

Sarah Woof

What a wonderful summer we have had, so much fun with our grandchildren and our children. My sciatica apart, we played out, ransacked the house, visited cafes for ice creams, baked cakes, got the hose pipe out and put enough water in the play boat to get wet in. We walked and played with the dogs, had trips out, picnics and lots of meals outside. Each little child with their unique personality brings so much joy, they were all together at least twice, once experiencing Egg Throwing for the first time at Dent Gala, including finding it not a good idea to sit to near!

Then the 'shows', of the agricultural variety, and in particular, sheep, rosettes and prizes and amidst the work, a lot of fun. And with Grandad around to buy ice cream for everyone what could be better. Tho' mine at the County Show lost its head which was a bit of a shame.

Then, back to school and the days are different, still fun but not as many clambering around, climbing the chair to talk to Alexa or hiding the toy cars under the footstool where Pip finds them later to try to eat. Jobs to do in the house on child free days, paperwork to organise and gardening to get done before the colder weather. And maybe even a holiday, now there's a thought.

Harvest Festival with all the colour and perfume and meat and potato pies, trifles and fruit pies. Services and sales or not as the case might be. Getting Together before autumn turns to winter. Keep warm folks and keep moving.

HOWGILL & FIRBANK W.I.

Bridget Postlethwaite

Our September meeting was held at Howgill School Room where Sarah gave a warm welcome to members, visitors, and our speaker for the evening Mr David Walmsley.

Although due to a technical hitch David was unable to show us his slides, he gave us a most informative talk about bees and bee keeping. The origin of bees goes back over 200 million years. The bee hive itself was invented in 1856, with steps in walls being used prior to this. In the UK there are about 200 different species of bees, with the honey bee having a different lifestyle to all the others. Each hive only has one queen which lays about 2000 eggs per day in summer. After a maximum of four and a half years when the queen is no longer able to reproduce, she dies. Each hive has approximately 2000 drones (male bees) and 60000 worker bees

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(infertile females). As honey bees are vegetarian, they survive off eating pollen, and are the only type of bee able to overwinter. Bees swarm to create new colonies. Because of the dry conditions this year, there is a poorer crop of honey.

Pauline, a bee keeper herself, thanked David for a most enjoyable talk.

Our raffle for the evening was won by Dilys, and the competition for a jar of homemade jam was won by Liz with Bridget second.

Unfortunately, we had limited numbers to Winton Park Gardens on Sunday 10 August but those who went thoroughly enjoyed their day.

Our usual Jacobs join concluded the evening.

KILLINGTON W.I.

Wendy Fraser-Urquhart

The intriguing thing about having a speaker is that one rarely knows exactly what the talk is going to be about and what effect the information presented is going to have on the listeners. Well, for me, this month's offering was certainly one of those. Our speaker, Terry Bond's title was "Lancaster Castle", perfectly straightforward for sure. Terry had spent 35 years working within the castle as a senior member of the Probation Service. With the aid of slides, he took us for a tour of the buildings of the castle providing much interesting information on the way. For all this information. I refer you back to the excellent article in the



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August Lookaround, written by Karen Bruce Lockhart, about the June visit to Lancaster Castle by the Sedbergh History Society. Suffice it for me to repeat that throughout its long existence the castle has always been a prison and we learnt much about the conditions of crime and punishment through the ages. It has been, and still is, the centre of justice for Lancashire area. It still functions as both civil and criminal court and until only fourteen years ago was a serving prison, one of the best rated in the country. Deep discussions followed amongst us about the problems of crime and punishment through the ages. We were astounded to learn that 60% of all prisoners in British prisons are

illiterate. It certainly was a thought-provoking talk and Barbara Hartley thanked Terry warmly on our behalf. [In our WI we are blessed with 4 Barbaras, 1 Margaret & 1 Maggie, 2 Susans, and the rest of us are singletons!]

Tea followed, delicious as usual. Competition for "A copy of your favourite recipe", was won by Barbara Maunder with her recipe for Sticky Toffee Cake. That win was especially well deserved as Barbara brought one which we gobbled with our tea! That same Barbara also won the raffle so it must have been her happy day. Then onto serious 'Business'. We read through the Federation News and dealt with various legislative measures.



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Nowadays everything has to be correctly 'legislative', still, better safe than sorry. We made arrangements for a couple of outings, one to Daisy Clough for lunch, and the other to Sizergh Castle for a tour followed by lunch. I'm sure that we won't discover that Sizergh Castle has had as grizzly a past as Lancaster Castle.

We are very much looking forward to a trip to Antarctica with Myles Ripley at our next meeting. That will be in the committee room of our People's Hall at 2-00pm on Tuesday 14th October 2025. The competition is for "an Autumn Leaf", though I don't think we'll find many of those in Antarctica. Do join us, with or without your leaf!

SEDBERGH W.I.

Moirra Folks

On 15th August, a bright sunny day, our walkers set off westwards along the Dales Way from just above Lambrigg Head, passing Holme Park Farm and Morsedale Hall on the way. The route came to a lane where, rather than taking the field route, the shady lane passing Hardrigg and then turning down the next lane to go and cross the railway bridge to join the re-routed Dales Way, was preferable in the hot weather. Back to paths through the fields, the Dales Way was abandoned at Green Head Farm to take the path northwards and down to the footbridge across the stream to ascend to Blackett Bottom. Following the path up by the stream to the east, the route took the group further east before dropping down south and then east to the lane by Beck Houses. The low walls of the bridge over the stream provided an excellent stop for lunch. Now refreshed, they took another path up and along the sides of fields going east to join another lane going north-east past Broad Head and up across the hill to the road junction at Brow Head. As the lanes had long stretches of high hedges, which afforded shade as well as a lovely harvest of ripe blackberries en route, this made for a pleasant way to return to the starting point. The distance was about 5.5 miles, which was sufficient considering there were patches where the tarmac was melting in the lanes! (Many thanks to Anne Pitt for her report, taking us back to the 'heat wave' of August, which already seems very distant as I

write a month later during a spell of very changeable windy weather with frequent violent showers and longer periods of heavy rain interspersed with lovely sunny spells, a very definite autumnal chill in the air, backed up visually by the heavy crop of apples and rowan berries that I can see from my window!)

Sedbergh was lively with visitors on August 23rd for Sheepfest with lots of Celebrity Sheep on view around the town in shop windows as well as in St Andrew's Church and a tent in the church garden. We had been given permission to display our Celebrity Sheep, Hewe Fearnley Whittingstall, in the Pharmacy window in Main Street, but that idea had to be abandoned when the Pharmacy suddenly closed its doors (to the extreme inconvenience of Sedbergh folk). Instead, room was found in the Charity Shop window, where Hewe nestled in with his cookery books and basket of beautifully knitted and crocheted fruit and veg! He may not have won a prize, but he was much admired. Congratulations to our 'crafty' members!

'Great Scientific Disasters' was the eye-catching title for our main meeting on September 13th when we welcomed Dr J. F. Robin McIlveen (Pronounce it like the golfer Rory McIlroy but with '-veen' instead of '-roy', Robin told us!). Born and bred in Belfast, Robin started his teaching career there but subsequently took a second degree in Meteorology in London and ended his career lecturing at Lancaster University for thirty years. The first scientific

disaster he told us about was closely associated with his roots in Belfast: the ill-fated liner 'Titanic', which on her maiden voyage in 1912 was holed below the waterline by the prong of a small iceberg which scraped along the hull, creating many holes, filling the boat with water, so it sank with 1500 lives lost. The ship had been built in Belfast by local firm Harland and Wolff and her loss was deeply felt in Belfast, where people only spoke of it quietly behind cupped hands, as if to keep it secret. The secret didn't last long, however: it turned out that the British Board of Trade had believed that the safety measures on the big boats now being built were so good that they didn't need the number of lifeboat spaces normally required, so the ship only had 16 lifeboats, giving 1020 lifeboat spaces altogether – far fewer than the 2000 or so passengers and crew on board. 700 people who managed to get seats on the boats survived –

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but 500 seats were left empty. There was a policy of 'Women & Children first' – did this mean that some men bravely held back, not wishing to thrust themselves forward for a place that might be needed for women and children? Only 15% of the men on board survived, compared with 70% of women and children. The result of the catastrophe was an improvement in safety measures in the future. The inquiry led to a law being passed that in future there had to be a lifeboat seat available for everyone on board the ship.

The second of Robin McIlveen's 'Great Scientific Disasters' was nearer to us geographically. The Windscale Fire in 1957 near Seascale in Cumberland (now named Sellafield) was the first nuclear power station in the world, designed to make material for a British nuclear bomb. It was the worst nuclear disaster in UK history and one of the worst in the world before the Chernobyl Disaster in 1987. The fire burnt for 3 days and released radioactive fallout which spread across the UK and the rest of Europe and may have been responsible for additional cases of cancer – some fatal - in the area. There was a very real threat of a nuclear explosion. Robin's third 'Scientific Disaster' is still in the making: Global Warming, which is causing climate change already by melting sea ice in Greenland and the Antarctic, increasing sea levels in various parts of the world – disastrous for people living in low-lying coastal areas, often those close to the poverty line whose livelihoods depend on the sea.

Eventually, the British Isles could be covered – in the far distant future. Carbon dioxide emissions caused by industrialisation are to blame, so we need to cut these drastically to reduce the risks for future generations.

Our next meeting in the People's Hall committee room will take place on Wednesday 8th October at 7.30pm. Marjorie Bidgway will be talking to us about Mosaics. New members and guests are always welcome. For further information, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Lesley McCririe, on 07930 177423.

Valerie Welti very kindly hosted the book club meeting on 11th September on Moira's behalf. 'The Dark Circle' by Linda Grant is set in the 1950s – within living memory for some of us (!) – and deals with the scourge of tuberculosis. Teenage Jewish twins, Lenny and Miriam, refugees from Latvia living in the East End of London with their family, develop TB and are sent to a very modern sanatorium in the country (which they hate!) for a cure. This happens not long after the introduction of the new (free!) National Health Service in 1947 and they are delighted by the excellent food they are served to fatten them up but disgusted by the restrictions placed on their freedom and the spartan conditions in which they are kept. Hospital staff were very strict with them. Their fellow patients – many of whom had been paying for their own treatment – were shocked by the behaviour of this lively pair

and some of their contemporaries. Some of the patients are extremely ill and all the patients were excited by the news that a new drug – the antibiotic streptomycin – had arrived at the sanatorium. However, there was only enough to treat five patients: the doctors had to decide who would get it. This led to a crisis involving Lenny and Miriam and their friends, all colourful characters whom the author describes well. The ending ties up the complicated plot satisfactorily. Most of the group enjoyed the book and its new light on a little-known period of modern history. The average score was 6.5. We had an enjoyable afternoon with delicious cakes and fruit and tea to end it: thank you very much, Valerie!

DENTDALE W.I.

Thelma Belfield

Here we are in September, autumn is upon us, the weather is cooler and the leaves are beginning to turn to gold. However, this year we have enjoyed some beautiful summer weather, and in July we held a mini market event to raise funds for two charities. DEBRA – Dystrophic Epidermolysis Bullosa Research Association and TAG – The Arthrogryposis Group. The event was a great success, with stalls selling home baked produce, preserves, plants and various craft items, with tea, coffee and biscuits available as refreshments. Proceeds totalled £600 and donations of £300 were donated to each of the two charities.




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Moving on into August, the weather was still mild and the sun was shining. For our August meeting we hosted a social evening. Each of our members invited one or two friends to join us for supper, and to learn more about the WI and the opportunities it offers for friendship, education, learning and participating in local activities and current affairs. The evening was a great success, we enjoyed a delicious Jacobs Join supper with wine, provided by our ever-generous members. Four of our committee members each contributed short presentations on the history of the WI, its campaign successes, local activities supported by our group, fund raising efforts we had achieved and the learning opportunities that can be accessed by WI members. Eighteen visitors joined us for the evening, many were impressed by the scope of opportunity offered by WI membership and several expressed an interest in becoming members. Despite not having a formal speaker on the evening, we all enjoyed the opportunity just to relax and chat amongst friends.

