

Sedbergh & District **LOOKAROUND**

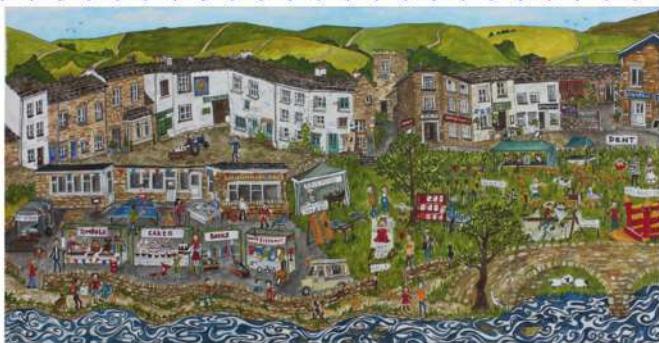
August 2022

Issue 412

Donation £1

Special thanks this month go to all at Sedbergh School involved in Challenge Week. See the Parish Council Report on page 68 for some of the things they did.

Thanks also to Jonny Dunkinson from Settlebeck for helping with this edition as part of his Work Experience. It was great to work with him. See page 54.
Ed.



DENT GALA 29.08.22

MILLBECK FIELD, DENT

CARBOOT (ARRIVE AT 7AM, OPEN AT 8AM)

COMPETITIONS & RACES

STALLS & SIDESHOWS

BOUNCY CASTLE

LOTS OF GAMES

MUSIC FROM RAWTHEY RHYTHM

RAFFLE

PHIL FLIP'S MAGIC SHOW

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WI CAKE STAND

AFTERNOON TEAS

BREAKFAST, BBQ & MORE!

IF YOU CAN HELP OR WOULD LIKE MORE DETAILS, PLEASE CONTACT LAURA ON 07779415644 OR LAURATHORNLEY@ME.COM

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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**Weekly Coffee Morning St Andrews Church
Every Wednesday 9:30am to 11:30am**

Wed 3rd August - Royal British Legion

Wed 10th August - St Andrews

Wed 17th August- WDMC

Wed 24th August - Open House

Wed 31st August - Missions

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

Advertising Rates

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Single Column 2.56" x 3"	=£12.50
Single Column 2.56" x 4"	=£15.00
Single Column 2.56" x 5"	=£17.50
Single Column 2.56" x 7.5"	=£25.00
Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

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editor@sedberghlookaround.org.uk

Phone:
07464 895425

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :
Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

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**WHEN PAYING BY BACS
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INCLUDE THE INVOICE
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A BANDSTAND FOR QUEEN'S GARDENS?

Susa Ellis

All of you may have noticed the transformation of Queens Gardens over the last 4 years, since the Parish Council took up the challenge of improvements, ably assisted by the Queens Gardens Sub Committee, the volunteer Friends of Queens Gardens, Mitch our talented gardener and regular input from Sedbergh School Challenge volunteers.

Historically Queens Gardens had a Bandstand! Records show that the construction of one was first mooted in May 1907, and after "several considerable discussions" the then Parish council approved it in February 1908, and it was built that

April. The current QG Sub Committee now has a well-advanced project to recreate a bandstand in Queens Gardens as a further amenity for the whole community. The project details and discussion documents have been submitted to the PC regularly since October 20, and considerable progress has been made, though the time scale for decisions is not much different from the early 1900's!

The chosen design is modest in extent, and very simple (no filigree!) covering an area of 4.5 metres diameter and to a height of about 12 feet, with open sides and a flat ground level base. It would sit just to the left of the benches and flowerbeds at the southern end of the gardens and would not obscure the



HOST FAMILIES WANTED

Elite Anglo Chinese Services are looking for host families in the North Lancashire and Cumbria areas who would like to host International students for their Exeats, Half Terms and some holidays. Our Guardian agency has Gold Standard accreditation with AEGIS and BSA.

No previous experience is needed. We pay a daily rate and reimburse all mileage.

Interested?

If you have a warm comfortable home with spare room(s) it is an ideal way to earn good extra money. You are required to provide 3 meals a day, a comfortable room and support when required. Elite Anglo Chinese Services provide 24/7 support to our host families and students, so whenever there is a problem, we are available to help you!

If you are interested please do contact us for more information.

**Elite Anglo Chinese Services
Gwyn and Evelyn Phillips – Host Family Co-ordinators**

Tel : 01428 648393

host@eliteacs.com

Sedbergh ECO Market

Saturday 6th August 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

wonderful view south from the benches over the Bowling Green and beyond.

The project has the support of the Town Band, Spellbound Theatre and other small performing musical groups in the area. We envisage that this covered area would provide a focus for play group outings, prayer meetings, children's parties, school nature walks, and would be a huge boost to community use of these lovely gardens.

Planning issues have been covered and costs have been assessed and are being prepared in detail, including the request for construction tenders. In the meantime, various grant applications

have been submitted and the funding promised is not far short of what is needed to go ahead.

If you are supportive of this project as a benefit to our community, could we ask you to voice your support, either by contacting any member of QG Sub Committee, in person or by email (details below) , or by speaking to one of your local Parish Councillors -details at <https://www.sedberghparishcouncil.org.uk/councillors/>

We are hopeful that the PC will give their final approval to this at their August meeting on 11th August, in the knowledge that it is something that the community they represent would really want them to do.

DENT HERITAGE CENTRE

ASSISTANT WANTED

We are looking for a General Assistant to join our small and friendly team at Dent Village Heritage Centre.

The hours are flexible.

Some occasional weekend work will be required.

Tel: - 015396 25239/25800

or email:

info@highlaning.com

Queens Gardens Sub Committee June 2022

Ann Parratt parrattann@gmail.com

Kevin Lancaster

kevin@sarthwaite.com also a Parish Councillor

Ian McPherson

ianmcpherson24@hotmail.com also a Parish Councillor

Susa Ellis susaellis10@gmail.com

SEDBERGH ZRECE TWIN TOWN FACEBOOK FORUM

David Burbidge

If you would like to meet and talk with people from our twin town Zreča in Slovenia, please join our Facebook forum: Sedbergh-Zreča twinning partnership. We have almost 100 members with about half from each town, and recent posts to the forum have included a report by Garth about how they appeared on a Zreča TV programme. Also, we have photos and stories by singers who recently visited Zreča with our choir Lakeland Voices, photos of the paintings by the Zreča artists, who visited Sedbergh before the pandemic, news about the winner of the Sedbergh Potica (iconic Slovenian walnut cake) competition, and much more.

One great feature on the forum is provided by Google translate which allows us to write in either English or Slovenian and for those who speak only one of these languages to understand what someone is writing in the other language.

Twin Town Book Group

We are currently reading *Forbidden Bread* by Erica Johnson Debeljak, an American city bank analyst, who fell in love with a Slovenian poet, and moved to marry and live with him in the newly independent Slovenia in 1991. The book is witty, moving and well observed and gives some interesting insights into the difference between those who live in big and small countries, and in cities and in the country. The author has to change and adapt to a different culture in her newly adopted country, and there are

some very funny descriptions of dealing with Slovenian bureaucracy and in laws. The book is available in both English and Slovenian, so people from both towns can read it, and then on Monday August 29 we will meet on Zoom for a book group discussion.

September's Twin Town book group choice is *The German Lottery* by Miha Mazzini, about a naive young postman in Slovenia soon after World War 11 who is inspired by the Postman's Code which includes always being kind to old people. His naivety is challenged when he finds himself involved in a scam. The Twin Town Book Club is open for all to join. Details on the Facebook forum, or by email and phone.



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FUTURE OF THE FESTIVAL

Will there be a Festival in 2024?

Tony Reed Screen

After two years of cancellations the 2020 Festival took off on Wednesday 15 July 2022 with a recital by Julian Cann and David Battersby. Their concert was outstanding and set the tone for the remainder of the Festival which has been a huge success with many memorable performances.

The first Festival held in 2000 to celebrate the Millennium was a “one off” but two years later to celebrate the Queen’s Golden Jubilee a second Festival was held and thereafter this biennial Festival became something of a habit providing opportunities for the local rural community to share in musical and dramatic events as performer or listener and to foster enthusiasm for the arts involving a wide cross section of the community.

I took over the responsibility for the Festival from Deryck Cox in 2010 after an introductory role in 2008 and I am still one of the newcomers on the Committee the majority of whom were all there in 2000. We are all getting older. We have lost some of the original Committee and some of the remainders have decided to step down.

Without new blood the Festival cannot continue. While I am willing to take on the responsibility for the 2024 Festival I will only do so if there is someone to understudy me and run the Festival in 2026. But we also need a Treasurer to take over from Janet Dodds and at least two more volunteers to pick up some of the extras that she has dealt with and to

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Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

ease the burden on other members of our ever dwindling Committee.

If you wish to save the Festival please contact me on 015396 21081 or at a865@btinternet.com. Time is already running short as we need to make decisions in the autumn if we are to attract international artistes. I look forward to hearing from new volunteers.



COMMUNITY JUICING DAY

Anne Parratt

Community Orchard Group - Sedbergh (COGS) 5th Apple Day takes place on Saturday 22nd October from 10am until 2pm 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
- Plant sale
- Live music by Common Ground
- Activities for children
- 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?

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enquiries welcome

Chris Harper
Fencing

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charper6020@icloud.com
for info

HELP FOR FARMER, BY FARMERS REGENERATIVE AGRICULTURE VIDEOS

Andi Chapple

UK farming is facing a perfect storm. Costs of inputs (for example fertiliser, pesticide and fuel) are soaring, weather patterns, the climate are changing, and there is a new funding system for farmers to get used to.

You may have heard of 'regenerative' farming. It teaches us to see food production as integrated with nature and helps to build up local food systems. It can reduce inputs, and bring down costs, increase profitability, and future-proof farm businesses. It suits upland livestock as well as market gardening and arable.

The Northern Real Farming Conference (NRFC) supports regenerative farming. With support from WWF-UK's Land, Food and Farming Fund, we have made a series of videos to help farmers research the approach. They show farmers talking about their experiences and offering concentrated practical advice on the profits and pitfalls of changing land management methods.

In 'Three Regenerative Farming Projects', Cumbrian farmers talk about how they have changed to 'rotational grazing' of sheep and cows, moving stock every day or two and letting the grass regrow. Also how they now don't buy in feed or fertiliser and their farms are in profit.

In 'Local Wool and Textile Production', you can hear about the stories behind new Lake District



SEDBERGH W.I. INVITES YOU TO JOIN US



MUSICAL MEMORIES RACHEL MERCER SINGS

Wednesday 10th August at People's Hall 7.30 pm

Tickets: £5 (£4 to visiting WI members)

from the TIC or on the door.

Light refreshments included.

**EVERYONE
WELCOME!**



tweeds, a British wool database for weavers and knitters, and yarn making from sheep local to the shop.

The videos are available at www.northernrealfarming.org/video-resources/ and they are really worth a watch even if you don't farm yourself! Do have a look and join our farmers' network.

DENTDALE CHRISTIAN FELLOWSHIP

Sarah & John Woof

August has come around again and with it comes our annual Festival, held in Rhumes Garden in a large tent and open to all.

This year we are having a kids club where the children will learn about some of the Bible characters in a fun way with activities and games. On the Sunday we are taking our morning 'service' into St Andrews service and joining with the folks there. The Bible person we will be learning about on Sunday will be Jonah so look out for the Whale!

From 5pm Fri 5th eve through to garden cafe on Mon 8th a warm welcome awaits all who come. See advert and posters and website for further info or ring 015396 25212.

DENTDALE, HEAD TO FOOT

Mike Steele, Secretary, DDHF.

015396-25054

07813-806209

mds@hallbankcott.co.uk

Our Annual Outing on July 8th was to Masham, originally to be via Jervaulx Abbey and it was a glorious hot summer's day. Unfortunately, we found the day before that the café at Jervaulx is now permanently closed, so a coffee stop was made in Middleham, with some going to the Richard III pub and others to the Wensleydale Hotel, both of which served good coffee and we were treated to a string of racehorses being exercised around the town.

On arriving in Masham the rest of the day was spent in exploring this beautiful small town, whilst those who had booked for the 2:30 tour of the brewery enjoyed their Theakston at the end of it!

All enjoyed the day and the ably driven Western Dales Bus was utilised again to transport the majority.

As per usual there is no meeting in August and we start again on September 8th with a presentation by the Shepherdess, Alison O'Neil at

2:00 p.m. in the Memorial Hall. All proceeds from this are being sent to Ukraine via the DEC Appeal and Alison will match what we raise that afternoon, so please do come along and support us and a very worthy cause.

HARDSHIP FUND

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

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

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

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

or

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

All applications will be treated in confidence.

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

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

DENT GRAMMAR SCHOOL EDUCATIONAL FOUNDATION

Registered Charity No 1012330

Educational Grants 2022/23

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2022-2023.

You must have attended Dent C of E Primary School, or your parents must presently live, full time, in the Parish of Dent with Cowgill.

Grants are made in respect of study at any School, University or Institution of Further or Higher Education approved for the purpose by the Dent Grammar School Educational Foundation Governors. The money awarded may go towards, for example: accommodation, equipment, reasonable travel expenses, field courses and placements essential to the course of study. In addition, a grant(s) is available specifically for language-related study and / or towards an apprenticeship.

The Governors have the power of final decisions under the rules of the Charity. The number and size of grants will be decided at the September Committee meeting and grants made available in October 2022.

Application forms can be downloaded from www.dentdale.com or directly from the Clerk: Helen Seabridge, Clerk, Dent Grammar School Educational Foundation, Rise Hill View, Laning, Dent, Sedbergh, Cumbria, LA10 5QJ
Email: dgsefl@yahoo.co.uk

CLOSING DATE:

Completed applications to be with the Clerk by **31st August 2022**
Applications arriving after this deadline will not be considered.

Domestic Assistant - Part-time

Salary £18,661 (FTE)

Our charity may be small, but we make a big impact on the lives of around 3,000 disabled people every year through our inclusive adventure residential trips and we'd love for you to be part of our team.

We require a positive and caring person to join our team as a Domestic Assistant. Typical duties include:

Cleaning rooms, corridors, showers, toilets and other areas at our 64 bed specialist outdoor centre.

Occasionally assisting with catering arrangements at the Centre including the serving of meals.

This is a part-time position, 2-3 days per week including Mondays and Fridays. We would also like to hear from anyone who is interested in occasional work.

An application form and further details are available from:

E-mail: vacancies@bendrigg.org.uk

Phone: 01539 723766



WESTMORLAND DALES DAY

Deborah Coleman

On Sunday 31 July 2022 Kirkby Stephen's Westmorland Dales Day will once again celebrate the expansion of the Yorkshire Dales National Park in 2016 to take in the area of Cumbria now known as the Westmorland Dales.

Vivienne Littlefair, Chair of the organising committee, said: 'We're so happy to be back after the disruption of the last couple of years, and hope locals and visitors alike will join us to celebrate the wonderful landscape of the Westmorland Dales and the people who live and work here, with conservation and countryside stalls, craft and food markets and

entertainment and activities for all the family.

Chef John Crouch will showcase local sustainable produce in his cookery demonstrations, storyteller Emily Hennessey will explore the folklore of Mallerstang and its connections with King Arthur; and children can enjoy foraging (and hopefully feasting!) with wild play specialists Stomping Ground. There'll be guided walks, a display of vintage tractors, the old Stainmore Railway station and Winton Park Gardens will be open, and Cumbria Classic Coaches will run between attractions and the mainline Settle-Carlisle station.

All events are free of charge.

B4RN

Douglas Thomson

Broadband for the Rural North (B4RN) is coming to Sedbergh.

Having had many false starts I am as cautious, or perhaps more so, as you, but this time B4RN really seem to have 'the bit between their teeth'.

B4RN are aiming to start in late summer on the west and south of Sedbergh as shown in the map below. They will then move on to the rest of the town.

B4RN are now applying for Government grant vouchers for those who have requested the broadband service in this area. Further information on vouchers is on <https://www.facebook.com/b4stproject/>

If you would like to have a B4RN 1 Gigabit fibre internet connection and haven't already applied for a connection you can do so by visiting their website at <https://b4rn.org.uk/postcode-checker/>

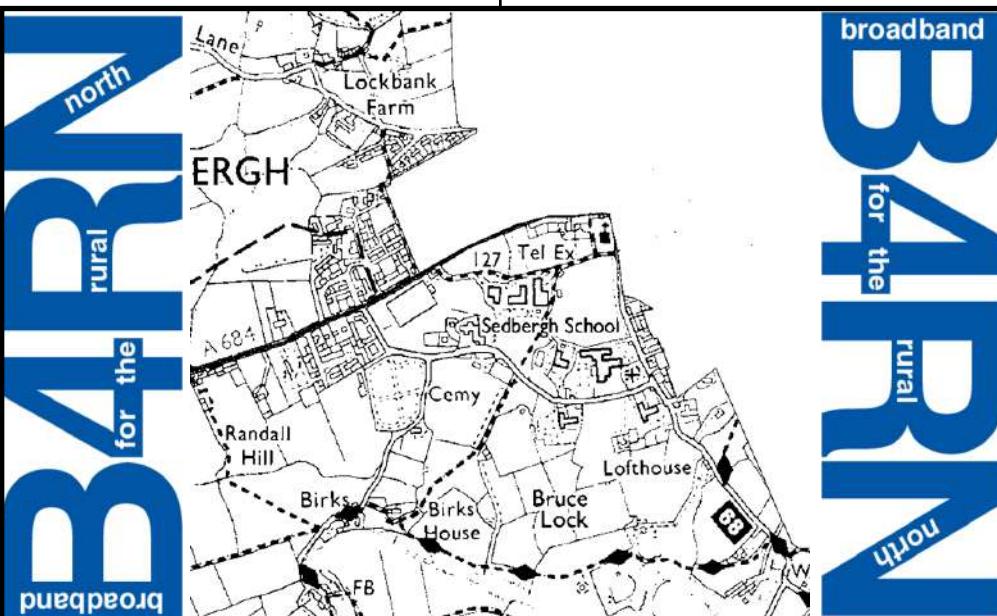
NEW TREASURER

Sedbergh and District Community Trust

Our Treasurer, Faye Waters, who during the past six years has reviewed and simplified the Trust's accounts will be stepping down in October. We are looking for somebody to replace her.

In common with many charities the position is unpaid and we are hoping to find a willing volunteer to take over from Faye so that we can continue to keep our overheads as low as possible and keep maximising the amount of money that we return to the community from the takings of the Charity Shops.

If you are interested in helping the community, or you know of somebody who might be able to help, could you please contact Tony Reed Screen on 015396 21081 or at a865@btinternet.com



NOTES FROM DENT STATION

John Carey

Friends of the Settle-Carlisle Line

john.carey@settle-carlisle.com

There has been much happening at the station. We closed for guests in mid-June and embarked upon 6 weeks of planned maintenance. This is perhaps counter-intuitive for anybody in the hospitality industry but, of course, our primary motivation in acquiring the station was always the long-term future of the building and we must embark on a further stage of the necessary works. Quite simply, the summer period with better weather is the only time to do it. We will do the same in September and again next year.

It will come as no great surprise, but we are again relying on the 1st class local tradesmen with whom we now have an excellent relationship. Indeed, we haven't had to look further than Dentdale and Sedbergh. The present works have involved the restoration of the platform facing windows, cutting out areas of decay and splicing in new members, the work being skilfully undertaken by Phil and Edwin Middleton from Dent. It quickly became apparent that some of the affected areas were earlier repairs whilst the older timbers were



largely fine. The glazing was removed and replaced without breakage.

Meanwhile, the high-level joinery and windows are receiving decorative attention from Steven Alderson from Sedbergh. This process has also identified any areas of decay which have been swiftly rectified by the joiners. The results of Steven's hard work are already evident in transforming the appearance of the building but with more decoration work to come in the September works programme. At the time of writing we are only a week away from completing this phase of the work following which guests will be welcomed back. This will no doubt cause of a few sleepless nights but we will get there. We always do!

In addition, we also rely on a number of volunteers at the station, a recent stalwart being Ken McClurg, always on hand with a strimmer, hedge trimmer or a paint brush. We also have a station gardening team including Colin Luckett, Josie Perriman and Cynthia and Peter Hardiman who work on both sides of the fence, the planters looking magnificent at this time of the year. My wife, Kish assists with housekeeping matters including sewing of curtains. It is indeed a





never-ending task but we are seeing improvements all of the time. We must not forget Diane, our locally based housekeeper, who keeps the whole thing running when we are occupied and goes above and beyond!

We continue to discuss the listed building application for the replacement of the west window with the Yorkshire Dales National Park. The need is ever increasing and, ideally, we should replace before the winter. However, this has been a challenging process. I hope to be able to report positively on this in the near future.

At this time of the year the grounds to the west of the station become alive with wildflowers which are there in abundance with hundreds of common spotted orchids appearing, indeed, far more than we have seen before. We made the decision to let this area grow 'wild' at least until the flowers have died back and, meanwhile, any strimming is kept to an absolute minimum. However, the hard cut back of the undergrowth at



the end of last summer seems to have allowed the flowers to thrive.

We get quite a few visitors, several of whom have popped in for a look around the house which we encourage during the shutdown periods. We particularly like to see locals taking an interest but visitors come from far and wide. On one recent occasion we did get a visitor enquiring if this is where he could buy a ticket for the 'world famous Settle Carlisle Railway and ride over the Ribblesdale viaduct?'. I won't say which nationality! Needless to say, they were pointed in the right

direction and of course a ticket can be purchased on the train.

It is a common misunderstanding that the railway is a heritage line with regular steam trains but, fortunately, it remains a strategic part of the national railway network. However, visitor numbers swell when a steam special runs through and

we have seen a number of these recently and it is certainly a good thing for the line. Perhaps there is scope for a daily scheduled steam service as on the West Highland Line



from Fort William to Mallaig? It has been tried before. Remember the Tornado event a few years ago promoted by Northern?

Of course, all of this is a slight distraction from our main activity and the Friends are, first and foremost, a transport user group. Recent events have been rather dominated by industrial action and the threat of more to come with further union ballots recently taking place. The messages are mixed but it does seem to be essentially about pay. This is extremely unfortunate at a time when the country is trying to get back to normal and the railways have received vast amounts of support out of the public purse during the pandemic. There is a desperate need to restore public confidence in rail travel and strike action will no doubt create a reluctance of some travellers to make long term plans, not to forget the inconvenience to commuters. Let's hope that it is brought to a swift conclusion.

The Friends also monitor train activity on a daily basis and are pleased to see that reliability has on the whole improved with regular cancellations due to crew absence a thing of the past. The increase in



carriages is welcomed as we enter the holiday period and travel is a lot more stress-free with ample room for all including the booked parties. Meanwhile, our discussions with Northern on the train timetable will resume in September when we will seek to achieve our objectives of a more regularly spaced timetable and better suited to the commuters who wish to use the line to get to work or college. We would also like to see the removal of the 4-hour afternoon gap in the southbound trains.

The railway line can play an important role as part of a rural transport strategy particularly in conjunction with the local bus services. It is important to remind that many rural areas do not have a luxury of railway connectivity and indeed there is probably no compelling commercial reason for Dent Station to exist at all in this day and age. But thankfully it does. However, it is pleasing to see a healthy mixture of visitors and locals using the station and there seems to be an increasing footfall in the summer months particularly from the midday trains.