Following the success of the social event has led me to think deeply about membership of the Women's Institute. As I described in the previous paragraph it offers multiple opportunities for women to enhance their lives. Not only that, but for over 100 years it has led many successful campaigns to improve the lives of us all. So ladies, if you are not already a member of this great organisation, give it a lot of thought, attend a meeting of your local WI and get

involved.

Over the August bank holiday weekend, our members once again provided afternoon teas at the Dent Gala, with tasty sandwiches, delicious cakes, tray bakes, buns and scones served with tea, coffee or squash. It was a fine bright day, ideal Gala weather, and proceeds from the afternoon teas enabled us to donate £450 to Dent Memorial Hall funds.

Now here we are in September, and at our latest meeting, following a late cancellation of our scheduled speaker, we were lucky enough to welcome Andrea Huxley 'Fit steps' instructor. Andrea has moved into Dentdale fairly recently, and has started up a number of Fit steps sessions locally, to which a number of our group have attended. She explained to us how the Fit Steps dance exercise programme was the brainchild of Ian Waite and Natalie Lowe both dancers who in the past have been in the BBC Strictly Come Dancing Shows on TV. They, along with Olympic swimmer Mark Foster, put together the programme based on a combination of ballroom and Latin dance moves. Andrea holds the dance exercise classes for all ages, including a programme for the more mature person (like myself) which is chair based.

Having shared with us her career history in becoming a fitness instructor, she then led us all through a stimulating and fairly energetic programme of the exercises to music seated on chairs. Andrea demonstrated the moves, and the rest of us enthusiastically (and some of us, quite erratically) followed her

example. It was great fun, not only the exercising, but for me, hearing Bill Haley singing Rock Around the Clock, it was a trip down memory lane too. I'm quite eager to attend one of Andrea's chair-based sessions - I'm not sure how good I'll be, but I know the music will be great.

On behalf of all of us, Pam thanked Andrea for stepping in at short notice and providing us with an interesting and entertaining evening. Following the exercise, we were all eagerly looking forward to our cups of tea and home-made biscuits (thank you Marjorie), served by Chris O and Barbara. Anthea and Barbara won raffle prizes and Anne M won first place in the competition for an item beginning with the letter W, a walking stick, Gill was second with a weight and Thelma third with a wicker basket.

It's been a good summer, and the fun is not yet over. Eight of us are going to the Highwayman at Burrow

for a dining club lunch shortly and in October, we are welcoming Kitty Brown Boutique back to Dentdale for a fashion evening. We have four volunteer models and there will be wine and nibbles. Second Wednesday in October at 7.15pm in Dent Memorial Hall. Don't miss it!

DENTDALE, HEAD TO FOOT Quiz, Cakes and Tea!

Andrew Povey

Members were put to the test on Friday 5th September! The quiz comprised questions in four sections; general knowledge, science, trees and local knowledge. They ranged from easy to tricky but a clear winner emerged with a score of over 50%.

It was a light-hearted affair and everyone enjoyed it.

This was followed by tea and cakes. The cakes were made by our committee members and included chocolate cake, lemon drizzle cake, refrigerator cake and a fruit cake with cheese. Absolutely delicious!

Everyone enjoyed the afternoon, and funds were raised for the over 60's Xmas dinner.

All residents of Dentdale are welcome to attend our events.

At our next event on 3rd October Myles Ripley will be speaking about his Antarctic Trip. Look out for more details on the posters and on our facebook page 'Dentdale Head to Foot' and via the 'Dent with Cowgill Community Forum' page. Please 'like' our page.

For further information please call Andrew Povey on behalf of DDHF at 07881655166 or e-mail poveya@btinternet.com

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LOCAL BLACK HISTORY CORRECTION

David Helme

May I begin by congratulating you all on continuing to produce look around to the high standard everyone enjoys so much? Long may it continue.

However I wish to correct a point made in the August edition in the article "Local black history" Tabby McNicholas mentions slave pens in Thorns Hall. These architectural features in the hall's cellars are in fact Victorian balks used for the storage of food stuff and the manufacture of butter.

My source of information is a 26 year old back edition of the Sedbergh and District History Society journal which contains an article by Kevin Lancaster on the history of Thorns Hall illustrating the actual cellar and clearly dispelling this urban myth.

I feel compelled to correct any sinister references marring the history of this splendid building while remaining very interesting the McNicholas report of the talk given by Yorkshire Dales researcher Audrey Dewgee.

MEMORIES OF GARSDALE HARVEST FESTIVAL Sedbergh Scribblers

Marion Smith

Push open the heavy wooden door - the cumbersome latch, unyielding as a prison bolt, has recently been freed to allow easier access. Now it is possible to sneak in without the noise engendered sounding as if the church was under siege. There are

more people here than usual, all familiar faces. Harvest Festival is always ecumenical. Heads turn to see who is last to arrive, the creaking door still snitching on late comers.

Autumn colours replicate sunshine, only the freshness of the fruit and flowers bearing witness to the chill within the thick stone walls. A combined fragrance of fruit, flowers and vegetables fills the air with the unmistakable incense of 'harvest home'. Foliage dappled with berries cascade from the windows similar to waterfalls, encircling oranges, apples stippled red and green, translucent grapes gleaming like jellies at a party, bloom dusted damsons alongside shining blackberries polished to military toe cap standards, these mingling with yellow onions, cabbages with leaves resembling crepe paper, sinuous cucumbers, winding snakelike round scarlet peppers, with beans in myriad greens and purples.. Guarding all these are sentinel jars of purple, crimson, yellow and brown jams and chutneys, backed by a kaleidoscope of garden flowers. The pulpit recesses's harbour tiny marigold filled brown jars, the alter vases barely visible under a froth of white gypsophilia encircling white roses, still in bud, their petals pursed like the lips of toddlers learning to kiss.

The ancient organ awaits refurbishment so the small congregation join together to sing unaccompanied the familiar "Come, you thankful people come". Voices sing out, many long past their best like an old piano needing tuning but

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undaunted in effort, everyone conscious that there are so many in the world with little for which to be thankful.

The singing within is temporarily drowned by the roar of a tractor's engine, somewhere harvest is still incomplete. Then shortly after comes the snarl of motor bikes, riders defying the speed limit.

Past Garsdale Sunday Harvest Festivals remembered.

The author is part of the Sedbergh Scribblers Group which meets once a month at the Peoples Hall. If anyone is interested in finding out more about the group or joining us, please contact Dave Smith on 07722006858

FIFTY YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from October 1975.

Garsdale Primary School

A welcome visitor to Garsdale Primary School last week was Miss Ianthe Thistlethwaite, who recently returned from a six-month stay in New Zealand, where she had been studying farming methods and working on various farms on a supply basis. She gave a very interesting account of rural life "down under" and illustrated her talk with slides, and also showed Javanese scenes, where she had spent a holiday.

Couple are to live at Sedbergh

A honeymoon in Tenerife followed

the wedding of Mr John Lester Close and Miss Marylyn Winder at St Andrew's Church, Sedbergh on Saturday. The groom, employed in the family motor engineering business, is the elder son of Mr and Mrs D.T. Close, of Service Garage, Sedbergh. His bride, a secretary at Thomson and Wilson, solicitors in Kendal, is the only daughter of Mr and Mrs C. Winder of Havera, Sedbergh. Given away by her father, the bride wore a Nottingham lace dress with a shoulder length headdress. She carried a bouquet of white chrysanthemums and yellow roses. Miss Susan Close, groom's sister, and Mrs Susan Kay, bride's cousin, were attendants. The best man was Mr Nigel Close, groom's brother. A reception was held at the Bull Hotel, Sedbergh for the couple, who will make their home at Service Garage, Sedbergh.

Harvest Festival Services

Harvest thanksgiving services were held last Sunday at Sedbergh Parish Church, and at the special morning service Sunday School scholars played a prominent part. The vicar, Canon D.A. Rogers, introduced the theme "This is the World that God made", and the children presented an updated version of harvest. At the evening service, conducted by the vicar and the Rev. E.P.E. Long, the preacher was the Rev. D.A. Southward, vicar of Crosby Ravensworth and former curate at Sedbergh. The following day the harvest gifts were distributed locally, and the remainder auctioned by Mr J.T. Clough. Proceeds amounted to

43 pounds, which was donated to Christian Aid.

At Frostrow Methodist Chapel harvest services, the preacher on Sunday was Mr W. Parkinson of Woodplumpton. The speaker on Monday was Mr T. Gorst, and the gifts of produce were auctioned by Mr T.R. Harper. Collections were for chapel funds.

Harvest Festival services were held last weekend at Millthorpe Methodist Chapel. The preacher at both services on Sunday was Mr R. Jackson of Wickerslack, Crosby Ravensworth, and in the evening a duet was sung by Mr and Mrs W. Airey. The organist was Mrs Jennie Kiddle. The speaker on Monday evening was Mr J. Dawson, and the gifts of produce were sold at the close. All proceeds were for chapel funds.

Garsdale held its harvest services at St John's Church, with both morning and afternoon services being conducted by the vicar, Canon D.A. Rogers. Preacher at the afternoon service was the Rev. E.P.E. Long. Collections were for church funds, and the gifts of produce were later distributed locally.

Holy Trinity Church, Howgill, was beautifully decorated for the harvest thanksgiving services on Sunday. The preacher at the evening service was Canon Boggis of Sedbergh. During the service, the children presented their harvest baskets and also sang two harvest songs, accompanying themselves on tambourines and triangles, with the help of Mrs Rhodes with guitar, and

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Mrs Higgin on the organ. On Monday evening, following a harvest supper in the schoolroom, the produce was auctioned by Mr T. Sedgwick, the proceeds amounting to more than 28 pounds. It is to be shared between Westmorland Society for the Mentally Handicapped and Divine Christian Aid.

Happy Birthday

Mr Joe Middleton, who celebrated his 91st birthday last Thursday, was born at Cote Haw Farm, Dent, and was one of fourteen children. He farmed at West Cowgill, then at Cann Farm near Buckden. He later moved to Horton-in-Ribblesdale, and then to Deep Clough at Caton. He now lives with his son at St Paul's Road, Scotforth, Lancaster.

Organ Dedication

The organ at Salem United Reform Church, bought in 1868 at a cost of 175 pounds, has been out of action throughout most of the summer, while a young man from Halton has been patiently overhauling it. His task completed, Mr Richard Helme, a student at Liverpool University, arranged for a service of praise, which was held last Sunday, and featured a visit from the choir of Sefton Road UR Church, Morecambe. They sang anthems and quartets, accompanied by their own organist, Mr Taylor, and conducted by Mrs Garner. Hymns were accompanied by Mr Clive Horsford, who also played voluntaries. Refreshments were served at the

close of the service.

School Harvest

Students of Sedbergh and Garsdale Primary Schools held their own harvest thanksgiving in Sedbergh Parish Church last week. Vicky Collison, Lorna McLean and Carolyn Davenport conducted the service, and prayers were led by the vicar, Canon D.A. Rogers and Monsignor T. McDonagh. A collection taken, amounting to 16 pounds, was donated to charity.

Road may be Blocked for Two Months

A 20-yard stretch of the Gawthrop-Sedbergh road at the foot of Combe Scar, near Underwood Farm, was swept away in a landslide on Saturday. As a result, the Dent C of E

school bus now has to make a ten-mile detour every day and at Dillicar Farm, below the landslide, they are having difficulties in getting their milk to market. And a spokesman for Cumbria County Council said that it could be up to two months before the road is re-opened. The damage was discovered late on Saturday night by a farmer returning to his farm in the torrential rain. He found the road impassable. When engineers arrived at the scene on Sunday morning, they estimated that something like 7,000 tons of earth had moved across the road. Mrs Hodgson, wife of Mr Jack Hodgson who farms at Dillicar, said the blocked road is really worrying them. "If the road floods, which it often does at this time of

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year, there is no option but for the children to stay at home. We're scared stiff of flooding because we can't get the milk away. We have never been cut off like this before". Mr John Burrow, of The Laning, Dent, who drives the minibus, which takes the three Hodgson children to school, now has to go by the main Dent-Sedbergh road instead of via Gawthrop. Dillicar is the only farm lived in below the landslide, and the detour adds 10-15 minutes to the travelling time. Cumbria County Council is at present looking into the possibility of reimbursing Mr Burrow for the extra time and mileage. Farmer James Dinsdale, West Bridge End, Garsdale, said that three quarters of an acre of prime top soil had been lost to the landslide. "It was the same as Aberfan - there was no warning at all. The same happened when my grandfather owned the farm 80 years ago, just 50 yards from this spot".

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SIR GEORGE HUDSON: RAILWAY KING OR ROGUE? Sedbergh History Society

Karen Bruce Lockhart

To start the winter series of lectures the Society heard a lecture by Adrien Tayler on this interesting gentleman. Hudson was born in 1800 the son of a prosperous farmer (his father was High Constable of the Wapentake). His parents died when he was 8 and at the age of 15 Hudson was apprenticed to a draper. By 21 he was a partner and he married the boss's daughter. He seemed settled for life, but when he was 27 he inherited the vast sum of £30,000 from a great uncle. He became interested in local politics and for instance was instrumental in getting proper burials in a cholera epidemic. He became involved in the Yorkshire Union Bank and was Treasurer to the York Railway. Through this he met George Stevenson and became interested in linking railways so that it was possible to travel not just from A to B but onwards to E or F. He was accused of bribing voters in the election of Sir John Lowther – but it was found that the opposition were doing the same thing! He was elected Lord Mayor of York at the age of 37. He aggressively acquired interests in railways and eventually was responsible for a network that spread from Newcastle to Bristol and from the east coast to the west coast. He acquired four great houses, and became MP for Sunderland.

His methods of making the railways pay, such as cutting wages and reducing staff, were not popular.

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Further more it was discovered that he was paying dividends from capital. Eventually in 1849 he was made to repay £400,000 and from then on during the 1850 his fortunes declined. He was forced to sell properties to pay debts. He became involved in another scandal of bribing MPs, and was asked to find £750,000 (an almost unimaginable sum in those days). He resigned from his railway posts and numerous court cases surrounded him. He fled to France in 1853 and lived in Paris till 1859. He was briefly again MP for Sunderland which protected him from arrest for debt, but when he lost his seat he fled again to France to avoid arrest. In 1859 the Debtors Act abolishing imprisonment for debt enabled him to return but he was impoverished and in poor health. He died in 1870.

His legacy was a huge network of railways. Was he a Railway King or a Rogue – probably both.

RECOLLECTIONS OF SEDBERGH IN MID 19TH CENTURY

Colin Cowperthwaite

The following memories of the town were written by Mrs Julia Green Vigour between 1840 and 1860. Her father was a master at Sedbergh School from 1831 until 1869.

Coming into Sedbergh from the west, one passed through the turnpike at the meeting of the Kendal and Kirkby Lonsdale roads: drivers of vehicles paid 6d to pass through. Hundreds of cattle passed through at "Brough Hill" time, and along the narrow streets of Sedbergh. In those days there was but one house between the toll bar and the town; it was a ruined thatched house on the north side of the road, approached by a carriage drive skirted by Scotch firs; it was known as Guldrey, and in those days was used as a shippin and barn. In front was a stream, and between that and the house a path ran (a short cut to the Kendal road); this path was avoided after dark, as Guldrey, like Thorns, had the reputation of being haunted. Fifty or sixty yards beyond Guldrey a stone stile gave access to March Hill; nearly opposite the National School was an old farmyard where stood the straw-covered pump, but there was no farm house. A little above here stood the "Widows' Almshouses" (built and endowed by a Mr Palmer). Further on came the Headmaster's house: opposite this was the house where lived the old doctor, Mr Batty, with his wife and son and also Mrs Batty's sister, Miss Bainbridge; the latter was entirely a

recluse, though she made an exception in my case, and when I was a small child often sent to ask me to tea, a great treat, as I was allowed in the surgery, where I asked many questions (and got answers too): I have liked the scent of a surgery ever since. She also gave me the run of their wonderful attics, in which were stored marvellous collections from sales; which to Mrs Batty, a comfortable cheery dame with an infectious laugh, were irresistible traps. Their attics were a delightful hunting ground for a child, and I rarely left them empty handed. Mr Batty's house never again saw sunshine after the gloomy towering annexes (the western portion of Evans House) to the Headmaster's

house were built opposite, though the inmates, being so sunshiny themselves, took away from the gloom.

In those days dwellers in the further dales had first to find a messenger to go for t'doctor, and then bide their time until he arrived. For many a year Mr Batty was the only practitioner nearer than Kendal; he was wanted far and near, but he had an assistant. Mr Batty had a splendid dapple grey horse, groomed to a hairsbreadth; but such was his care for animals that he always walked to his country patients when possible. I can remember Mr Batty, when called to Orton, starting off on the Howgill road with his horse, but himself walking with hand on bridle.

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No-one ever had anything but a good word for him and his kindness. (In later years he became blind, and kept on his practice, feeling people's tongues instead of inspecting them).

Standing at the foot of Howgill Lane and looking up, one saw a cottage with garden plot and railings: years before an old bachelor had lived there so anxious to give as little future trouble as possible that he kept his "shell" standing on end in a small cupboard beside his bed. Crossing the street at the foot of Howgill Lane was the north-west corner of the old graveyard: before Mr Platt's time, who railed it off, it was unenclosed. There are the tombstones of some of the George Washington family between the east window of the Church and Finkle Street. Gateside, Howgill, is said to be the home of one branch of the family.

Sedbergh Church was whitewashed inside in those days: the pillars used to trouble me because they were not alike, nor were the arches, otherwise the interior was very interesting to a young mind - the pews for instance. There were the "quality" pews, as the natives spoke of them, lined with crimson baize, of which the Ingmire pew was the largest, being almost a small room with curtains round the sides. It was a great church-going lure for children, to watch from the gallery the stately procession up the aisle of Mrs Upton, a fine tall figure, and also Miss Florence Upton (later Mrs Cottrell-Dormer) whose appearance is somehow associated with "Royal blue" silk, and generally a train of visitors, all richly attired,

followed by a powdered footman in brown and yellow livery and white stockings; there was also a dignified butler; these last occupied an unlined pew.

It was a great day when a grand barrel organ was put into the church, in the north aisle; this was in 1851. At the opening of this barrel organ the church was crowded. I well remember how I was teased for having trembled, and how I thrilled all over at the first sounds. Later my eyes were opened to its deficiencies, but to the end of its reign I delighted in the "Heavens are telling", which was set to one of the "Psalms and Hymns" at the end of the new hymn book. In January 1854 a new hymn book came into use. Before the institution of the organ the church choir had had many changes; I can recollect as far back as the last of the "forties" when there was an attempt to get together a good vocal and instrumental choir by those young townfolk of Sedbergh who chanced to be musical, each playing whatever instrument they affected - fiddles, flutes and so on, or singing; but I do not think that it kept together long.

The north gate of the church led into the Market Place, and the Market Place of Sedbergh was a feature not to be overlooked, if only because of its fine old Market Cross, a solid round pillar standing on several octagonal steps. It was built of the flagstone of the locality (mostly, I believe, brought from Bluecaster). On market days, those steps were covered with crockery, varying from the red earthen dairy to ornamental ware, some of which would be "a

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sight for sore eyes" in these days, but which then were cheap and lightly esteemed, unless it were mugs and other items delighted in by children.

(I shall hopefully share more of Mrs Vigour's recollections in future editions)

THE ATOM MAN

Karen Bruce Lockhart

John Dalton was born in 1766 in Eaglesfield, Cumberland, the son of a weaver. He received a basic education at a quaker school and by the age of 12 was teaching there. He was largely self-educated with help from his father, a quaker teacher John Fletcher who ran the school, and an amateur scientist Elihu Robinson for whom he went to work at the age of ten. From the age of 15 he worked as a teacher in Kendal where he had particular help from John Gough a blind philosopher and polymath who taught him advanced

mathematics, science and languages. He moved to Manchester where he taught in a dissenting college.

He published Metereology Observations and Essays in 1793. He kept daily weather records for over 50 years. On his holidays he would climb hills in the Lake District as the only way then to take measurements of temperature and humidity at altitude. There were no maps of the Lake District until 1860 and he became an authority on the heights of the mountains.

A year later he published Extraordinary Facts relating to the Vision of Colours, the first scientific study of colour blindness. He himself and his brother were red and green colour blind. Hid theory was not correct but this condition is often called Daltonism. A few years later he gave lectures that the total pressure of a gas mixture is the sum of the

pressures of each individual gas – Dalton's Law.

Then in 1803 he published his atomic theory that all matter is made up of tiny, indivisible particles called atoms, and that the atoms of a given element are identical in mass and properties. He provided a method of calculating relative atomic weight for chemical elements, which provides the means for the assignment of molecular formulas for all chemical substances. He was not totally right. For instance, he held that atoms could not be subdivided – later disproved by the splitting of the atom which led to the atomic bomb

He published papers on many diverse subjects such as heat, the colour of the sky, steam, the reflection and refraction of light, auxiliary verbs and participles in English, mathematics, mechanics, natural philosophy and education.

He was elected a fellow of the Royal Society in 1822 and awarded the Royal Medal in 1826. Was also a member of the French Academie des Sciences. The Government gave him a pension of £150 later raised to £300 (c £18,000 and £36,000 now). He was profoundly deaf in adulthood but did not let this interfere with his scientific work, nor did a stroke which affected his speech. He died in 1844, having made his last meteorological recording the day before, and having laid the ground work for modern chemistry and atomic science. Forty thousand people filed past his lying in state in Manchester Town Hall

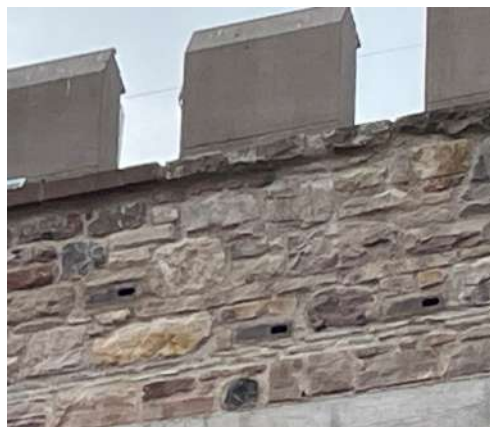
Much of his written work was destroyed by bombing in the second world war.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Our swifts should now be enjoying warmth in their wintering grounds in the Congo, Central Africa. Their autumn migration is slower than that in spring, generally taking a few weeks, as without the urge to breed they can linger wherever they encounter good feeding areas en route. Undoubtedly 2025 has been a wonderful year for swifts, both in this area and all over the country and we have been constantly treated to many displays of swifts hurtling around. This is in sharp contrast to last year when we had a cold wet summer – but it demonstrates that although far fewer were seen then, they had not disappeared, but were going further afield to field to forage for insects.

At a recent Cumbria Wildlife Trust annual members day event we were invited to take part in a Panel session and asked what we might give as a highlight of this year. It was difficult to choose! Firstly we were proud to get integral swift nest bricks installed in several places in the ruins of Lowther Castle, the central major feature of



the estate, together with solar powered attraction callers (see *picture previous page*) This is part of their commitment of increasing biodiversity on the estate and we are hoping that next year we may see some swifts taking up residence, which would be an important attraction for visitors. More nest bricks have been installed in other places on the estate as well which is excellent.