I make no apologies for mentioning again (and again) the station is also the highest bus-rail interchange in



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England, the Saturday bus service provided by Western Dales Bus. The bus not only provides an important function in allowing visitors to access the area but it is also possible for locals to access the line for a full day trip to Carlisle or Leeds, the Saturday bus departing Sedbergh Dalesman at 0958 and returning early evening. So please make use of this excellent service run by local volunteers! Bus passes are accepted but there is an opportunity for a 'donate' ticket also which will help support their vital work. Whilst there are plenty of examples of voluntary-run buses in the UK there are still relatively few where scheduled services are run by volunteers.

Anyway, enough for now! Please make use of our public transport (whether bus or train) over the summer and, as always, I would be happy to assist via the e mail above.

50 YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating back to August 1972

Member of old Dales Family

The funeral took place on Thursday last week at Sedbergh Parish Church, of Mrs Margaret Jane Sedgwick of 46 Bainbridge Road, Sedbergh. Mrs Sedgwick died suddenly at the age of 70. From a very old family in the dales, originating at Gibbs Hall, Dent, she was the eldest daughter of Mr and Mrs T. Mattinson, and was born at Pilgrim's Rest, near Caton. At an early age she was brought up by an aunt and uncle at Cowan Bridge, and attended school at Leck. Later she was in service with Dr Matthews, well known Kirkby Lonsdale physician, and was subsequently employed by Mr Fred Lee, a Sedbergh solicitor. In 1923 she married Mr Albert Sedgwick, a joiner and agricultural merchant, and went to live at Sedbergh. Mrs Sedgwick was interested in all aspects of church work, and for many years was a tireless worker in the cause of church sales of work. She was a regular

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worshipper at St Andrew's Church until ill health prevented her. An accomplished needlewoman, she was devoted to her home and family. The funeral service was conducted by the vicar, Canon D.A. Rogers, and the organist was Mr V. Brook. Interment was at Sedbergh Cemetery. Mrs Sedgwick leaves a husband, one son, five daughters and nine grandchildren.

Garsdale farmer had no Shotgun Licence

A local farmer was fined three pounds at Sedbergh Magistrates' Court on Wednesday for possessing a shotgun without a certificate. The 63 years old farmer lives in Garsdale. Insp. J. Cruickshank said that the farmer produced a shotgun when interviewed, but could not produce a certificate for it. He told PC Mitchell that he had moved house two years ago, and the renewal form must have gone to his old address.

Sedbergh's new Telephone Exchange

Sedbergh's new telephone exchange, on the site of the former Church of England Primary School on Station Road, is now nearing completion. But it will be some months before it is operative. (see photo)



Mrs M.A. Harper

The funeral took place recently at Low Smithy Methodist Chapel of Mrs Margaret Alice Harper of Dandra Garth, Garsdale, who died at the age of 81. Born at Fea Foe, Grisedale, a daughter of Mr and Mrs J. Lund, she lived with her parents until her marriage to the late Mr T. Harper in 1914, when she accompanied her husband to Roger Pot Farm, Garsdale. Nine years later they returned to Grisedale, where they farmed Scale, before moving to Dandra Garth in 1945. A lifelong Methodist and regular worshipper at the former Grisedale Chapel, also at Low Smithy Chapel, Mrs Harper had been a Sunday School teacher in her youth. Devoted to her home and family, her hobbies were needlework and embroidery, and she was a keen gardener. Mr and Mrs Harper celebrated their Golden Wedding anniversary in 1964, and her husband died four years ago. She leaves two sons, Walter who lives and Dandra Garth, and Alan who lives at Kaber. The service was conducted by the Rev. H.S. Hills, and the organist was Mrs J. Mason. Interment was at Low Smithy churchyard.

Drove first Motor Lorry to Kendal

(This article actually dates from 53 years ago, August 1969)

Mr John Park was born at Stocks Farm, Firbank in 1892, being the fourth son of Mr and Mrs T. Park. After attending the village school, he was employed at Atkinson and Griffin's garage in Kendal, and later at a number of milk houses in



Mr. John Park

Liverpool. He had the distinction of driving the last horse-drawn cab in Sedbergh, and also of driving the first motor lorry over to Kendal. In its various forms, Mr Park held a driving licence for 58 years, and was still driving very recently. During the 1914 -18 war he was in the Army Service Corps. On return to civilian life he was employed as a delivery driver for Mr Robert Metcalfe, a Sedbergh grocer. In the 1939-45 war Mr Park was employed on munitions work in Sedbergh and was also a member of the A.R.P. After the war he worked for a firm of provender merchants, and until recent times occasionally drove a taxi. An enthusiastic gardener, he had many successes at local shows. Mr Park was a member of the British Legion and the Over Sixties Club. He is survived by one son and two daughters, his wife having died 29 years ago. (see photo)

JOHN MAXFIELD GRAY

Katy de la Riviere

The Second World War made heroes of many men. The adventurous and rather dapper John Maxfield Gray (Sedgwick 1915-1920) earned himself a reputation for being a 'proper Englishman' amongst his international comrades. His war service took him across the globe and his association with Ian Fleming has led to the suggestion that John was the inspiration for non-other than 007 himself.

A globetrotter even before the outbreak of war John studied at Wye Agricultural College before moving to Patagonia where he spent four years herding sheep on horseback. John served with the British Military

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Expedition 49th West Riding Division. In April 1940 the division took part in the unsuccessful landings in Norway that sought to regain control of the ports of Navik and Trondheim from the German army. John's unit, together with other Norwegian and international forces, landed near Harstad, north of Navik. Fierce fighting followed and at the height of the battle while John's fellow servicemen took shelter where they could find it, John took the opportunity to have "a proper shaving and bath" – causing a few astonished eyebrows to be raised! He was among the last of the troops to be evacuated from Hastad and was later awarded a medal by King Haakon VII for his role helping Norwegian Resistance fighters.

John's wife Vera was told that John had gone missing during the evacuation. She spent a fortnight believing the worst until John rang her from Ashford train station in Kent

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asking her to come and collect him, unaware that he had been reported missing. John's suitcase later washed up on the Scottish coast. His military batman had wrapped it in oilskin so that it stayed dry and afloat when it fell in the sea during his journey. John was one of the few officers to have his uniform made by tailors in Saville Row so was pleased to be reunited with it.

After returning the UK John was posted to the Netherlands and Belgium with the British Expeditionary Forces. During this time, he was recruited into the Special Operations Executive (SOE), a secret government organisation which conducted espionage,



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sabotage and reconnaissance during WW2. The SOE conducted their training near the remote village of Arisaig in the western highlands of Scotland. His work with the SOE included postings in Spain, North Africa and France where he coordinated agents behind enemy lines. When some of his agents met with difficulty in northern France he led a successful recovery mission, dropping into enemy territory by parachute. He performed similar drops in the closing days of the war to aid liberation of occupied towns and concentration camps.

In later life John told family members of the atrocities he had seen when liberating prisoners in women's concentration camps. His strong moral compass intervened when fellow servicemen sought to take revenge on the prison guards. John physically restrained several of his colleagues and recalled that one had later thanked him for stopping the soldier seeking retribution.

Following the war John pulled strings to arrange a posting to Norway. John and his wife owned a summer house in Larkollen and felt at home in Norway. Posted to Mandal Airfield he coordinated interrogations of German soldiers and officers to determine who were members of the SS and Gestapo rather than regular Wehrmacht servicemen. In 007 style John made his own luck and 'borrowed' a military jeep to drive more than 300 km to visit his pre war friends in Larkollen. He was greeted as a conquering hero, the first British Officer seen in Larkollen since the liberation of Norway.

After the war John moved first to Ireland where he enjoyed hunting with the Waterford and Duhallow, Co. Cork, and later to South Africa where he became a friend of Chief Buthelezi, who honoured John by attending his funeral.

Historian Rolf Dahle uncovered evidence that John worked with Ian Fleming during his time in the SOE. Fleming was an officer in the Naval Intelligence Department where he became Personal Assistant to Rear Admiral John Godfrey, Director of Naval Intelligence. Godfrey used Fleming to liaise with the SOE where Dahle believes Fleming and John first met. Records for the period have recently been declassified and historians are currently researching in the hope of finding more evidence to support Dahle's theory.

Thank you to John Maxfield Gray's family who kindly shared their photos, memories and documentary evidence with Sedbergh School Archive.

HAWES JUNCTION CHAPEL

Songs of Praise (Sankey's)

Sunday 21st August at 2.30pm

Led by Cousin's in Common
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Refreshments to follow

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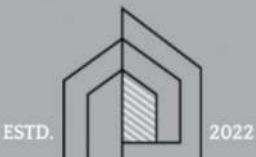
Sat 3rd Sept at 7.30pm

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GARSDALE LOW SMITHY CHAPEL

Colin Cowperthwaite

Following the sad and untimely death of Garsdale resident and historian David Bracken in 2020, I was fortunate to inherit some of his historical research from his family. I shall share some of his painstaking work here over the coming months.

Garsdale Low Smithy Chapel was built in 1830 as a result of the preaching of Jonathan Kershaw, the "Apostle to the Dales". It was as a result of Jonathan's preaching in the early years of the nineteenth century that the first Methodist chapels were built in Sedbergh and Dent. Later, Jonathan was a tea salesman,

probably being supplied with tea by James Buck, a grocer and tea trader who lived at Kiln Haw in Garsdale, and this enabled him to continue his preaching in many different places, selling his tea by day and preaching each evening.

It is not known where Jonathan was born (possibly Slaidburn), but he came to Sedbergh from the Lancaster Circuit, and is probably the same Jonathan Kershaw who was a missionary at Chipping Campden in the early 1800's, not employed by the Methodist Church, but paid by private subscription. A Jonathan Kershaw of the Lancaster Circuit was recommended as a missionary to the West Indies in 1807, but appears not



to have travelled there. In 1830, Jonathan purchased land for the Garsdale Low Smithy Chapel from John Blades for the sum of five pounds, then he sold it to the trustees for five shillings after the chapel had been built.

During the 1830's a small house was added, adjoining the road, for Jonathan and his wife Mary to live. His wife is recorded as living here in 1841 with Eleanor Alderson, a "pauper", and Alice Swinbank as servant. Jonathan must have been away preaching and selling tea. A memorial to Jonathan Kershaw can be seen inside the chapel. Low Smithy Chapel was given an old pipe organ in 1927, but the chapel was too damp for it so it was sold for 20 pounds, with half of this sum going to the Circuit and the rest towards a new cottage organ.

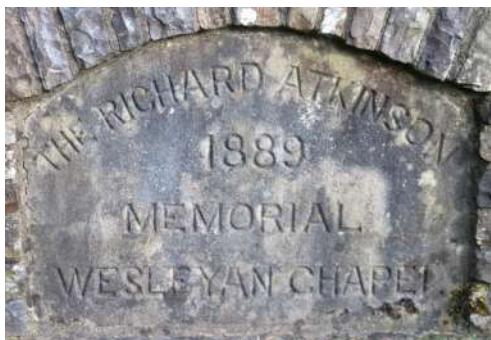
Until their deaths in 1929 and 1934 respectively, John and Agnes Allison lived in the chapel house, with their daughter Mary Martha Allison who remained in the house as chapel-keeper until she died in a tragic fire here in 1951. The house has not been occupied since then.

Just inside the gates at Low Smithy graveyard is a memorial stone dedicated to Richard Atkinson. In

1881 Richard and Mary Atkinson lived at Grouse Hall with their daughters Isabella, Margaret, Mary Jane and Ellen. As well as his job as a gamekeeper, Richard was a well-known Methodist Local Preacher and Evangelist who drew large congregations with his powerful preaching and prophesies of who would be converted at his meetings. As his fame spread, he was invited to speak in London, but he felt that his calling was to the dales.

There was a thorn tree near to Grouse Hall where there were hollows worn by his knees as he spent hours in prayer. Richard died in 1884 at the early age of 40. Grisedale Chapel was built in his memory in 1889 and, on its closure in 1974, the memorial stone was removed to Low Smithy graveyard.

The chapel was originally part of the Middleham Circuit, but by the early 1860's there was discussion in the quarterly meetings about a separate circuit. This did not happen until 1884 when Garsdale had its own minister, or "superintendent preacher", referred to as "brother" in the minutes of the meetings. The Methodist Deed of Union in 1932 brought together, in the Sedbergh



Circuit, Garsdale Street Primitive Chapel and the Low Smithy Wesleyan Chapel, which are less than half a mile apart.

Each congregation kept its separate membership and building, but many Low Smithy members attended the Street evening service because they only had an afternoon meeting. When the membership of the Street Chapel dropped below 20 for the first time in 1979, it was suggested that the Street should give up its afternoon service. This eventually happened in 1986, since when there has been only an evening service (with a morning or afternoon meeting on special occasions), and members have joined the Low Smithy congregation for their 2pm service.

QUEEN'S MESSENGERS

Karen Bruce Lockhart

Anyone who takes the short steep way down to Kendal will have noticed the Greyhound House at the cross roads halfway down – many from Sedbergh will know it as “the Three Bears’ House”. I have always understood that it got its name because in the past it was a pub where the King’s Messengers used to stop. However, further investigation shows that disappointingly this is not the case. It is simply that the Greyhound was the badge of the local landlord.

The Kings used messengers from early medieval times – Richard III used a messenger to carry his private secret papers. References to Nuncii

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or Cursores (travelling by foot or by horse) appear in the records as far back as King John. Originally each Government department had their own messengers – there were forty “messengers of the Great Chamber in Ordinary” by 1641. These were gentlemen of high standing and probably employed underlings to do the actual work. By the time of Charles II he had four messengers of his own who carried his secret papers from his exile to the Royalists in England. It is said that Charles was asked how one was to know His Majesty’s Messengers, and he broke off four greyhounds from a silver breakfast platter and gave each messenger one as a token.

At that time they had to be proficient with a gun and a horse.

The job could be a dangerous and tiring one. In the Napoleonic wars one Messenger left an Inn in Austria to see to his horses and was never seen again. A Messenger called Andrew Basilico travelled through France at a dangerous time when Britain was at war with France, and is said to have swallowed his message when he was about to be caught. Sir Park Goff in the first two years of WWII crossed the Channel 80 time, the North Sea 30 time, the Mediterranean 22 times, the Black See 4 times and the Caspian twice. In 730 days he was home only 22.

In modern times the Queen’s Messengers carry the Diplomatic Bags abroad. The Bag cannot be examined by customs officers in foreign countries - although it can be

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examined by British customs. The safe passage of the Bag is guaranteed by Articles 27 and 36 of the Vienna Convention on Diplomatic Relations. It is made of heavy canvas which is perforated and weighted after an incident in WWII when a ship was sunk and the bag was so tightly fastened that it floated with danger of being picked up by the enemy.

Today the Corps of Queen's Messengers are employed by the Foreign Office, and there are between about 15 and 20. They have a badge on a ribbon from which hangs a greyhound. They wear ordinary suits with discreet ties showing greyhounds, and travel first class on ordinary planes and trains. They carry a special red passport and a diplomatic "laissez-passer" engraved on banknote paper stating that they are on "on the Queen's business". The latter can extricate them from difficult and dangerous situations. Retired officers of Special Branch act as escort guards for the Messengers – they are all very experienced having shadowed royalty and statesmen as serving policemen.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Early August is when our swifts usually depart (often by around the 10th here) to begin their journey back to Africa, and the skies fall silent once more. Much of this year has been rather 'quiet' as far as seeing aerobatic displays of swifts is concerned, possibly due to the weather being disappointing and



often windy. Swifts were probably elsewhere feeding.

Thankfully all that changed around the 7th July when the hot sunny weather started and there were magnificent displays of fly-bys, banging at nest sites, and screaming parties all morning and evening. This is the stage when the youngest juvenile non-breeders are active and they fling themselves at walls and fascias, often following a breeding bird to its nest site. We suspect that the late evening screaming parties are a social activity, since it is the only way that swifts can interact. It is so exciting to watch in the evenings when, out of nowhere, scores of them suddenly appear in the sky, swirling and swooping around, then

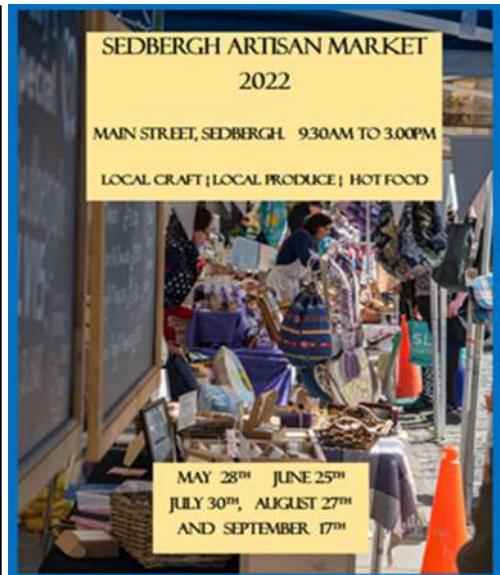


coalescing into tight groups that hurtle past.

Don't be surprised however if you catch sight of some swifts still around until the end of the month. There are often pairs who breed late, continuing to rear their chicks after most other swifts have departed. At Lowgill we have 4 late breeding pairs, for different reasons which we will explain in next month's Lookaround when we summarise the colony at Lowgill. It has been a good year, we are delighted that we have 5 new pairs, bringing the total in our colony to 34.

Some excellent news is that, with much patient swift watching at the People's Hall, we saw that 3 of nest bricks are occupied in the end gable of the gym. The fourth may well be occupied as well but during the time we watched we didn't see any swifts go in or out.

On 8th July, for Swift Awareness Week, on behalf of Sedbergh Community Swifts we welcomed around 30 people to watch our swifts at Lowgill. They came from as far afield as Settle, Penrith and Keswick. Fortunately, the swifts performed brilliantly and all morning we were treated to wonderful displays as they whizzed around and banged at our walls, eaves and gable. We even watched live activity from our cameras projected on to a wall outside! Enjoy the end of the swift season. It is so sad to see them go and how quickly the 3 months that they are with us passes. To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043



FAMILY MUSINGS.

Sarah Woof

Family get together s are great, be they for a week, a weekend or a day, just seeing those we don't see every day or each week is wonderful. Family resemblances or characteristics are also great to see in the various generations. Looking at my late Mothers photo album recently I can see likeness between one of her cousins and our son. Said son recently sorted some coins given to him by Bruce, one of my brothers, and found a medallion won by my Mum 's father for taking part in a Billiard competition in Dent many years ago. Somewhere is a gold one my other grandad won in a similar contest. Old yes, but part of not only my history but Dent too.

We probably all get annoyed at times with the intrusion of social media in our lives, some people seem to add every detail of their lives



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on Facebook. Yet in many cases FB is a valuable tool in the story of our area, our family and where we live. Just one photo or comment can bring a wealth of memories.

For me, I go back just over 60 years but others go back further, memory can dim with age so it is good to write down who and what you remember. For example, in my mother's photo album she wisely put names on the back of the pictures, but so often people don't and we are left in limbo, so do add names to your photos, people and places.

A favourite place to disappear to for my mum as a child, once the family got a car, was Jenny Brown's Point in Morecambe Bay. Hubby and

I took 2 grandchildren a few years ago but went by the long route and had a picnic in the woods, a dig in the mud and found a lane and car parking, a much easier access. Ice cream at Gibraltar Farm eased the frustration from the long walk. Mum often talked about that area and picnics and treats.

Interestingly a close friend from Sedbergh who lived all around the town over the years, also lived in Bolton Le Sands early in her married life. In childhood she spent time with family in the black and white fronted house on the shore. When I was helping our elderly relative in Hull, we researched her uncle and found he too had lived in B-L-S and had a link

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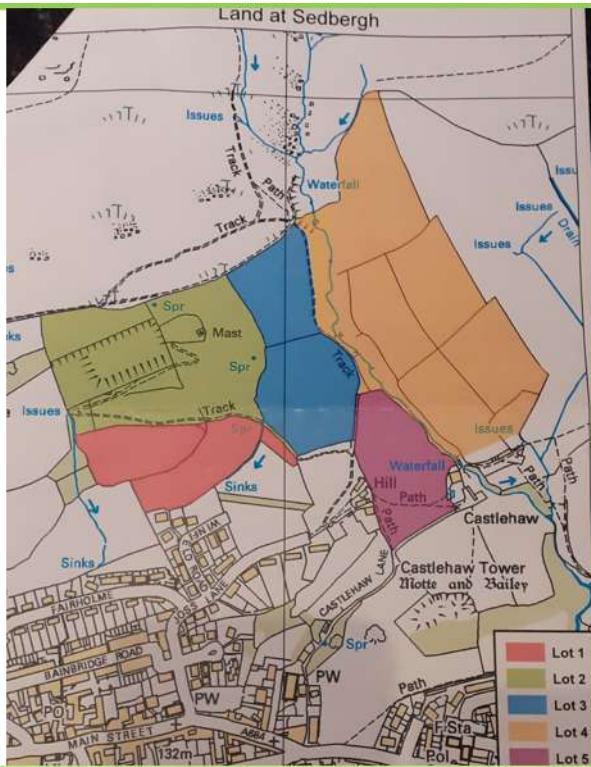
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with that very same house. All interesting if one is, like me, interested in local history.

Meantime our house, which has always been owned and lived in by one family will be 100 years old in 2037, I haven't worked out how old I will be then, somewhere in my 80's perhaps possible, hopefully so! A double celebration?

Meantime lots of fun things are happening in our garden this month and it is looking particularly good at the moment as the roses are in bloom. Enjoy your garden and may happiness bloom.



JUNE WEATHER

Brian Wright

As June often is it was reasonably dry with only 68mm (2.67") in total. However, 36.4mm (1.43") fell in just 4 days! Temperatures were seasonal with a high of 28C (50F) and low of 18.2C (64.7F). Winds were variable with an average of 13.9m/s (50kph/39.3mph) and a maximum gust 17.6m/s (63.4kph/39.3mph). As usual these winds were generally from a westerly direction.

The sparrows are back in numbers but so are the jackdaws and magpies!! We are regularly getting 3 magpies and a dozen jackdaws raiding the feeders. They obviously had a good breeding season. The

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sparrows aid the takeover by dropping a lot of the corn when they feed at the feeder. They seem to sit there lobbing corn around much to the delight of the resident pair of collared doves and pair of wood pigeons.

I got the sheep clipped so that's another job done for the year. Now it's a case of getting them ready for the September sales. The mysterious "diggers" continue to dig up the lawn at night. The tup lambs are now separated from the ewes. The swallows seem to have belatedly shown some interesting in nesting. We will have to see what happens!



DENTDALE W.I.

Thelma Belfield

It is two months since I last put pen to paper but they have been busy months. Beginning in late May six of us attended the Lune Valley Group meeting hosted this year by Barbon WI. We were entertained by Joan who gave us a fascinating demonstration of her flower arranging skills. Ranging from a very simple arrangement of three rose's and minimal foliage, through to several very processional and elegant displays. We enjoyed a delicious buffet supper and Marjorie was the lucky winner of one of Joan's floral displays donated as a raffle prize.