Secondly, a major highlight was undoubtedly having swifts prospecting at the Showfield Gardens estate in Sedbergh (opposite Close's garage), since it is more or less the first year of occupation. Residents were delighted to enjoy frequent parties of swifts zooming around the houses throughout June and July. This is a fantastic result for the community as people everywhere are always enthralled by their exhilarating flight. Residents even saw swifts flying up to nest bricks, prospecting for nest sites, which was more than we could have hoped for so soon. And even more exciting was, after some exceedingly patient observation, seeing swifts repeatedly 'banging' and actually going into a nest brick! (see *picture this page*).

This shows just how important it is to provide additional nest habitat for swifts, and why we work so hard at trying to get developers and builders to incorporate them into all new buildings. We had a planning condition from YDNPA for installation of 50 nest bricks at Showfield at the important 1:1 ratio of bricks to houses. Swift nest bricks and boxes also suit many cavity nesting birds,

they are the universal nest box, as sparrows for example prefer them to the commercially available terraces. One year we even had a nuthatch breed in one at Lowgill – which we believe to be the only one ever recorded. Nest bricks are the most inexpensive way for developers to enhance biodiversity, one of the planning criteria, so it really is a no-brainer and it's very frustrating that it is not made a mandatory planning condition. Hopefully Showfield Gardens provides strong evidence that swift nest bricks are indeed successful.

To summarise our colony at Lowgill:- what a record year, with 3 new pairs bringing it to around 37 breeding pairs. Swift enthusiasts with big colonies measure their overall productivity as the number of chicks fledged per breeding pair; and from our nests on camera we achieved 2.05, which would just maintain the population of such a vulnerable bird. Although a record number of clutches of 3 eggs were laid (13 in the nests



on camera), a few of the 3rd eggs did not hatch which slightly reduced the overall productivity. The sparrow hawk that attacked our colony greatly affected us, losing at least 7 breeding adults (which could seriously affect our numbers of pairs next year), and possibly some chicks as they fledged as well. After losing a mate, it is not possible for the remaining parent to rear 2 or 3 chicks alone, so we were able to either foster some of these into our other nests that had similar age chicks, or take some to expert rehabilitators to look after. We always leave the lone parent with one chick of course. The sparrow hawk is still around us, having caught sparrows and recently a ringed dove.

Next month we will summarise all the many activities and events that we've been very involved in this year, nationally and more locally too. And we hope to explain more about the thermal imaging survey, to monitor nest occupancy, that we have been part of.

As always, any time is good to put up boxes so do get in touch for any help or advice.

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FUNGI

Cumbria Wildlife Trust

What do you think of when you hear the word fungi?

For some thoughts might turn to mouth-watering mushrooms, carefully foraged from a supermarket shelf. For others it might conjure images of fairy tales, pixies perched proudly on the red and white caps of towering toadstools. But there's so much more to these otherworldly organisms than meets the eye.

Fungi come in all kinds of shapes and sizes, from the familiar mushrooms to cups, balls and brackets. But these bizarre structures that we're used to seeing are just the fruiting bodies, which usually only pop up once or twice a year. Like the fruits of a tree, these are temporary, short-lived parts of the larger organism. Their only job is to help the fungus spread.

They do this by releasing microscopic spores, which need to be dispersed in the same way as seeds from a tree and are often spread by the wind. Some fungi fire out their spores like a cannon, launching them into the air. The puffball is a common species well known for its explosive release of spores – when a mature mushroom is compressed by rain, a passing animal or an inquisitive human finger, it puffs out a cloud of spores from a hole in the top.

The main part of the fungus, the part that lives on long after the toadstools have toppled, is hidden within the substrate that the fruiting body grows from, whether that's the soil, rotting wood, dung or even nuts and seeds. It's a dense, tangled

network of threads (called hyphae) that together are known as a mycelium.

These networks can stretch for metres (or in rare cases miles) through the soil, connecting fungi to the roots of trees, grasses and other plants. In most cases, it's a win-win relationship: the fungus gives the plant nutrients from the soil and the plant supplies the fungus with carbohydrates formed through photosynthesis (the process of making energy from sunlight). Together, they form an underground internet sometimes known as the Wood Wide Web.

The Wood Wide Web can do some incredible things. It's a social network through which trees can share sugars

and nutrients with other trees, as well as with the fungi themselves. But it can also be used to send information. Studies have shown that when a tree is under attack, from a harmful fungus or insects like aphids, it can send out a warning to nearby trees through the mycelium, giving them chance to prepare and defend themselves against attack.

But just like the internet, it has a darker side, too. Some plants have found a way to exploit it; they have become hackers. The bird's-nest orchid is a sickly-looking species by the colourful standards of its family. It grows in caramel-coloured spires in the shaded depths of woodlands and has no chlorophyll, so can't photosynthesise to produce food like

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most plants. Instead, it sucks all it needs from the fungal mycelium that connects its own roots to those of the other plants growing around it, giving nothing in return.

Next time you spot a toadstool sprouting from grass, or a bracket clinging to the bark of a rotting branch, spare a moment to think about the hidden network sprawling beneath your feet, connecting the forest and breathing life into the trees.

EYES ON THE SKIES

Victoria Benn

Yorkshire Dales environmental campaigning charity, Friends of the Dales, will launch its next major campaign on 21 October with an online event featuring talks and a panel discussion.

The Eyes on the Skies campaign speaks up about the continued illegal killing of birds of prey in the Yorkshire Dales - one of the UK's black spots for this criminal activity.

The online launch, starting at 5:30pm on 21 October, offers a chance to:

- Learn about the vital role birds of prey play in the Yorkshire Dales ecosystem.
- Hear from leading experts about the scale and impact of their persecution.
- Find out the ways in which you can speak up for birds of prey and support the campaign.

Everyone is welcome to sign up and join this free event at:
www.friendsofthedales.org.uk/events

Friends of the Dales is a registered charity set up in 1981 which works to



protect and enhance the Yorkshire Dales and encourages everyone, from all backgrounds, to value and enjoy this special area. We are the only membership and campaigning charity for the Dales!

Our campaigning work is driven by our policies, which are created by our volunteer Policy & Planning Committee made up of trustees and other experts. We campaign on a wide range of environmental and social issues that affect the biodiversity and landscape of the Dales and the wellbeing of local communities. We continue to actively campaign and lobby for sustainable transport since setting up Dalebus (run by our social enterprise company Dales & Bowland CIC) in 2007. Other notable campaigns have included raising awareness nationally and locally of the toxic legacy of planting trees with plastic guards and the importance of adapting cutting regimes on rural verges to allow wildflowers to proliferate.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The Governors have decided that the Headmaster, Mr Dan Harrison, will become the Executive Head, allowing him to grow the Sedbergh Group of Schools at home and abroad. Matters are now in hand to find a new Headmaster for the senior school to take office in September 2026 and it is hoped this appointment will be announced by Christmas.

The A Level Results were 86% A-C of which 35% were A-A*. 54% got Russell Group University places and 94% confirmed University places. In the successful GCSE results Daisy stood out with 9s in 5 subjects. 22% of the GCSE results were 7-9.

Year 11 went on their annual Battlefields trip at the beginning of term, a high light of which was attending a service at Ypres Cathedral listening to the School choir singing Faure's Requiem with a "stunning" solo from Olivia. The choir also sang at the Menin Gate ceremony.

The History of the School in 50 objects continued. Cressbrook School closed in the 1970s and boys from there formed a small junior department in what had been the School Sanatorium. This eventually evolved into the present Prep School at Casterton. Another object is Bruce Loch formed by the former Headmasters JH Bruce Lockhart and Michael Thornely – it is said that it was principally to enable them to skate in the winter! It is now a nature reserve looked after by the pupils.



The 34th object is the Geology classroom formed by former master Jim Fisher and contains his extensive collection of geology items. The last this month is the Coat of Arms granted on the Queen's visit in 1991

The Sedbergh whisky put aside to mature in three casks from the Annandale Distillery for the 500 anniversary was bottled in September for sale and put in special boxes manufactured for it by Andrew Fleck, the former Headmaster.

A charming journal of seven new boys who joined Lupton House in 1945 and follows their experiences and adventures over five years has been digitised and published: *We Are Seven*

On 12th September Holocaust survivor Stephen Bueur spoke to the School about 1944 in Hungary and his own experience. This was so moving that instead of dispersing at the end the pupils lined up to shake his hand.

Shooting

Four Old Sedberghians have been selected for the Great Britain Palma Rifle team (a competition which takes place only every four years. This includes the captain, and Kathrine Fleck the former Headmaster's daughter.

Running

A team of 100 pupils, staff, parents and Old Sedberghians ran in the Great North Run at Newcastle and raised £42,000 (£52,000 with Gift Aid) for Save the Children

Rugby

The 1st XV played Whitgift on 6th

September away and won 52-19 and Denstone at home on 13th September winning 50-12.

Hockey

The girls 1st XI travelled to Durham to play the University 2nd and drew 1 -0.

Sedbergh HC took part in the Cumbria County Cup Tournament and defeated Penrith to win the championship.

Future events

1st XV v Kirkham 1st October 3 pm Haywood

1st XI Hockey v St Peters York, 2 pm 4th October

1st XV v Blacklock and other teams home 10 am onwards 11th October

Half Term 17th October to 2nd November

1st XV v Northhampton away 2nd November

Bonfire and Fireworks 5th November 6.30 pm

1st X v Warwick home 8th November 1 pm

Remembrance Sunday 9th November 10 am

Faure's Requiem 9th November 2.30 pm

1st XV v Wellington College 19th November 6pm Broadstreet Rugby Club

Les Miserables 27th-28th November

1st XV v King's School Macclesfield away 26th November 2 pm

1st XV v Millfield home 3rd December 2.15 pm

Christmas Carol Service York Minster 8th December 6.30 pm
End of term 12th December

RACE

Martin Dodds

In English, we have two nouns with different meanings and different linguistic roots but which look, sound and are spelled in the same way; - 'race', and 'race'.

Checking with my dictionary, the first of these words [going back to Old English], has a series of four related meanings, signifying rapid movement.

In practice I suspect the idea of a race 'as a competition between runners etc' is probably the most usual one that comes to mind in everyday speech.

The second word, apparently coming via Spain and France, has two basic related meanings, each signifying a group of persons, animals etc, having some common feature[s].

However, I think one of the sub-definitions of the meaning usually occurs to most people; - 'one of the



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divisions of humankind, having certain physical characteristics in common'.

Sometimes it appears that the element of competition relevant to the first meaning gets transferred also to the second, so that the divisions of humanity are also seen to be in competition.

From a biological point of view, all modern humanity is a single race. The 'great divisions' are not different biological races. Archaeologists tell us that we are all Africans originally, even if there is still some debate about which part of Africa was most significant. There is therefore no sound basis for assuming that any one of the 'great divisions' is either intrinsically superior or racially

distinct.

Such assumptions have however been common throughout history. The Greeks distinguished themselves from the 'barbarians', as did the Han people of China. The Hebrews believed they were special and needed to keep themselves 'pure'. The European nations including Britain regarded Black Africans as so inferior that they could be treated as commodities.

Historic prejudices between human groups were not confined to distinctions between the 'great divisions' however. Some of you will remember a nursery rhyme about 'Taffy'. Some will remember who were said 'to begin at Calais'. And what about mid-20th century

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landlords' and landladies' signs, 'no dogs, no Irish'? Perhaps this is but the tip of a large and very grimy iceberg that many of us are still sitting on.

More recently we are aware of institutional apartheid, segregation, war and violence, as well as informal, prejudiced, personal behaviour and hostility, including criminal violence by individuals and gangs, much apparently based on perceived 'difference'.

As there is no scientific justification for the idea of different human races, the word racism is a symptom of a widespread misunderstanding of reality.

Branding a loose and diverse collection of prejudiced behaviours as 'racist' may be a convenient short-hand headline, but it is both misleading and dangerous. In the first place, it reinforces the myth of racial difference. This tends to justify the idea of a profound, intrinsic and all-encompassing distinction which becomes a basis for prejudice.

Secondly, it obscures the richness, interest and reality of real cultural and social differences within the human race, behind a generalised myth of

non-existent racial differences. Within this rich mix there may be some superficially apparent but very minor physical differences in terms of varying hair types, facial features and skin colour, but even within the so called 'great divisions' these are not universal or standardised.

Clearly, there are important cultural differences between peoples of different backgrounds, faiths and societies, but these have all developed within a common humanity, and with good will are generally capable of explanation and mutual understanding and respect.

Unfortunately, the 'racist' attitudes of history, the unhelpful populist and media perpetuation of the racist myth, and inadequate education have fuelled mutual hostilities instead of mutual respect.

The majority of people from all cultures and backgrounds suffer the results of the extreme prejudices and actions of minorities within their own culture group as well as those of 'hostile' cultures. For instance, Gaza and Israel, without the influences of Hamas and of the Israeli right-wing, would not be in the current tragic mess. Both sets of extremists are however rooted in past and present injustices to and by both parties, aided and abetted by outside power groups seeking to benefit their own interests.

Similar factors can probably be found behind most of the wars, political violence and unrest already plaguing our world, or waiting in the wings.

There is another area of genuine concern. Many places in the UK and

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elsewhere have local long-established cultural communities with their own sense of place and identity. Historically these communities have often been able to absorb incoming groups from other backgrounds without too much disruption. But even some historical influxes have sometimes been difficult for both host and incomers.

It seems to be a matter of relative proportion and pace. When an influx of new people into a local community changes the composition of the population by more than a certain percentage, some sense of loss of identity and 'belonging' may well be felt within the host community. Similarly, when the speed of the population influx exceeds more than

a certain percentage per given period, again, some loss of identity etc. may be felt by the host community.

At the same time, if the incoming community experiences hostility, it seems likely that they will reinforce their own sense of security by prioritising relationships with the rest of their community over contacts with the 'unfriendly' hosts. This will tend to exacerbate the scope for misunderstanding and friction.

In principle there seems to be no reason why a proportionate influx of incoming strangers cannot be welcomed, and if they are encouraged to integrate by friendly reception, chances are that the host community will not feel 'threatened'

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and the incomers should be able to maintain their own distinct identity, but also become accepted members of the local community, not a ghetto.

Unfortunately, it often seems to be the most vulnerable and already disadvantaged local communities which are expected to receive the newcomers, when those communities are already lacking in quality and quantity of basic resources, let alone the kinds of resources which would prepare them to be able to welcome newcomers appropriately.

Sadly, I feel that the sense of alienation in some local communities 'within our own home ground' feeds on the misleading doctrines of racism, and provides an easy starting point to be twisted into disguised racist rhetoric and recruitment.

Of course, it is not only 'stranger' newcomers who may affect a local community. It can also be changed over time by the arrival of incomers who are not initially perceived as representing a different cultural identity. For instance, the current rural housing crisis arises in part from the financial power and influence of people originally from outside the local community, but broadly within the same 'national' identity. These same people may often represent a less local cultural heritage and experience. Both these factors can cause feelings of being patronised or exploited within a host community.

I am not able to define the critical thresholds for these effects. I hope expert sociologists are already well aware of these issues, and making their findings clear to local and national governments.

The scale, pace and effects of

unforeseen external events may inhibit effective timely action to cope with current situations. Yet the current world crises which give rise to some of these problems are not new, and failure to anticipate them probably reflects a too narrow understanding of the nature of the world in which we live today.

Patching up and muddling through may be the very poor best we can achieve in dealing with the current situation.

If the political and public will existed, there should still be time to lay the foundations for more perceptive and responsible future attitudes and actions with proper regard for the welfare and integrity of host and incoming communities.

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LIZZI'S COLUMN

Lizzi Collinge MP

Every time I sit down to write my column for the Sedbergh and District Lookaround, I reflect on the past month and the work I have been doing in and around Sedbergh. I was elected on a promise to be a strong voice for all of Morecambe and Lunesdale and I hope these columns give a snapshot of how I am delivering on that promise.

As I write, Sedbergh and District is struggling with the pharmacy – medicine not available, staff unpaid and an unacceptable effect on residents' health, particularly those unable to travel elsewhere. As always, I know the community is rallying round and the local doctor

and pharmacists in Kendal are trying to help.

Following constituents getting in touch, I wrote to the minister responsible, the local Integrated Care Board, and Jhoots themselves. As I write, Jhoots have agreed in principle to a meeting but have not responded to my proposed date and time. I have also spoken to colleagues who have unfortunately also had similar problems with this pharmacy chain. I will keep working on this for local people.

I'm also supporting constituents with concerns about road safety and speeding, with real concerns that it takes serious injuries and death before anything gets done.

As I write this, I have just returned

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from a fabulous two days at the Westmorland County Show. I pitched my red tent alongside a great selection of other stalls and my team had done a great job of preparing for it. We had hot drinks, biscuits, casework forms and fun activities for kids like a welly design competition and some 'I met my MP today' stickers.

It was great to see lots of local schools in attendance, as well as quite a number of visitors from far away. It was fun to see the kids I had met before ('we saw you in that big building in London!') and ones whose schools I had visited up here.

I also met with local NFU reps and farmers to talk through their issues and reassure them of the work I am doing nationally and locally to support them.

Unfortunately, I didn't get to see all of the show as I mostly stayed on my pitch to be available to constituents. Thank you to everyone who came to say hello – it was particularly nice to meet people I had helped with casework but had never met face-to-face.

Please don't forget, if you need my assistance you can contact my office via email on lizzi.collinge.mp@parliament.uk or leave a message on 01524 566 015. I prioritise contacts that are constituents needing direct help – if you have a query about a local or national policy I will reply as soon as I can but you will have to wait a bit longer. Every month I get thousands of emails so I appreciate my constituents' patience as I prioritise helping those in need.

SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

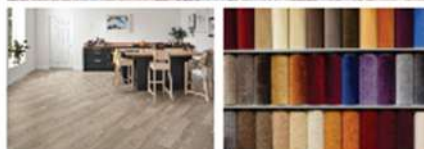
This short report covers the Council's normal monthly meeting. Held at 7.30pm on Thursday 11 September 2025, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next scheduled meeting is 7.30pm on Thursday 9 October 2025 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Lune Gorge Project – M6 (Kier)

Members welcomed representatives from Kier, who have been appointed by National Highways to carry out the essential maintenance program on eight

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bridges spanning the M6 motorway between Sedbergh and Tebay. Preparatory work has already commenced, with the main project due to take place from Spring 2027 (and last approx. 4 years). This will see a contraflow system in operation on the M6, between J36 and J39. Kier hope to continue to host community engagement events, going forward, and continue to liaise/consult with all interested stakeholders.

Public Transport User Group

Members welcomed the Chair of the Transport User Group to give an update to Members. This included the circulation of an indicative timetable that they had produced, and submitted to Westmorland and Furness Council. It is hoped that this timetable will assist when the council are considering future commercial solutions for the community. Highlighting also how the Transport User Group wished to continue to work with the Western Dales Bus and support them with establishing any alternative routes, to give improved and increased connectivity to the town, and if a commercial operator was found for the Kirkby Stephen to Kendal (via Sedbergh) route.

Pharmacy Services

Members discussed the current concern for the provision of pharmacy services within the town, following the current closure of Jhoots. Members noted that another provider was making some enquiries about future provision, and it is hoped that this can be supported going forward, when the future of Jhoots is known.

Other matters

Various other matters were discussed, including the recent mobile network outage, planning matters, finance, and various correspondence.

If you have any queries, or wish to contact Sedbergh Parish Council, please email at clerk@sedberghparishcouncil.gov.uk. As always, members of the public are welcome to attend meetings of the Parish Council.

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.gov.uk

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NOTES FROM DENT STATION

John Carey

Time flies by quickly or so it seems. Believe it or not, it was exactly 5 years ago that the Friends acquired the Dent Station property following a bequest from the late Dr John Disney who was a FoSCL stalwart and lover of all things Dent. I doubt that he could ever have imagined what we have achieved with the legacy, but I'm sure he would have heartily approved. Of course, we also took on a number of challenges, some of which were quite onerous for a volunteer group, but we have been supported throughout by the excellent Dent and Sedbergh tradesmen. Having broken the back of the serious work we can now settle into a more regular programme of maintenance. The station has never looked better and whilst there is no room for complacency we do have to try to keep on top of things. Of course



we could not manage without our regular housekeeper, Diane and not forgetting regular volunteers Ken and Colin.

The news from the Leeds-Settle-Carlisle line is much the same and we seem to be experiencing an increasing number of infrastructure issues which have led to disruption. It is clear that the resilience of the line needs to be addressed particularly as we approach the autumn and winter months. It is heavily dependent on manned signal boxes and, whilst the mechanical element has stood

the tests of time, the interface with electrical equipment is often to blame. Delays are compounded by the distances crews have to travel to reach the line, whilst in days gone by maintenance personnel would have been already on site. Indeed, Dent would have supported several railway workers covering various aspects.



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Clearly, these issues are not the fault of the train operator, but we have urged that any control decisions made following an incident are customer-focused rather than for operational convenience. Too often trains are terminated at Skipton or, even worse, cancelled to suit the operator. It is imperative that attempts are made to run trains where possible as there are immense difficulties in recruiting rail replacement buses at short notice, plus which, the geography of the line does not easily lend itself to road alternatives. Dent station is a notable example, compounded by the current road closure at Dent Head.

Meanwhile, the issue of carriage

allocation continues to provide challenges with no real prospect of an interim solution. As I have said before, perhaps we do need to be a little more savvy as to booked parties on already heavily used trains. We cannot escape the fact that a significant element of the passengers will be for leisure purposes but these seem to be concentrated on certain trains. It seems to me that that we should make increased efforts to fill spare capacity and particular attract commuters back to the line as well as the long distance traffic. Afterall, this is a heavily subsidised national transport asset. Believe it or not, the online journey planners do not always offer the Leeds-Settle-Carlisle

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as a possible option despite a shorter journey times.

It would appear that the December rail timetable will be little changed from the existing. The rail industry does seem to be inflexible and whilst we have argued for relatively minor changes it seems that none of these have been acceded to. We will therefore continue to see 4 hour gaps in timetable at some of the minor stations such as Dent and poor commuter times, particularly at the northern end of the line.

A recent highlight was the sight of the Avanti West Coast train on 20th August This was a 10 coach 'Evero' bi-mode train and made for quite a spectacle as it crawled through the

station at the rather pedestrian 30mph maximum due to the foot crossing. Some may recollect the time in the not too distant past that Virgin 'Pendolino' trains were hauled along the line by diesel locomotives as a diversion during West Coast Main Line works. It does reinforce the importance of the S&C as a strategic route north

We await the final reading of the Buses Bill currently working its way through parliament. Once implemented, it will give local authorities improved powers to take control of their bus services. To what extent this will happen in Westmorland and Furness remains to be seen but there is every prospect

of a mayoral authority together with Cumberland which will be responsible for public transport as we have seen in York and North Yorkshire. Local authorities may once again take control of their bus services, something outlawed in the 1985 Transport Act. But I suspect that funding will continue to be the main limiting factor.

On the local bus front, the Sedbergh and District Public Transport Users are working hard to support the case for improved services. Indeed, the argument should be quite compelling and has, hopefully, found its way to the top of the council agenda. A regular service with a full sized bus should be regarded as a necessity in this day

and age for residents and visitors alike. But the current lack of public transport is having a considerable impact on the local economy and the ability to get for residents to have access to employment, education and welfare. In addition, we have heard of several employment vacancies in the area for lack of public transport to bring workers in. It is particularly disturbing to hear of passengers being turned away for lack of capacity or visitors with suitcases unable to board.