On June 1st in recognition of Her Majesty the Queen's platinum jubilee our group came together to celebrate with a Jubilee afternoon tea. We were blessed with a warm sunny day and complete with marquee, bunting and a buffet loaded with delicious sandwiches, cakes, scones, fruit and chocolates we celebrated in style, raising a toast to the Queen in recognition of her 70 years' reign. The following week saw a party of us leaving the village for our annual summer outing en route to Coniston for a tour of the lake on the Steam

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Yacht Gondola. The weather had been dubious with rain and mist over the lake as we arrived but happily by the time we had worked our way through coffee and cake and boarded the yacht, the sky cleared and we had a very enjoyable and informative cruise. The captain shared historical facts about the lake and the surrounding fells ranging from the Vikings to the more recent tragic story of Donald Campbell and his beloved Bluebird. On the return journey we disembarked at Brantwood for lunch and a tour of the house and garden of the much loved home of naturalist and author Arthur Ruskin.

We do not have a formal meeting in June so it was in July when we

next came together for an animal themed evening welcoming Marion Yates from Animal Rescue Cumbria. Marion was accompanied by her colleague Elly Jackson and they brought with them three dogs and a cat. Jackie our president gave a warm welcome to everyone including two visitors, Annie and Audrey.

Jackie briefly announced some pressing business matters. Firstly, the annual Dent Gala and Car Boot Sale. For many years our WI has provided afternoon teas but with the changes imposed by the Covid pandemic the event is now held outside and we have adapted our contribution by holding a stall selling cakes, scones, tray bakes and

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sandwiches with all proceeds being donated to Memorial Hall funds.

Secondly, with Covid having disrupted our normal fund raising activities we are resuming normal service and so ideas are being sought for both potential recipients and events.

Looking to the future, 2023 will be our institute's 80th Anniversary and we wish to celebrate in style so a planning sub-committee is being set up for a brain storming session.

Finally, and maybe somewhat bizarrely, arrangements for our Christmas celebrations are being made and Jackie announced that lunch has been successfully booked for 14th December at Kendal College Restaurant. So despite it being full

summer time with temperatures reaching 25 degrees, we can be sure of a great start to Christmas 2022.

By this time the visiting dogs and cats were busy making friends with everyone and Jackie formally introduced Marian and Elly. Marion is the general manager at the Wainwright Shelter and she began by explaining that the rescue centre was started in 1972 with just 4 local caring ladies taking cats who had been abandoned into their own homes. There was no official government funding (that is also still the case today). However, Alfred Wainwright, a lifelong cat lover took a great interest in the rescue centre and provided funding including royalties from his many fell walking books. Cats were

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the only resident animals to start with but these funds provided for the setting up of Kapellan and dogs were also soon being taken into the centre. Currently there are 8 permanent staff and 70 volunteers who continuously help to provide care for the resident animals. The mission at Kapellan is twofold, to rehabilitate rescued animals and educate animal owners, which is a fairly formidable remit. For staff and volunteers, the working hours are long and variable and Marion expressed her gratitude for all the help the volunteers provide as without them the centre would struggle to continue.

As most of us who own pets know, it is a fairly costly business, with

equipment, food and vet bills and of course at the centre these costs are huge. Many animals require veterinary treatment on admission. Vaccinations, flea and worm treatments, micro chipping and some require expensive surgery especially dental work. Many animals arrive at the centre with behavioural issues which can be very time consuming for both staff and volunteers. An example Marion gave us in particular, were of feral cats, who need hours of patient and careful contact to enable care to be given. Many of the dogs admitted to the centre are collies, that either have been injured or are simply failed sheep dogs and therefore of no further use to their owners. Feral cats are regularly

admitted to the centre often in large numbers and care is focussed on general overall health assessment with all necessary treatment given. They are housed in a separate area and following treatment and restoration to health they are released back into the wild as domestication and rehoming is not possible. Some dogs sadly have to be euthanized and Marion told us of one very distressing case of a French bulldog whose facial features are bred to include a very flattened face. This causes severe respiratory problems for the dog and this particular dog could not be exercised as when he walked he could not breathe. Surgery was not possible to relieve his distress and sadly he had to be euthanized.

Resident dogs and cats enjoy a good life whilst they are at Kapellan but the main aim following care and rehabilitation is rehoming. It is always a huge pleasure for animals, staff and volunteers when one is

successfully rehomed. Marion concluded the presentation by telling us about future plans for Kapellan which include a microchip project taking place during 2022 with staff being trained to carry out this procedure. Despite the 2015 law requiring all owners to have their pets chipped there are still many dogs not chipped.

The second project is huge with planning permission being submitted to rebuild the centre, bigger, better and on a more secure site, as following Storm Desmond, a considerable landslip indicated that the current site was in danger should further harsh weather conditions recur.

Funding for this and for all the centre's needs are provided from donations, legacies, fundraiser events, investment income, commercial partnership and a charity shop has been opened in Kendal.

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of the staff and volunteers at Kapellan we can be sure that there is truly a future for the Wainwright Shelter - Alfred would approve I'm sure.

On behalf of all of us, Sharon (herself a collie owner and animal lover) gave a heartfelt thank you to both Marion and Elly for their very interesting, informative, enjoyable presentation.

As usual we all then enjoyed a cuppa and a biscuit and Marion judged our competition entries of a photograph of a rescued pet. Jackie was the winner with her family cat, runner up was a Neapolitan Bull Mastiff (a previous resident at Kapellan) and a failed sheepdog was in third place. Marjorie was the lucky winner of the raffle and our hostesses for the evening were Rita and Cathy.

In August there is a change to our scheduled programme and Helen Corpe will be telling us about her life as a prison officer. Very different from rescued animals but will I'm sure be just as interesting and enjoyable. Do come and join us, a warm welcome is always assured.

SEDBERGH WI REPORT

Moira Folks

Holidays and other commitments have meant that the walking group and lunch club didn't meet in June, so we were happy to meet again at the People's Hall on July 13th on a glorious summer evening to be enlightened and entertained by Joan Bentley, who showed us how to put together five varied styles of flower arrangement. Using foliage cut from her own garden, she explained how to 'condition' the foliage by plunging the cut ends into boiling water for a minute to stop air bubbles passing up the stem, which would block sap from rising to the leaves, so the conditioning process makes the foliage last longer. Joan then created two basket arrangements; an arrangement on a deepish plate, using a block of wet oasis on a piece of kitchen roll to stop it slipping so the arrangement is moored in place; a long but shallow arrangement for a dinner party centrepiece using mainly snippets of foliage and frothy yellow Alchemilla mollis flowers with just a few roses and chrysanthemums in the centre; a striking modern arrangement with a few red gerberas and two phormium leaves,



geometrically cut and twisted, standing in a smallish container containing oasis which was taller than the sides of the pot. Joan gave us an ingenious tip for watering an arrangement like this, which it would be very easy to flood with water: just place a few ice cubes on top of the oasis and they will gradually melt into the oasis! Five lucky raffle winners each went home with one of the arrangements! Ellen, Valerie and Anne Petyt thanked Joan for specific aspects of her talk and for answering our questions which cropped up as she worked with the flowers. It was a lovely evening!

Now to remedy my forgetfulness in the July Lookaround, when I missed out the book club report! Book club

met at Moira's home on 9th June to discuss the first book of a quartet of detective novels by Robert Scragg, a0 new author. In 'What Falls Between the Cracks', Detectives, Jake Porter and Nick Styles, investigate a possible murder 30 years ago which may have links with a supposed suicide and an ongoing drugs investigation. This is a fast-moving story with plenty of action, perhaps with a view to making a film out of it, along with its sequels, because the threads of the story (including a burgeoning romance) are not all neatly tied at the end. We didn't agree with all the hype on the cover and our average score only came to 5/10. The Jubilee ice cream which rounded off the afternoon of

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this Platinum Jubilee week was much appreciated though!

Discussion at the book club held at Sandra Kemp's home on July 14th centred on the Sunday Times Bestseller 'Breakout Sensation of the Year' (meaning a new author's book!) according to the sticker on the cover. The book in question was 'The Binding' by Bridget Collins, whose previous novels had been for young adults, but this was her first 'adult' novel. Apart from being unnecessarily long (438 pages), the format of being divided into 3 parts with no hints as to the chronology of those parts, made it extremely confusing. Basically, set in a late-Victorianesque period (the actual time and place are not mentioned) it's the story of an

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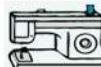
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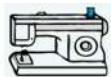
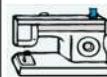
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extremely complicated love triangle between a brother and sister in a poor farming family, and an upper-class young man who comes to stay with his wealthy uncle next door. They live in a dark, abusive and sinister world, however. We wouldn't recommend it: score 5.3/10. Many thanks to Sandra and Ellen for their delicious cream cakes!

At our Open Meeting on 10th August at 7.30 in the main hall of the People's Hall we shall welcome all adults to hear local entertainer Rachel Mercer singing songs from the Sixties onwards, perhaps with some audience participation! Tickets at £5 to include light refreshments will be available in advance from Sedbergh Information Centre, or on arrival at the door, for this café-style event. Members of other WI groups will be charged only £4. We look forward to seeing many of you there for what should be an enjoyable evening. See the advert on page 10.

KILLINGTON WI
The Afternoon WI for the Entire
District
Wendy Fraser-Urquhart

Since our last meeting it seems to have been a busy-ish month, WI-wise, I have started writing this although we haven't even had our July meeting yet. It all started with a late lunch outing to Howgill Village Hall where their WI had invited members of the whole Federation to join them for walks and post-walk eats. Sadly, our little group decided against the walks but really enjoyed the company and the Howgill WI lunch. As we were sitting eating and chatting a group from Soulby WI arrived back from their ramble led by their energetic guide, Liz Moore, and in the company of Karen Hanks. They had certainly earned their lunch. Karen is the president of the whole Cumbria/Westmorland Federation, and is the leader of almost a hundred branches of the WI. She pops up at so many different events. Her presence certainly added to the occasion. Thank you, Howgill for such a friendly gathering.

Our next event was our own Killington WI Coffee Morning at St. Andrew's. Again, a successful and happy time. We also continue to meet each Monday morning in our various homes to chat and knit. The £1 we each contribute swells our Charity Fund. Among other things this pays for the maintenance and replacement pads for our defibrillator, installed on the front of the People's Hall. By the way, congratulations to the fund raisers in Millthrop for the

successful installation of a defibrillator there.

Today, July 7th, a group of us have returned home from our summer outing. It has been a glorious sunny day which, dressed in our elegant best, we spent enjoying the facilities at the Belsfield Hotel in Bowness. Coffee in the stylish lounge was followed by a meander around the manicured gardens overlooking the lake. Modern technology never fails to amaze me! Barbara had an "app" on her phone which allowed her to take a photo of any plant or tree. Then it would identify it and give all details about it. Apparently, it works worldwide! Wow! Goodbye more books. I do not wish to be around when an app is invented to replace an appetising meal. Truly, it was a day of real pleasure with the most memorable being the company of, and conversation with friends. Thank you, everybody.

I continue writing this on Tuesday July 12th, the afternoon of our monthly meeting. The title of our speaker, Marjorie Bidgway's presentation was "My Collection of Buttons and The History of Buttons". Now, what would you expect from that? Surely, a button is a button, and there can't be a lot to say about them. But, how wrong could I be? In the half hour before our meeting started, Marjorie laid out an elegant and comprehensive exhibition of hundreds of varied and interesting buttons, and articles connected with buttons. Her talk took us through from their origin in prehistoric times as decorative items made from horns, antlers, bones, stones, and

even metal. She traced their development through history. The French King, Francis I and Henry VIII both wore costumes decorated with hundreds of valuable buttons at their meeting on "The Field of the Cloth of Gold", in 1520. We learnt about Dorset Wheel buttons, Cut Steel buttons, Florentine buttons, and many more. In 1851 at The Great Exhibition, a recently invented button making machine was displayed. This led to the collapse of much of the domestic button making industry. In 1860 the first white, pearl buttons were imported from Japan. This led to the founding of "The Pearly Kings", in East London, a voluntary charity raising money for poor Londoners. Each costume has twenty to thirty

thousand buttons all sewn on by hand! Any of you reading this will realise that I did have my pencil and notebook on hand today. I still have several more pages of notes to draw on. However, suffice it to say that it was a thoroughly absorbing talk, so if you are booking your speakers bear it in mind. Marjorie was warmly thanked and offered a cup of tea!