Not very far away, in Kirkby Stephen it was sad to hear that the Cumbria Classic services are to be withdrawn as from the end of September as the owners retire from the business. The services, often

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operated with vintage buses, have a loyal following, particularly on the 572 service to Barnard Castle, which has operated commercially (without support) for several years. I had the opportunity of making what was probably a final journey and the two buses running in tandem were near full to capacity. It occurred to me that, whilst something of a public-transport anomaly, this was a rare example cross boundary service, something which local authorities often fail to be able implement. Above all there was a socio-economic benefit which should support the case for some sort of service in the future. But it just goes to show how fragile bus operations are and, once lost, difficult

to replace.

Anyway, back to nearer home, we are fortunate that the S1 Western Dales Bus continues to provide a vital link to and from the station every Saturday. As well as bringing visitors in, this gives a fantastic opportunity for a day out in Carlisle, departing at 0958 from Sedbergh Post Office to Dent Station and then hopping on the 1047 train to Carlisle. This would involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back to Sedbergh. Please check

www.westerndalesbus.co.uk for bus running and times including the current daily services between Kirkby Stephen and Kendal.

I should also remind as to the Dales Railcard, available to residents in the qualifying post codes and which provides a one-third discount from tickets purchased on the day (weekdays after 0815) on the Settle Carlisle and Morecambe lines. The cards can be purchased (recently increased to £15) from Skipton, Settle or Appleby stations with proof of address or by application to the Settle Carlisle Railway Development Company via their website.

The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will also give details of any potential disruption. Meanwhile, if I can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and, as always, I would be delighted to help.

PUBLIC TRANSPORT USER GROUP UPDATE.

Ed Welti

Later in the autumn Westmorland and Furness Council will be deciding which bus routes will be receiving a subsidy in the year 2026-27. We are, of course, making the case that a route from Kendal to Sedbergh and onward to Kirkby Stephen should be considered. To this end we have come up with an 'indicative' timetable. This timetable has been sent to Westmorland and Furness Council and has also been posted onto our Facebook page. It is unlikely that it will be adopted as is, but provides an example of the times we think would be useful for the people of Sedbergh and their visitors. Please

have a look, and if you think this is the kind of service that Sedbergh needs please write to Westmorland and Furness Council and let them know. If you run a business tell them how having an inadequate service affects your business financially. The email addresses for the Cabinet members at Westmorland and Furness are Transport Portfolio holder John Murray (John.Murray@westmorlandandfurness.gov.uk), the leader of the Council Jonathan Brook (Jonathan.Brook@westmorlandandfurness.gov.uk).

Last month I set a competition. We have had no replies. The point of the competition is the table on the next page. I have received a challenge to

KELDRIGG SHUTTERS

EST. 1996

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the table, that I am not comparing like with like. How could I? There is only one Sedbergh. Please find me more towns to compare!

The table shows Sedbergh in comparison with all other similar settlements in the area. Most have a comparable population (between 1500 and 4000 people). The towns at the bottom of the table with less population are included because of location, relatively remote with the nearest town 10 miles or more away.

Those towns with train stations are

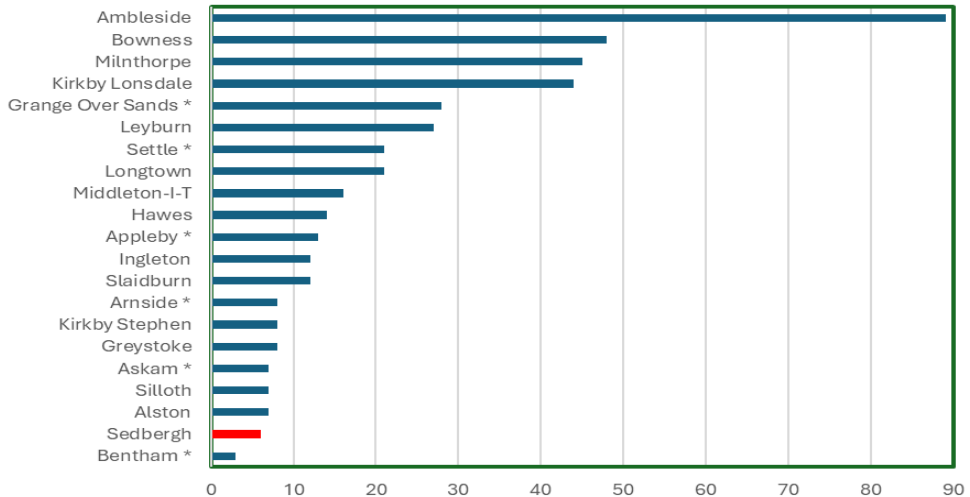
marked with an asterisk. Note that Sedbergh is the largest town without a station.

The table details Monday to Friday services only. Maximum number of services refers to the day when the most buses run. For example if a Wednesday only bus runs in addition to a Monday to Friday service the total services will be a combination of the two. However, if the most frequent Monday to Friday service is used as a comparison the results are much the same.

Town / Parish	Parish Population	Max No of Services	First Bus	Last Bus	Diff F/L	First train	Last Train
Grange Over Sands *	3893	28	06:25	23:38	17:13	05:28	23:54
Appleby *	3228	13	06:04	20:07	14:03	06:31	20:58
Askam *	3169	7	07:23	17:15	09:52	06:08	23:06
Bentham *	3027	3	06:40	14:39	07:59	07:18	22:02
Sedbergh	2818	6	10:17	15:05	04:48		
Settle *	2714	21	07:55	19:37	11:42	07:27	21:59
Ambleside	2627	89	06:15	23:17	17:02		
Silloth	2535	7	07:15	19:00	11:45		
Bowness	2293	48	06:04	23:32	17:28		
Arnsdale *	2233	8	09:30	14:34	05:04	05:34	23:49
Milnthorpe	2225	45	05:57	22:19	16:22		
Ingleton	2186	12	06:58	19:38	12:40		
Leyburn	2183	27	08:05	18:57	10:52		
Longtown	2175	21	06:13	18:35	12:22		
Kirkby Lonsdale	1965	44	07:10	20:15	13:05		
Kirkby Stephen	1895	8	07:19	19:52	12:33		
Middleton-I-T	1231	16	06:58	19:20	12:22		
Alston	1200	7	09:40	16:40	07:00		
Hawes	1039	14	08:17	18:37	10:20		
Greystoke	654	8	07:33	17:37	10:04		
Slaidburn	351	12	07:30	19:05	11:35		

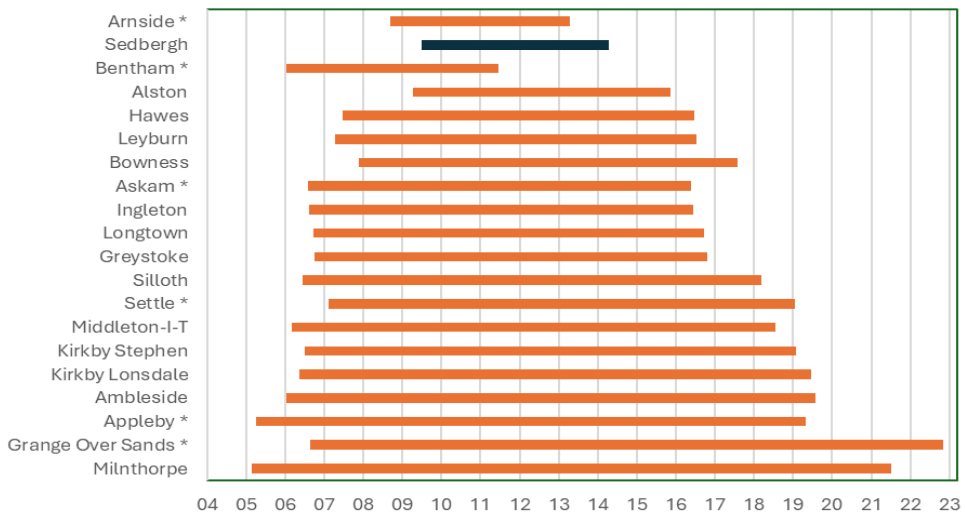
COMPARISON GRAPHS

MAXIMUM BUS SERVICES PER DAY M-F



Only Bentham, which has a regular train service, has fewer services per day.

BUS SERVICE TIMES M-F



Only Arnside has less bus service coverage during the day. If trains from Arnside and Bentham were included those two settlements would be at the bottom of the chart not the top. Sedbergh would, of course, remain where it is - at the top and worst off.

The graphs on the previous page speak for themselves. I'm happy to add other towns!

As a reminder the competition is to find me one or more towns with a population between 2000 and 4000, either with no bus or train service, or a service more limited than ours

So, find yourself a town. If it has a train station on a Network Rail line it almost certainly won't qualify, less than 4 trains a day might, if there are no buses. No trains then Google "Bus Services" for the town. I have been using the following site -

bustimes.org. Open the timetables. If there are lots of services stop now! Count the services that start or go through the town at the most obvious stop. Don't forget to count each way. Multiply by the number of days the service runs for. Add up all routes. If you get to 24 and there are more services to count give up. Sedbergh has 24. If you draw at 24 or have less, send it in, it's a contender.

Whoever finds the town nearest to Sedbergh (according to Google Maps) wins £25. If there's a draw it's whoever put the entry in first. I'll give you the Lookaround donation back too, so £26.50 in all.

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CONVERSATIONS ABOUT DEMENTIA

Dementia UK

Conversations around dementia may not be easy, but they are incredibly important. Whether you're a carer or living with dementia yourself, knowing you're not alone in what you're experiencing can make a huge difference. And if you know someone who cares for a loved one with dementia, giving them opportunities to talk can take some of the weight off their shoulders.

Why is it important to talk about dementia?

There is often stigma surrounding dementia, which may make it challenging to talk to others about the condition. People may assume that someone living with dementia can't maintain a normal conversation, or that they don't want to talk about their diagnosis. And therefore, the relationship trails off.

"One difficult thing I've had to deal with since my diagnosis is people dropping off due to them not really knowing how to handle me or my condition. People carry preconceptions on what a diagnosis of dementia will do to someone, and out of fear, worry or another reason, they slowly (or sometimes quickly) withdraw from your life." (Julie, who is living with young onset dementia).

For carers too, relationships can fall by the wayside when loved ones don't know how to talk or hear about the impact dementia is having on their life.

"I didn't talk to any of my friends about what was going on – partly because I didn't really know how to

talk about it, but also because I just wanted to be treated normally.” (Elliott, whose dad had young onset Alzheimer’s disease).

Talking with other people about dementia can help to break this stigma.

If you have a family member or friend who is living with dementia or caring for someone with the condition, simply checking in on them can help them feel less alone. It lets them know that you’re there for them, to offer practical help or a listening ear if they need it.

“Ask what you can do. It might just be doing the shopping or collecting the children from school. It might be cooking the family dinner once a week or giving them some respite, if that’s possible.” (Catherine, whose friend’s husband has young onset dementia).

While it’s not always possible to talk in person with family and friends, there are alternatives, such as having a phone or video call. Dementia support groups and cafés can also be a great opportunity to share experiences with people affected by dementia.

Ways to start a conversation about dementia

It can be difficult to know how to start a conversation about dementia with a family member or friend who is living with or caring for someone with the condition. Here are some example sentences that you could try:

- “I’ve not seen you for a while. Do you fancy a cuppa and catch-up?”
- “Caring can be tough sometimes. Are you managing to take some time

for yourself?”

- “I’m here if you ever want to talk about how you’ve been since your dementia diagnosis”

- “You have a lot to juggle at the moment. Is there anything I can help you with?”

- “Let’s go for a walk and you can tell me what’s been happening with you”

- “I’m here if you ever need to chat things through”

- “I know you support someone affected by dementia. How are you doing?”

Jacqui’s husband, John, lives with Alzheimer’s disease. She shares her advice after planning a party with family and friends who had not seen him in a while.

“To help people in their approaches to John, I sent an email in advance saying, ‘If you have known John for a long time, you will have a common history to talk about. If not, you will probably have to remind him who you are, and there are some conversation topics you could try out.’