Then it was time for tea and chat for all. One of the tasty offerings was a pretty tray bake. I asked Susan Raw who had made it what it was called. Her surprising reply was, "Matilda"! It was the first time I have eaten a cake with a Christian name. The business meeting followed. A whizz through the WI News. Reports on past activities and plans for more

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happenings to keep us off the streets. Lots of birthdays before our next meeting; Sally Cragg, Sarah Woof, Margaret Fearnhead, Barbara Hartley, Barbara Leigh, with a special one for Deanne Turner. It would be a good party if we could all get together, but we send you greetings. If we had so many birthdays every month, we would have 72 members. Yes, I know my twelve times table! Our raffle winner was Alison Siddall, and, after a rummage through my ancient button box, I won the competition for a favourite button.

Our next meeting will be at the People's Hall, on Tuesday 9th August at 2-00pm. You would be most welcome to join us.

HOWGILL AND FIRBANK WI

Audrey Hoggarth

The July meeting was held at Howgill Village Hall. Sarah welcomed ten members and our visitor Judith Stainton.

On Saturday 18th June we hosted two federation walks of different lengths meeting at Howgill, both were interesting and scenic. The weather was perfect, Liz Moore led the longer walk leading to our local land mark Foxes Pulpit special thanks to Liz for her knowledge answering questions from our visitors. Bridget led the shorter walk from the hall joining the dales way on route and back to the hall via the church. We rounded off with afternoon tea. Thanks to the Killington ladies for their support.



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Seventy pounds were made for W.I. funds.

We were reminded of forthcoming events in the federation calendar- the upcoming reading aloud competition and the county show.

Our speaker Margery Bridgeway was ready to give her talk at the start of the meeting. We were eager to hear the history of the sewing needle, the first recorded needle made was in 1639. The earliest needles were made of bone or wood. By the eighteenth century Redditch was manufacturing one million sewing needles a year. Modern needles are made from high carbon, steel wire and nickel. We were shown examples on clothing, bead work, embroidery, and smocking. We were able to admire memorabilia -part of Margery's large collection which she brought along.

The competition for an article made from natural materials was won by Liz Moore with Pauline second, the raffle winner was Bridget, thanks were expressed.

The resolution in support of women and children diagnosed with ADHD was passed with a majority of 96% at the A.G.M.in Liverpool.

Our outing organiser Liz Moore suggested a visit to Levens Hall in September. The evening rounded off with refreshments.

We meet again on August 4th when we will be continuing with our 70th celebrations at Firbank Church Hall.



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THE CROSS KEYS TEMPERANCE INN

Chris Clowes

It is now 3 months since Alan died and during that time, I have had chance to think, evaluate and make plans about the way forward.

The National Trust, owners of the property, have been both helpful and supportive and are keen for me to remain running The Cross Keys for as long as I possibly can.

The difficulties we had and still have since last year are the inability to find enough staff plus the increased cost of keeping the building heated and well stocked during long quiet periods.

Following chats with the National Trust and others we have decided for

the time being to keep our opening hours as Friday, Saturday & Sunday only - from around 9.30 to 4.30 - however we are happy to remain open longer on Fridays, offering food until 7.00pm.

Our menu has changed to the style of a Tea Room rather than a restaurant. This means less freezers in use and fewer of the more expensive items in stock. Also, it would seem that the Tea Room idea is in favour at the moment. We are now stocking locally produced jams and chutneys and fudge and a selection of greeting cards, secondhand books, Talking Books, CDs and DVDs.

We will continue with our Pie Day every Friday lunch time and continue



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Sit in the verandah, where Wainwright sat, and admire the best view of Cautley Spout, or weather permitting enjoy a seat at one of our outside tables amongst the birds & flowers. *Friday is still Pie Day and we suggest you book a table along with lunch on Sunday to be sure of a place.*

Bed & Breakfast is available in our twin or double ensuite rooms throughout the week along with dinner for residents.

Please ring to discuss party bookings of 8 or more for other evenings.

All our produce is as local as can be and most of our salads & eggs are home grown during the summer months. Browse our selection of jams and chutneys, fudge, greeting cards and maps and enjoy our range of books.

with our popular Sunday lunches. As is the tradition of the Cross Keys we will always have Ham & Eggs available, plus other lighter bites.

Many people now like to bring their dogs with them, and we are going to allow dogs in our parlour but not the dining room and verandah which means they can share in a cake or scone and a drink but not a meal.

Our disabled access is not bad considering the limitations of the building. And it is a flat run without steps from the car park to the parlour, toilets, and dining room. And of course, weather permitting we have a good sized area outside accessible to disabled people and to animals.

We are more than happy to discuss opening at other times for parties of 8 or more on the understanding that staff are available.

Please phone if you wish to discuss a party booking. 015396 20284 but as Alan has left me with a greenhouse full of tomatoes and cucumbers to attend to, I seem to spend quite a bit of time outside, so try my mobile phone 07964477253 or leave a message & I will get back to you.

So that's our plan for the time being – it may change but if it does watch this space!

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RENTAL PROPERTIES High pressures on the rental sector continues!

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As rises in demand match increases in available homes, pressure on rentals is set to continue. Pressures on the sector are not easing, as the void period between properties becoming vacant and then occupied is only 2 weeks. Industry body Propertymark has identified the number of rentals on the books of letting agencies has fallen sharply, whereby letting agents have seen the number of rentals available halve in the past 12 months.

But why is there a shortage?

Landlords are selling up, transferring to holiday lets. The increase in costs and tightening of legislation all contributing to the continued shortage of availability. This in turn, is driving tenants to bid to secure properties, placing those with lower incomes out of the running.

As the only letting agent servicing LA10, the number of applicants registering their details to rent a property has doubled over the past 6 months. The North-West has seen an 11.3% increase in average rental values in May 2022 compared to May 2021 at £879 per month for a three-bedroom property with a garden and parking.

What does this mean for landlords? Increase in demand, means an increase in price per calendar month achievable and accessibility to choose between tenants. So, if you are a landlord, and have a property sitting empty, now is the time to obtain a view lettings appraisal, to assess the value of your property, and process to finding a tenant.



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WHAT'S IN A NAME?

*Adrian Braddon
Sedbergh Golf*

The Wilson Run is well known in Sedbergh and beyond. Less well known is the Wilson Pairs Trophy and the Bruce Wilson Knockout. The latter are two events on the Seniors' Section Calendar at Sedbergh Golf Club – both are named after former owner, Bruce Wilson. Well into his eighties now Bruce continues enthusiastically playing golf twice a week.

Few senior golfers, even in their wildest fantasies, could nowadays imagine participating in the famous "Run". All, however, are keen to participate and perhaps even get their hands on the various Wilson golf trophies.

At the time of writing, the Bruce Wilson knockout is down to the second semi-final stage with local residents John Severn and Sam Allinson set to 'do battle' for a place in the final against Peter Weiss.

In the Wilson Pairs, Millthrop's Matt Metcalfe proved it matters little whom he draws as a partner as he cruised to victory for the second year in

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succession . . . even by replacing the current Seniors' captain with the ex-captain as his playing partner.

The Club's Senior Section is increasing its membership perhaps because another recently published scientific study (Swedish this time) concludes that playing the game of golf not only has significant health benefits but can extend life.

In addition to the regular Monday and Thursday events, the successful, socially-minded Warriors meet mid-morning on a Wednesday. There is a wide range of golfing experience and abilities, an ever-interesting mix of ages and the knowledge everyone can play the good or even great shots . . . sometimes . . . but certainly not always.

New members are always welcome to this diverse and friendly bunch who each think we have something special going on at a beautiful location. For further details, speak to Steve Gardner on 015396 21551 or email seggs@sedberghgolfclub.com.

PS No more holes in one to report . . . yet!

REPORT OF SEDBERGH GYM AGM

Nigel Chamberlain, Secretary

Thank you to those gym members who attended our first AGM in three years at the end of June and, particular thanks, to those who volunteered to join the Management Committee.

We have certainly faced some daunting challenges in recent years, not least those thrown up by the pandemic and resultant government restrictions on our ability to keep the gym open and safe for exercising. Equipment had to be moved around, adjoining machines taped off, adequate ventilation ensured, and a range of cleaning measures

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encouraged. Then an online booking system was introduced which restricted active numbers and opening hours. Members were asked to step forward and provide supervision to ensure full compliance and security.

The technological challenge in servicing these changes was huge and time consuming, and fell on the shoulders of the few. But we knew we needed to do more. A complete, automatic ventilation system was installed at some cost – all of it covered by grants obtained by painstaking research and detailed application. We now monitor the CO₂ levels hourly and can boost extraction when needed.

The earlier restrictions resulted in a reduction in membership activity and some loss to alternative venues. This trend has been reversed in recent months and we are keen to welcome new members, and welcome back resting or lapsed members, now that the booking system has been suspended. Members can now enter the gym via their personal fobs between 05.00 and 21.30, but we are maintaining personal hygiene and safety measures. Our location, rates and flexible payment methods should be attractive to prospective members.

Finally, it was heartening to have members volunteering to join the small Management Committee Team, and with such evident enthusiasm for making a positive contribution to keeping our community facility open and thriving. Many thanks to retiring committee members for their outstanding efforts over many years.

SIGHT ADVICE SOUTH LAKES Sedbergh Group

Dennis Whicker

The Sedbergh Group continues to meet on the third Tuesday of September to November, then January to May in the People's Hall at 2pm.

At the beginning of the Covid Lockdown, a free telephone communication with all members was commenced at 2pm on the first and third Tuesday of every month. When the face-to-face meetings started back again, the third Tuesday calls were stopped but continued on the first of every month. The system was called BABL and set up by Tim Ward of Sight Advice. Initially, it was well received but over the months, the numbers were reducing until the July call only had one receiver. It was decided to suspend the calls until further notice or until people with sight loss wished it to return.

At the face-to-face meetings, numbers are gradually decreasing



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insofar as, sometimes, there are more volunteers than members at them. Unless we get more people attending, the future of the Group may be in the balance. Anyone with sight issues is qualified to attend the meetings at the People's Hall. The cost? £1 for the tea and biscuits. Free transport can be provided if required.

The meetings consist of lots of chat and catch up with everyone accompanied by the tea, and is usually followed by a presentation of some sort.

In May, there were 9 in attendance and took part in a Quiz hosted by Susan Harper. The quizzes are always informal and educational.

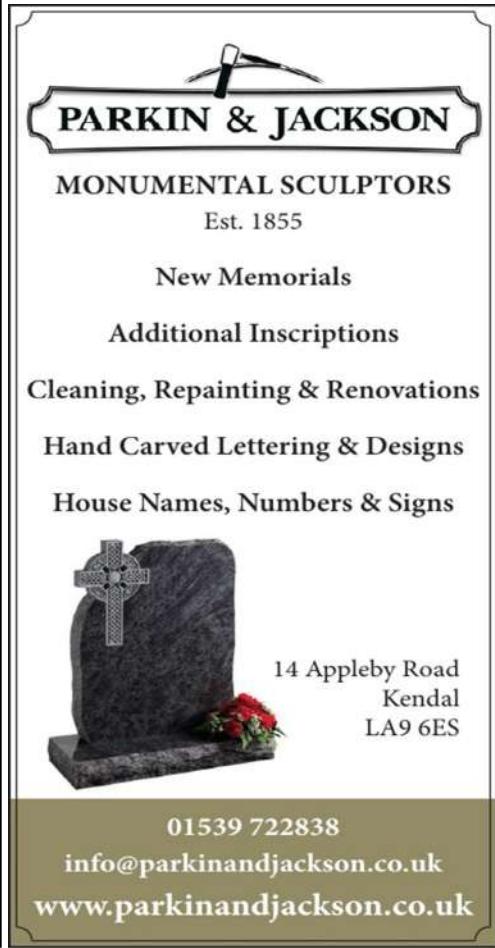
At the June Meeting, 14 members were treated to an excellent talk by Anthea and David Boulton who gave a resumé of their lives before arriving in Dent. Both have written many books, but the main ones referred to were "Telling it like it was" of which there are two which contain many stories of local people who had been interviewed which had been recorded. They included many stories given in dialect which generated quite a debate and Susan was interested if anyone has any local dialect words you could tell her, she would be interested to receive.

The annual Summer Lunch was held at the Fat Lamb where an excellent meal was provided by Paul and his staff for the 14 attendees which was well received. Dennis provided the usual Menu Cards which contained an appropriate Quiz on the Queen's Jubilee, which was well received.

The next Meeting will be at 2pm on Tuesday 20th September when an Afternoon Tea will be in the offing followed by a presentation.

Again, everyone with a sight issue is welcome to attend, there are no age restrictions. Please contact Susan on 20613 for further information.

Additionally, Sight Advice South Lakes, whose umbrella we meet under, has a mass of information, support, and equipment for anyone that needs it. Please contact them on 01539 769055.



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EMMA'S STORY

Dementia UK

Everyone called my dad the 'Mighty Alan.' He was a geologist from the north of England and a big rugby fan – he played rugby until he was in his 40s. He had an adventurous spirit and loved life.

My mum and dad met when they were 15 years old. They moved to Zambia when they were 21 as Dad was offered a job there and that's where I was born. Family was really important to Dad. He used to say that as long as we were together, we were home.

Dad and I were really close and loved travelling together. We walked Hadrian's Wall, going from pub to pub. Everyone had heard about us by the time we got to each pub, which was lovely. I also took him back to Africa to see where I was born. It took a long time to get a diagnosis

Dad retired at 51 as he was struggling to get to grips with some of the technology introduced at his company. He set himself up as a consultant and took on a major project, but he just couldn't complete it. That was a big sign that something wasn't right.



Alan and Emma



In 2008 I went to Australia and left Dad with some money to pay the builder who was doing work on my flat. When I asked Dad if he had given the man the money and if it was the right amount, he got really upset with me and was flustered and anxious. I remember putting the phone down and saying to my friends that I thought he had dementia.

It took a really long time to get a diagnosis. Dad had multiple trips to the GP, and it took a lot of courage for him to go. At first, the doctor was convinced that he had anxiety and depression but referred him to the memory clinic. Because he was so bright, he passed the initial test – after he had completed them once, he remembered all the questions the next time. Eventually he was diagnosed with young onset dementia at age 64.

I felt relieved when we got the diagnosis because it meant we could understand more about what dad was going through. I think it's really important for people to know the reason for their symptoms so they can access support. I am passionate about the value of a diagnosis. We made Dad feel part of everything

We worked really hard as a family to find ways to connect with each other. My parents, my son and I used to go on holiday every year to the same place in Pembrokeshire. It was a familiar environment for Dad, and everyone there knew about his diagnosis.

We lived in a state of condensed joy. We took lots of photos and spent a great deal of time together. The grandchildren used to play cards and Lego with him. They all remember him still. We were always aware that it could be the last Christmas or the last birthday with him and we wanted to make wonderful memories.

We tried to anticipate difficult situations and always wanted to set Dad up for success. I held a Christmas Eve party every year, which he loved. I told all my friends in advance that Dad had dementia and asked if someone could be with him at all times. It was great because he

felt really part of everything. Dad could feel my presence

As Dad's dementia progressed, he was sectioned and admitted to a secure unit. Dad was there for ten months before he got three bouts of pneumonia in short succession. We sat with him 24/7 in hospital. It was such a difficult time, but I saw glimpses of him still. Music that moved Dad in the past still moved him to tears. It was really magical. Mum and Dad would dance together and I held his hand and touched his face so he could feel my presence. I felt connected to him even without speaking. There was a language of love which was not just about words. I felt closest to him in those moments.

Dad passed away in hospital from pneumonia aged 67. So many people came to his funeral including a lot of my friends, because he was a big part of their lives. He was the sort of dad that everyone wished they had.

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I remind myself that the majority of Dad's life was not dementia. He had such an amazing life and touched so many people's lives. I choose to remember him like that. I'm passionate about breaking down stigma

I decided to become a member of the board of trustees at Dementia UK because I am really passionate about breaking down stigma around dementia. The more people understand, the less scared they will be, which will make it easier for people with dementia to live in society.

I also want to help put young onset dementia on the map and help people recognise the early signs.

I think having access to a dementia specialist Admiral Nurse would have been transformative for us. Admiral Nurses are brilliant at helping you join the dots and advocating on your behalf. They also have so much empathy and really listen to you. I felt so alone and it would have been great to have had an outside person to understand what we were going through.

If, like me, you don't have an Admiral Nurse in your area, please call the Admiral Nurse Dementia Helpline for support.

LAKELAND VOICES Slovenia By Train

David Burbidge

Our choir Lakeland Voices has always had excellent singers, but this was the first time we had an excellency singing with us.

The British Ambassador to Slovenia, Her Excellency Tiffany Sadler, met the choir in Zreče, Sedbergh's twin town in Slovenia, when we visited the treetop walk at Rogla, and then joined our choir singing in a combined concert in a hilltop church with the Zreče choir Zbor Jurij Vodovnik and the sisters who sing together in Pevke iz Brinjeve Gore who have visited Sedbergh on several occasions. As well as being a good singer, the Ambassador was very complimentary about our singers speaking and singing Slovenian, and the many exchanges we have had with Zreče both before and during the pandemic. The embassy has offered some very useful help for our future projects.

We were in Slovenia during World Bee Day, and sang at the Kralov honey farm after a tour to meet the bees and sample honey products. We've celebrated this Slovenian initiative every year with visits to the Zreče beekeepers, a centre dedicated to the study of bees, and a



fabulous international event at the Conway hall in London, where the Slovenian embassy invited over 40 embassies to bring honey products from their countries for tasting and display. We sing several songs about the bees - including Cebelar where an old Slovenian beekeeper sings in praise of the bees who have been his friends throughout his long life.

As well as other concerts alongside the Triglavsko Roz'ce (Flowers of Triglav) choir, and the Ribno pri bledu folk dance group, other places where we sang included the Bohinj Wild Flower Festival and on the ferry over the lake, on walks up into the wooded hills, at the Waldorf school in Ljubljana, at the tourist farm where we stayed, and at an evening where we sampled the many different homemade schnapps of our friend Monika in the outside bar alongside her orchards. As always we enjoyed fantastic home grown, homemade food - and had some fantastic swims across the lake at Bled to Slovenia's only island.

We also enjoyed a fabulous wine tasting evening and meal with Mayor Boris Podvrsnik, the Zreče choir, and Vojko who runs the Andrejc vineyard



in Zreče and makes several excellent wines which we are now discussing importing to Sedbergh. It is fortunate that we sing so many Slovenian drinking songs which we did with many toasts for good health and prosperity. The Mayor sang with us and like his father Boris, who came with the Firemen's Choir to Sedbergh, is an excellent singer.

We also met Jasmine, a Quaker who lives near Zreče and is part of the Loving Earth Project which has had displays in Sedbergh of the fabric squares which people have been making depicting environmental themes. Our singers have been involved in this project and made fabric squares which depict the essential role played by bees, the value of planting trees, recycling and encouraging the growth of wild flowers. We included our squares in an exhibition and made arrangements with Jasmine for future collaborations between Sedbergh and Slovenia.

With such enthusiasm for healthy outdoor activities, it was no surprise when the singers said they no longer wanted to contribute to greenhouse gasses, and preferred not to fly, but



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to travel to Slovenia by train - which we did with great ease and comfort.

It is possible to travel to Slovenia in one day - leaving Oxenholme at 06:22, catching the 11am Eurostar from London to Brussels, and then after a change at Frankfurt, on to Munich and the night train to Ljubljana which arrives at 06:30.

We preferred a more leisurely journey - on the way back staying in the lovely German city of Heidelberg (twinned with Cambridge) where we

now have connections with local singers and were able to enjoy some fabulous walks through the colourful town, along the banks of the river Nekar and up into the hills. And on the way out, stayed in Rottweil, a beautiful Black Forest town where my partner Lucia and daughter Anika live - and had a wonderful time singing at an informal concert where we met all of Lucia's neighbours. The following day we caught the Blauer Enzian (Blue Gentian) train which goes all the way from Stuttgart to Ljubljana without any changes - and passes by some extraordinarily beautiful mountain scenery through the Austrian Alps, our singers breaking into the Slovenian anthem Zdravljica when the train burst out of the Karavanke tunnel into the bright light of Slovenia:

"Long live all nations who long for that bright day, when over earth's habitation no war, no strife, shall hold its sway, who long to see, all people free, no more shall foes but neighbours be."

Photos on previous pages show Lakeland Voices with the Zrece choir Zbor Jurij Vodovnik and at a honey farm on World Bee Day.

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CANARY GIRL NEWS.

Sandra Gold-Wood

The trustees have now completed the new and improved Charitable registration application. The application now includes newspaper and magazine articles plus various letters of support. As soon as the trustees have all had a chance to read through and approve the application it will wing its way to the Charities

Commission. The Trustees feel that this application will tick all the boxes and therefore be successful.

Meanwhile the campaign goes on. There is an excellent article in Wigan Today instigated by former MP for Carlisle and supporter of the Canary Girls Memorial project, Eric Martlew.



Eric talks about his mother Molly who was a munitions worker at Euxton, Chorley which was the largest munitions factory in WW2. Molly was injured losing two fingers from her right hand while working. The article is written by Holly Pritchard and appears online and in the Wigan Observer and the Wigan Evening Post. The Canary Girl campaign gets a number of mentions and brings people's

attention to the National Memorial Arboretum's missing memorial i.e. the one for the forgotten heroines - the Canary Girls. Eric is a great supporter and has helped greatly to further CGMP's campaign. Contact has been made with the engineering unions asking for support for the

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CGMP and an approach has been made to Samantha Webb Secretary of the Munitions Workers Association.

It being the holiday season there isn't much to report on the speaker front. However, this month of August I have one very important appearance to make to the WI's regional president's history group at Askam-in-Furness.

Also, Eric has an idea up his sleeve that if it is successful will help the cause considerably. With a little luck we will be able to give you the details in next month's Lookaround.

Next month on Wed September 28th there will be a Coffee Morning in support of the CGMP at St Andrews 9.30am to 11.30am. Naturally there will be cakes on sale, a raffle, a new Quiz sheet and yellow poppies to buy. All donations delightfully received.

Just a gentle reminder: if you know anyone in a club or association who would like a speaker in person or on zoom then please do let us know. There are quite few dates spare in September. Check out our website at: Canary-Girls.com or Email sanddot51k@gamil.com.

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WORK EXPERIENCE WITH LOOKAROUND

Jonathan Dunkinson

On the week starting the 11th of July, I had the pleasure of going on work experience, with Ed Welti, compiling and editing a version of Lookaround. At the time we didn't have enough articles to properly work on the August edition, so we redid the July edition instead.