“I listed various significant events in his life, such as where he grew up and went to school, where he and I got married, his job and interests —

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07790 946578



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 07795063107

CRANIOSACRAL THERAPY
 SOMATOEMOTIONAL RELEASE
 Fritz
 07817665662

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

all subjects that I knew he would happily talk about." (Jacqui, who's husband John, lives with Alzheimer's disease).

"Several people thanked me for this, saying that it meant they could approach John with confidence and start a conversation with him without worrying about how he (or they) would cope. Every time I looked at him during the party, he was engaging with someone and laughing, so I knew that he was enjoying himself. I was also able to enjoy myself because I could relax and socialise without feeling the need to constantly hover."

Advice for children and young people

Children and young people may feel unsure about how to handle conversations with a person with dementia. While there is no guidebook to this, it's important for them to feel relaxed and talk about

the things they enjoyed talking about in the past, even if the person with dementia doesn't respond as they did previously. Here are some suggestions for conversation starters:

- "What was your first day at school like?"
- "Which subjects did you enjoy the most and least at school?"
- "Who were your closest friends in school?"
- "Do you have a favourite singer or band?"
- "What's the most fascinating place you've visited?"
- "Is there a place you've always dreamed of going to?"
- "What's the best and worst job you've had?"
- "What would your dream job be?"

Admiral Nurse support

Dementia UK's specialist Admiral Nurses are here for you if you need advice or support about any aspect of dementia, or just want to talk to someone who understands. Please contact an Admiral Nurse on our free Helpline, book a virtual clinic appointment or schedule a face-to-face appointment at a Nationwide branch. 0800 888 6678

BOOK TOWN QUIZ ANSWERS

1. Elegy Written in a Country Churchyard – Thomas Gray
2. Watership Down – Richard Adams
3. Achilles
4. The Country Diary of an Edwardian Lady
5. Ellis Peters – Shrewsbury
6. The Decameron

7. Catch-22 – Joseph Heller
8. Eats, Shoots and Leaves – Lynne Truss
9. George Borrow
10. C S Lewis
11. Virginia Woolf
12. Terry Pratchett – Discworld

USEFUL CONTACT DETAILS

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

Report Grey Squirrels

sedberghredsquirrels100@gmail.com

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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

SOME WALKS AROUND SEDBERGH

WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs

Sedbergh's own little Matterhorn with great views of the surrounding fells and dales. (Walk 1)

THE CALF 8 miles 2600ft 4-5 hrs

A bracing ridge walk over Arant Haw and Calder to the highest point in the Howgills, . (Walk 1)

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs

Fairly flat walk partly by the riverside, with the added advantage of the Farfield Café half way around. (Walk 2)

AKAY WOODS 2.3 miles 1 - 1.5 hrs

Lovely riverside stretches, past the restored Pepperpot, then through woods above the river, with vestigial remains of Akay House. (Walk 3)

SEDBERGH SCHOOL 45 mins

A stroll to see the sights of Sedbergh School (Walk 4).

FELL WALL 2.2 miles 1 - 1.3 hrs

Elevated promenade above Sedbergh Town, not as energetic as going to Winder top, but still out onto the edge of the open country. (Walk 6)

BRIGGFLATTS 4.2 miles 2- 3 hrs.

Along the Rawthey to the peaceful and historic Quaker Meeting House, then back through the fields. (Walk 7)

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs

Across the wild (and possibly wet) Long Moor to Dent then back by Dentdale and the River Dee. (Walk 8)

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs

A stroll across open country to the bottom of Cautley Spout. Some would say this is the second highest waterfall in Britain. (Walk 9)

CAUTLEY SPOUT AND BACK 10 miles 3150 feet 4.5 - 6.5 hours

Gorgeous walk up the dale to the Spout, with a return over the tops for the adventurous. (Walk 9)

MILLTHROP AND ABBOT HOLME 5.1 miles

920ft 2.5 - 3 hours. Up over Frostraw, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. (Walk 10)

DALES WAY AND CRAGGSTONES. 7.5 miles

1165 ft 3 - 4 hrs. Follow the Dales Way beside the Rawthey and the Lune, then ascend past the waterfalls in Craggstons Wood, before a final stroll across the base of Winder. (Walk 11)

For further details of these numbered walks see the Sedbergh Town website. Leaflets describing the walks can also be obtained from Sedbergh Tourist Information Centre for 50p.

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 11/03/2026
 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.

OCTOBER 2025

01	WIK - Sizergh Castle Trip (Sep)	Sizergh
01 1000	Police Drop in	SIC
03 1400	DHTF - Antarctica (31)	DMH
04 830	Flu/COVID Vaccinations (7)	MC
06 1030	Walk-in Vaccinations (7)	MC
08 1900	Book Club (18)	Westwood B
08 1915	WID - Kitty Brown Boutique (29)	DMH
08 1930	WIS - Mosaics (26)	PH
09 1930	Sedbergh Parish Council (54)	PH
10	Walk-in Vaccinations (7)	MC
10 1830	Sharon Blackie (18,1)	Westwood B
11 1100	Police anti theft service (21)	Sedbergh S
13 1900	Community Trust AGM (19)	RR
14 1400	WIK - Antarctica	PH
14 1930	Domino Drive	FCH
15 930	Christian Aid Coffee Morning (Feb)	StAS
15 930	Christian Aid Coffee Morning (Sep)	StAS
16 1300	Medical Centre Closed	MC
17	Death in the Dales (0)	PH
17	Half Term (47)	SS
18 1000	Dent Methodist Coffee Morning (May)	DMC
18 1000	Eco Market (11)	StAS
18 1000	Sedbergh Eco Market	StAS
18 1930	Gospel Concert CCC	CCCN
19	Death in the Dales (0)	PH
21 1730	FOTD Eyes on the Skies (46)	Online
23	Poppy Appeal (13)	TBA
24 1930	Tattie Pie and Bingo	FCH
25 830	Flu/COVID Vaccinations (7)	MC
25 1200	8th Annual Sedbergh Apple Day (14,13)	PH
26 1400	Air Ambulance Jumble Sale (Sep)	PH
31 1630	Dentdale Pumpkin Party (13)	Rhumes

NOVEMBER 2025

01 700	The Parallel Path (18,1)	Westwood B
02	Half Term (47)	SS
05 1100	pmrgca support group	FM
05 1830	Fireworks (47)	SS
07 1400	Dentdale Head to Foot	DMH
08 1930	Sedbergh WI Demystifying Dementia	PH
09	Remembrance Sunday	StAS
09	Poppy Appeal (13)	TBA
09 1430	Faure Requiem (47)	SS
11 1400	WIK - AGM & Social Time	PH
11 1930	Domino Drive	FCH
12 1300	Medical Centre Closed	MC
12 1930	WIS A little bit of art	PH
15 1000	Dent Methodist Coffee Morning (May)	DMC
17 1930	Domino Drive	GVH
29 1000	St Andrew's Christmas Fair	StAS
29 1230	Soup & Pudding lunch	FCH

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.

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.

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

1 hour = £1.50	4 hours = £5.00
2 hours = £2.70	All day (9 hours) = £7.00
3 hours = £3.90	Payable all days 9am - 6pm
Maximum stay = 24 hours	Annual Resident Permit = £70

Permit available from the Information Centre only,
 renewable annually on 1st September.

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

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

HADDOCK PADDOCK

MAIN STREET

Closed due to fire damage

HALF AND HALF

Bar with sofas and a good fire, or window seats if you fancy watching the world go by.

NUMBER 46

MAIN STREET

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

NUMBER 57

MAIN STREET

Café open Tuesday and weekends for coffee, cake, snacks and lunches. Food sourced locally.

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SEDBERGH PIZZA

MAIN STREET - 015396 28262

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

SMATTS DUO

MAIN STREET - 015396 20552

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

Thirsty after rambling? This micro bar is the place for a relaxing drink with good company.

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	Mr Colin Brunold - 07762 217385
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Phil Johns - 07807 909860
Bridge Club -----	Mr Alison - 015398 24666
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
Cornerstone Community Church -----	William Allen - 015396 20194
Crickets Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 07855 102930 / annemcclurg@btinternet.com
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill - Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	Stephen Troughton - 015396 21109
First Responders - Dent -----	See Public Information
First Responders - Sedbergh -----	See Public Information
Football Club Junior - Sedbergh -----	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
Football Club Senior - Sedbergh -----	Mr Parkin - 015396 20585
Friends of Farfield Mill -----	friends@farfieldmill.org
Friends of Settle and Carlisle Line -----	john.carey@settle-carlisle.com
Garsdale Village Hall -----	Mrs Labbate - 015396 22114/07814 378758 / rhlabbate@gmail.com
Getting Together -----	Sarah Woof - 015396 25212
Gladstone Community Group -----	Janey Hassam - 07966 134554
Golf Club -----	Mr Gardner - 015396 21551
Good Companions - Dent -----	Sarah Woof - 015396 25212
Grief Share -----	Duty Team Member - 07498 870267
History Society -----	Karen Bruce Lockhart - 015396 34603
Howgill Harriers -----	admin@howgillharriers.co.uk
Howgill Village Hall -----	Gareth Marshall - 07801 276233
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Joe Gorst - 07964 830473 / joe.gorsty24@gmail.com
Killington Parish Hall -----	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Rev'd Andy Burgess - 015396 20018

GROUPS AND ORGANISATIONS (CONT)

Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Over 50's Swimming Group -----	Rachael Mellor - 07969 663881
Parent Support Group -----	Mrs Goad - 015396 20402
Parish Council - Dent -----	Scott Thornley - 07368 455353
Parish Council - Garsdale -----	Clerk - clerk@garsdaleparishcouncil.gov.uk
Parish Council - Sedbergh -----	Janey Hassam - 07966 134554
People's Gym -----	membership@sedberghgym.club
People's Hall -----	Steve Longlands - 015369 20885
Pepperpot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Janey Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
PMR/GCA support Group -----	0300 111 5090 / kendal@pmrgca.org.uk
Poetry Club* -----	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Royal British Legion -----	Keith Birbeck - 07557 871961 / keithbirbeck@gmail.com
Schools - Dent Primary -----	015396 25259
Schools - Dent Primary - Friends of -----	015396 25259
Schools - Sedbergh Primary -----	015396 20510
Schools - Sedbergh School -----	015396 20303
Schools - Settlebeck -----	015396 20383
Scouts -----	Bill Mawdsley - 07989 201481
Scouts - Beavers -----	Bill Mawdsley - 07989 201481
Scouts - Cubs -----	Bill Mawdsley - 07989 201481
Sedbergh Book Town -----	booktown@sedbergh.org.uk
Sedbergh Community Tree Group -----	Evelyn Pardoe - plantmoretrees3@gmail.com
Sedbergh Environmental Group -----	sedberghcomarket@greencobweb.co.uk
Sedbergh Ladies Friendship Group -----	Jo Birkbeck - 07769 908663
Sedbergh Songsters -----	TBA
Sedbergh United Charities -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
Senior Golfers -----	Mr Braddon - 0330 1138850
Shooting Club - Sedbergh -----	Richard Martin - 07884 559829
Sight Advice South Lakeland -----	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale) -----	Anastasia Micklethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 07877 301088
Swimming Club -----	Sedberghswimmingclub@gmail.com
Tennis Club -----	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Transport Users Group -----	Ed Welti - sd.transportusers@gmail.com
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 / vscssedbergh@gmail.com
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Louise Atkinson - 07855 378883
Young Farmers - Sedbergh -----	Club Secretary - sedberghyfc@hotmail.com

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

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

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

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



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

BUS SERVICES

NOTE.

Westmorland and Furness Council have renamed the bus routes which cover Sedbergh to Kendal via Oxenholme as the S1 route. However they include extensions to Kirkby Stephen and Dent on different days.

MONDAY AND FRIDAY the service is from Sedbergh Maryfell to Kendal Bus Station and return. This service is run by Westmorland and Furness.

TUESDAY AND THURSDAY the service is from Kirkby Stephen CoOp to Kendal Morrisons and return. This service is run by Western Dales Bus as a commercial operation.

WEDNESDAY the service is from Dent Village to Kendal Morrisons and return. This service is run by Western Dales Bus as a commercial operation.

SATURDAY the service is from Dent Station to Kendal Morrisons and return. This service is run by Western Dales Bus as a commercial operation.

FRIDAY S5 Service to Kirkby Stephen and Kendal run by Western Dales Bus continues as before.

FULL TIMETABLES FOR EACH DAY FOLLOW BELOW AND ON SUBSEQUENT PAGES

S1 MONDAY

S1 FRIDAY

Kendal Blackhall Road to Sedbergh Maryfell via Oxenholme and return

From 31st March 2025

	Mon&Fri	Mon&Fri	Mon&Fri
Kendal Blackhall Road	9:40	11:11	13:26
Kendal K Village	9:45	11:16	13:31
Oxenholme Station	9:50	11:21	13:36
Killington M6 bridge	10:00	11:31	13:46
Sedbergh Spar	10:09	11:40	13:55
Sedbergh Opp. Library	10:10	11:41	13:56
Sedbergh Maryfell	10:12	11:43	13:58

Sedbergh Maryfell	10:18	11:53	14:05
Sedbergh Library	10:20	11:55	14:07
Sedbergh Opp. Morphets	10:21	11:56	14:08
Killington M6 bridge	10:30	12:05	14:17
Oxenholme Station	10:40	12:15	14:27
Kendal K Village	10:45	12:20	14:32
Kendal Bus Station	10:51	12:26	14:38

BUS SERVICES

S1 TUESDAY AND THURSDAY

Kirkby Stephen Co Op to Kendal Morrisons via Sedbergh and Oxenholme, and return
From 31st March 2025

	Tues&Thurs	Tues&Thurs	Tues&Thurs	Tues&Thurs
Kendal Morrisons	*	11:06	13:21	15:50
Kendal Blackhall Road	*	11:11	13:26	15:55
Kendal K Village	*	11:16	13:31	16:00
Oxenholme Station	*	11:21	13:36	16:05
Killington M6 bridge	*	11:31	13:46	16:15
Sedbergh Spar	9:11	11:40	13:55	16:24
Sedbergh Opp. Library	9:12	11:41	13:56	16:25
Sedbergh Maryfell	9:14	11:43	13:58	16:27
Cautley, Cross Keys	9:21	*	14:05	*
Fat Lamb	9:28	*	14:12	*
Kirkby Stephen Station Entrance	9:35	*	14:19	*
Kirkby Stephen Pennine Hotel	9:40	*	14:24	*
Kirkby Stephen Co-op	9:41	*	14:25	*

Kirkby Stephen Co-op	9:51	*	14:35	*
Kirkby Stephen Social Club	9:52	*	14:36	*
Kirkby Stephen Station Entrance	9:57	*	14:41	*
Fat Lamb	10:04	*	14:48	*
Cautley, Cross Keys	10:11	*	14:55	*
Sedbergh Maryfell	10:18	11:53	15:02	*
Sedbergh Library	10:20	11:55	15:04	*
Sedbergh Opp. Morphets	10:21	11:56	15:05	*
Killington M6 bridge	10:30	12:05	15:14	*
Oxenholme Station	10:40	12:15	15:24	*
Kendal K Village	10:45	12:20	15:29	*
Kendal Bus Station	10:51	12:26	15:35	*
Kendal Morrisons	10:56	12:31	15:40	*

BUS SERVICES

S1 WEDNESDAY

Dent Village to Kendal Morrisons via Sedbergh and Oxenholme and return

From 31st March 2025

	Weds	Weds	Weds	Weds
Kendal Morrisons	*	11:06	13:21	15:50
Kendal Blackhall Road	*	11:11	13:26	15:55
Kendal K Village	*	11:16	13:31	16:00
Oxenholme Station	*	11:21	13:36	16:05
Killington M6 bridge	*	11:31	13:46	16:15
Sedbergh Spar	9:35	11:40	13:55	16:24
Sedbergh Opp. Library	9:36	11:41	13:56	16:25
Sedbergh Maryfell	9:38	11:43	13:58	16:27
Dent Village	9:53	*	14:13	*

Dent Village	10:03	*	14:47	*
Sedbergh Maryfell	10:18	11:53	15:02	*
Sedbergh Library	10:20	11:55	15:04	*
Sedbergh Opp. Morphets	10:21	11:56	15:05	*
Killington M6 bridge	10:30	12:05	15:14	*
Oxenholme Station	10:40	12:15	15:24	*
Kendal K Village	10:45	12:20	15:29	*
Kendal Bus Station	10:51	12:26	15:35	*
Kendal Morrisons	10:56	12:31	15:40	*

LOOKAROUND EDITORIAL TEAM

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

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

Jackie Whicker is Life Time President but is no longer involved in compilation

BUS SERVICES

Western Dales Bus

**S5 Fridays - Kirkby Stephen Shopper
Sedbergh - Kirkby Stephen - Ravenstonedale -
Newbiggin - Kendal Bus Station - Kendal Morrisons**

From 31st March 2025

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

BUS SERVICES

S1 SATURDAY

Dent Station to Kendal Morrisons via Sedbergh and Oxenholme and return

From 31st March 2025

	Sat	Sat	Sat	Sat	Sat
Dent Station	*	10:53	*	*	17:37
Dent Village	*	11:08	*	15:05	17:52
Sedbergh Maryfell	8:35	11:23	13:15	15:20	18:07
Sedbergh Library	8:37	11:25	13:17	15:22	18:09
Sedbergh Opp. Morphets	8:38	11:26	13:18	15:23	*
Killington M6 bridge	8:47	11:35	13:27	15:32	*
Oxenholme Station	8:57	11:45	13:37	15:42	*
Kendal K Village	9:02	11:50	13:42	15:47	*
Kendal Bus Station	9:08	11:56	13:48	15:53	*
Kendal Morrisons	9:13	12:01	13:53	15:58	*

Kendal Morrisons	9:23	12:23	14:03	16:08	*
Kendal Blackhall Road	9:28	12:28	14:08	16:13	*
Kendal K Village	9:33	12:33	14:13	16:18	*
Oxenholme Station	9:38	12:38	14:18	16:23	*
Killington M6 bridge	9:43	12:43	14:23	16:28	*
Sedbergh Spar	9:57	12:57	14:37	16:42	*
Sedbergh Opp. Library	9:58	12:58	14:38	16:43	*
Sedbergh Maryfell	10:00	13:00	14:40	16:45	*
Dent Village	10:15	*	14:55	17:00	*
Dent Station	10:30	*	*	17:15	*

DENT RAILWAY STATION TIMETABLE

Valid from June 2024

(N) Through train to Leeds, Sheffield and Nottingham

(S) Originates in Sheffield (G) Time at Garsdale - DOES NOT STOP at Dent.

Cancellations are always possible, so please check before travelling:

National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.49	07.55	10.46	07.03	09.08	10.40
09.16	09.16	12.39 (S)	09.38	10.42	13.38
10.47	10.47	14.01	12.12	12.12	16.35 (N)
12.17	12.17	15.53	14.40 (G)	14.40 (G)	18.40
14.45	14.45	17.48	16.05	16.05	20.26
16.46	16.46	20.20	17.33	17.33	..
18.15	18.15	..	19.38	19.38	..
19.45	19.45	..	21.22 (G)	21.22 (G)	..

Religious Services in Sedbergh

CHURCH OF ENGLAND

The Benefice of the Western Dales

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

andy.burgess@westerndales.org.uk

Licensed clergy:

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

Churchwardens:

St Andrew's, Sedbergh
**Tony Reed Screen 21081
Susan Sharrocks 20754**

churchwardens.sedbergh@westerndales.org.uk

St Andrew's, Dent

**Currently no churchwardens,
please contact Sedbergh
churchwardens**

St John the Baptist's, Garsdale

Bill Mawdsley and Rosemary Lord
churchwardens.garsdale@westerndales.org.uk

St Mark's, Cautley

Judith Bush and Maureen Hinch
churchwardens.cautley@westerndales.org.uk

St John the Evangelist's, Cowgill

Janice Moorby and Heather Fraser
churchwardens.cowgill@westerndales.org.uk

Holy Trinity, Howgill

Helen Hoggarth
churchwardens.howgill@westerndales.org.uk

St John the Evangelist's, Firbank

**Currently no churchwardens,
please contact Sedbergh
churchwardens**

All Saints', Killington

Neil Brocklehurst 07801 940548
churchwardens.killington@westerndales.org.uk

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00

**Parish Priest Kendal
Tel: 015397 20063**

SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

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

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

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Sarah Woof Tel: 25212

METHODIST CHURCH IN THE WESTERN DALES

Cornerstone Community Church, New
Street; Dent;

Garsdale Low Smithy; Hawes Junction

Rev'd Andy Burgess 20018
andy.burgess@westerndales.org.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545
375721**

Anglican Service Times

ST ANDREW'S CHURCH, SEDBERGH

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

ST ANDREW'S CHURCH, DENT

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

ST MARK'S CHURCH, CAUTLEY

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

ST JOHN THE BAPTIST'S CHURCH, GARSDALE

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

ST JOHN THE EVANGELIST'S CHURCH, COWGILL

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

HOLY TRINITY CHURCH, HOWGILL

2nd Sunday	9.30am, Holy Communion
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ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

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

ALL SAINTS' CHURCH, KILLINGTON

1st Sunday	2.30pm, Afternoon Service
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Methodist Service Times

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

*Combined plans for Western Dales Mission Community
October 2025*

	Time	5th	12th	19th	26th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	<u>HC-BCP</u>	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC		Choral Matins 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Service 4pm- Messy Church	Chapel Anniver- sary Joint Service	HC
St. Mark's, Cautley LA10 5LZ	9.30am			MP	
St. John's, Garsdale LA10	10am	Harvest Festival		Morning Service	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service		Service
All Saints, Killington LA6 2HA	2.30pm	Harvest Festival			
Holy Trinity Howgill LA10 5JD	9.30am		Harvest Festival		
St. John's Firbank LA10 5EF	2.30pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am		HCx		All-Age Service
St. John's, Cowgill LA10 5RJ	2.30pm	Harvest Festival		HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		Morning Service	
Quakers, Friends Meet- ing House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	7th		21 st	
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP		HC-BCP	
	Wednes- day	1st	8th	15th	22nd/29th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers			Mid-week Meeting for Worship 6.30pm		22nd Mid-week Meeting for Worship 6.30pm
Roman Catholics	21.00				Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer			MP- Morning Prayer		
Quakers contact Pam Coren 015396 22586; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am
(Face to face appointments – please phone on the day to book an appointment)
Telephone Triage – 10.30am – 12pm
(please phone or book online)
Late Morning Appointments 10.30am – 12pm &
Afternoon appointments 2.30pm-6pm
(please phone or book online)

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

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane
Health Centre, Station Road
Telephone Box, Millthorpe
Dent Village Car Park (opp Memorial Hall)
Access Codes to the Defibs are supplied on contacting Ambulance Control on 999

First Responders IN EMERGENCIES CONTACT THE EMERGENCY SERVICES

The numbers below are for information on volunteering only

Sedbergh - Myles Ripley 07880 161648
Dent - Wendy Pontefract 015396 25253

POLICE

101 or 999

Email: 101@cumbria.police.uk

Crimestoppers 0800 555 111

Community Officers

Mandy Colman - 07773 181425

Amanda.coleman@cumbria.police.uk

Adam Roberts—07773 217740

adam.roberts2@cumbria.police.uk

DENTAL SURGERY

Main Street 015396 20626

Ben Houghton (principal), Miss Katie McKay,
Emma Fairley, Amelia Dore, Daisy Coupe,
Ella Capstick, Therapist/hygienist.

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street

01539 713150

https://www.cumbria.gov.uk/libraries/locations/sed_lib.asp

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Spar—Station Road, LA10 5DL

MARKET DAY

Wednesday

Last Page Update:

September 2025