Advert design

Adverts have to stand out. If they blend in with the text, or are just the same as the other adverts, no-one wants to read them. So there's a few things you can do:

- Make it in colour; even in various shades of grey it stands out next to black text
- Add logos; anything that sets that advert out as different from the next helps a lot, and a specific logo is something that only that company has
- Avoid big, unbroken blocks of text; unbroken text is difficult to read, and adding different colours, different paragraphs or even pictures, can make it easier.

All of this is key to making sure that your advert stands out from the next.

Proofreading

Although we didn't have enough articles to compile, we did have a few articles that I was able to proofread for the August edition. As well as making sure that there aren't any spelling errors etc, we also have to put articles into the right format for Lookaround.

The title has to be bold, in the centre of the page AND IN CAPITALS,

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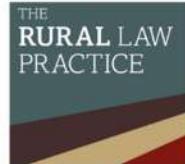
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The author's name has to be in italics and to the right of the page, any subtitles have to be bold and to the left of the page, and everything has got to be in the font Arial and font size 11.

Compiling

The largest job to do was compiling. Once you've copied and pasted the articles into a template Publisher document, you've got to put in the adverts.

Adverts can't just be placed anywhere. If you put too many adverts or pictures on a page it looks cluttered, and if you put too few then you're faced with large blocks of text, which can be difficult to read. You

have to space them out, approximately 1 advert per page.

An article doesn't look as neat if it doesn't start at the top of a page, and adverts can help with that. You have to find the right sized article and get it to the right position so that it fills the space, and pushes the article onto another page.

You have to make sure you get rid of the most popular size of adverts at every opportunity, whilst saving the less abundant ones. Currently, by far the most popular advert size is half page adverts. Whenever you have a larger article that needs to be broken up, you have a chance to use the larger adverts. Although you want to use half page advert whenever you

can, you have to make sure that there is some variation. In the edition I compiled, I used all of the half page adverts fairly quickly, but that meant that there was little variation. At the front, very often you would find a half page advert, and at the end I only had 2 inch adverts left.

The one thing you have to remember when compiling is that you need to get it right the first time. Put in the wrong advert, or the wrong picture or (like I did) leave too many spaces between articles, and you can't go back and change it, because everything after it will be moved forewords or back. Every article you made sure started at the top of a line is now two spaces further down.

But, despite the minor stress, compiling was my favourite job. I really enjoyed working with Ed and finding all about the process of creating Lookaround, so I just want to say thank you to Ed for making this all happen.



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SUMMER HOLIDAYS: ACTIVITIES FOR KIDS TO ENJOY OUTDOORS

*Danielle Wesley
Content manager*

Discover fun things to do at home and on days out with our outdoor activity guide for the summer holidays. It's bursting with ideas to get kids active in the fresh air. And the best thing? They're completely free.

Fun things to do at home this summer

These screen-free activities will help you beat boredom, while firing up your kids' imaginations and encouraging them to be curious about the natural world.

Hunt for minibeasts in your garden

Even tiny gardens can be home to thousands of creepy crawlies! So encourage your kids to go on a bug hunt to see what they can track down. Peer into plant pots, turn over tree leaves and gaze at the grass to find ladybirds, ants, caterpillars and butterflies. Use a magnifying glass or bug pot to get a closer look, and identify them with our minibeast swatch book - a pocket-sized guide to 30 invertebrates. You can help little ones make a simple chart to count how many they found. Older children could start a nature diary, adding detailed drawings and descriptions to record their discoveries.

Get creative with summer crafts

Many children love art activities, so take your paints and crayons outdoors and get inspired by nature's colours, textures, sights and sounds.

Your kids can even collect natural items to use in their artwork:

- Create a tree using sticks.
- Use fallen leaves and petals as 'stampers' - paint them, then press onto card to create a print.
- Make a natural collage or sculpture of an animal that lives in your garden, like a bumblebee or a grasshopper.
- Make a repeating pattern using leaves, petals or pebbles.
- Make mud paint by mixing soil with a little water.

Try yoga outdoors

Yoga is a brilliant way for kids to exercise their body and mind. It can be calming and relaxing, or help them feel full of energy. And it's even more fun outside!

Lots of poses are inspired by nature, have a go at these:

- Tree - stand tall and stretch your arms above your head like branches. Pull one foot up and rest it against your other leg. Sway gently in the breeze.
- Butterfly - sit on the ground with your feet together. Slowly lift your knees up and down like a butterfly flapping its wings.
- Squirrel - squat down, using your hands to steady yourself. Hold the pose for a few seconds, then leap up and bounce like a scampering squirrel.
- Bird - stand on one leg, then lean forwards and stretch the other leg out behind you. Spread your arms wide

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like the wings of a bird soaring through the skies.

• Hedgehog - kneel down, with your bottom resting on your heels and your forehead on the ground. Lay your arms down by your sides, and rest like a sleeping hedgehog.

Challenge your family to make up their own animal poses. You can also find lots of kids' yoga videos online.

Days out with the kids

Day trips don't need to involve costly admission fees and long queues. Instead, pack a picnic and head for one of the UK's fabulous forests. They're thrilling natural playgrounds for kids who love to explore, and you can plan your own activities to suit your family.

Visit a Woodland Trust wood

Summer is a wonderful time to explore a woodland. Whether you prefer a peaceful stroll and a picnic in the sunshine, or an energetic hike with exciting wildlife encounters, our woods provide the ideal setting for a family day out.

We care for more than 1,000 woods across the UK. They're free to visit and open all year round. Try Hebblethwaite Hall wood just up towards Cautley.

Go on a scavenger hunt

Scavenger hunts are fun for all ages and they're a great way for children to develop their observation skills. Before you head out on your adventure, write a short list of items to look for. Think about the area you'll be visiting and what might be there -

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like trees, plants, textures and colours.

If you're a bit stuck, you can find plenty of ideas in our scavenger hunt blog. And for a real challenge, try to find something beginning with each letter of the alphabet. Good luck with x and z!

Track wildlife

Woods hum with life in the summer months – trees and plants flourish while animals make the most of the warm weather and abundant food. It's a fantastic time to take children out for a bit of wildlife spotting. Look out for:

- dragonflies darting above ponds and streams
- busy pollinators bobbing from flower to flower

- a line of speedy ants marching back and forth
- reptiles basking in the sunshine
- swallows soaring high in the sky
- developing tree seeds – autumn's still a long way off, but look closely and you might spot green acorns, prickly conker cases and bunches of winged seeds growing already.

Go foraging - pick your own blackberries

Blackberries grow on bramble bushes which are often found in woods. They ripen from late July onwards, so they're a yummy summer treat. Keep your eyes peeled while you're exploring to spot the glossy black fruits. You can use them to make pies, jams and smoothies - delicious!



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All members of the team are DBS checked, have public carers liability insurance and have completed numerous courses in connection with older adults.

Remember, only pick them if you're sure you've identified them correctly - you can check with our bramble guide. And please leave plenty for wildlife - blackberries are an important food source for birds and mammals.

Compete in the forest Olympics

Challenge your family to take part in your own Woodland Games. It's a great way to get your blood pumping! Try these events, or make up your own:

- Pine cone shot put - find a woodland clearing away from others, then hurl a pine cone as far as you can and measure the distance in strides.
- Gymnastics - vault over a sturdy stump, twirl atop a log beam, then spring into a handstand against a tree trunk. Rate each competitor's routine and award bonus points for extra flair.
- Triple jump of joy - this is ideal for athletes with boundless energy. Channel your favourite woodland creatures then hop like a jay, skip like a squirrel and jump like a hare – longest leap gets the gold medal.
- Sylvan slalom - save this for your grand finale. It's a thrilling relay race that's ideal if you're meeting up with other families. Nimbly dash in and out of a line of trees before sprinting back to the starting line and handing over the baton (a stick, of course) to the next runner. Victory goes to the fastest team.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School entered the Independent School of the Year competition and is delighted to have been shortlisted for all six awards they entered for: Boarding School of the Year, Performing Arts, International Student Experience, Student Wellbeing, Community Outreach and Independent Prep School of the Year. The awards will be announced in September.

At Speech Day the guest speaker was Mrs Sara Hirst, the former Headmistress of the Prep, and Head of the Girls at the Upper School. Among other awards to many pupils, Fraser Sproul received the Hirst Awards for Exceptional Sporting Achievement, having set the Rawthey Run record, the Morgan Run record, the J&I Cross-country Record, the Wilson Run record, the 1500 record and the Mile record, as well as being National Cross-country Champion and National Fell Running Champion. Speech Day ended with the Leavers' Ball: chapel, dinner, dancing and fireworks.

Much of the term has been taken up with the pupils having to face their first external exams for 3 years.

On 18th June 40 children came to a taster day for the Sedbergh Courses including Bushcraft, Crazy Science and Multi Sports

Pupils from the Prep had a day's experience at the upper School learning what life would be like next year – including how to make elephant toothpaste!

Pupils and staff helped at the Great Swim at Brockhole, checking swimmers at the finish, handing out medals and finishers' packs. Both Florence and Daisy had top 10 finishes in blustery conditions. Pupils helped the Fire Brigade in their training for a terrorist/chemical attack.

Pupils helped at the Sedbergh Community Cupboard (Food Bank) packing food parcels

The tweeted video of the two small boys at the Easter rugby course went viral and very quickly reached 15 million – and that was before Justin Bieber added it to his tweets!

Work has begun on the new astroturf behind the Hirst Centre and Sid's Barn which has been made possible by a very substantial donation, together with the Technology building. The final form of the latter and how to make it fit in with the older buildings is still being discussed with the National Park.

The 1525 Club held its annual lunch (two others were held in Edinburgh and London) at which the

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Headmaster updated those attending on events in the School. He said that by 2025 it was hoped that there would be 15 completely free places in the School. He also said that one of the aims was to keep the pupils younger for longer as far as possible.

Ten pupils received their award from the British Physics Olympiad for their new Senior Physics Challenge in which 6,000 students took part.

Because of the rail strikes and cancellation of the Eurostar, and other potential interruptions, the Year 10 expedition to the WWI Battlefields and Cemeteries had to be cancelled at the last minute, making it the third year that this expedition had not been able to take place. However, it will

take place at the beginning of next term

Pupils from each year of the upper school gave a concert as part of the Sedbergh Music Festival, the star of the event being a young lady from the Prep in year 7 on the piano. Her performance was perhaps not surprising as the next day she learnt she had passed Grade 7 with distinction.

The Prep School had its usual frantically busy end of term. Year 8 spent an adventure week in Patterdale, and there were two concerts, the two performances of Madagascar, two sports days, the senior one being up at the upper school on Buskholme, a trip to Newcastle Science Museum, the

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Beamish Museum and the Seven Stories, cricket and rounders matches against the parents, and a Leavers' Dinner.

Year 7 pupils from the Prep spent a day at the upper school finding out what life would be like there.

The end of term at the upper School was celebrated with a dance competition including hiphop and dance groupband, contemporary dance with silks, cheerleaders, a dance to Waterloo, CCF camp, and a parade on the Thursday evening

Records were broken for both the Girls' and Boys' race when the Prep School Epic (6.9 miles and 1200 feet elevation OVER Casterton Fell) was run at the beginning of June. Year 5 spent a day at Bolton Castle. The

Mulberry nursery and pre-prep held a sports day at Casterton.

The Challenge week, the last week of term, included a very mixed bag of activities, such as digging ditches and clearing storm damage at Brackensghyll to help dry out the woodland, weeding, repairing drystone dykes, conservation work in Dentdale, Army and Navy cadet camps, wild swimming and photography, walking Hadrian's Wall, building/repairing polytunnels at Cowran, building and putting up 120 bird boxes, painting Morecombe Food Bank, camping in the Howgills, painting Church gates at New Hutton, playground upgrade, a biathlon, stable hands, raft building, baking,



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weeding and replanting a car park and Duke of Edinburgh expeditions

Four swift chicks were rescued and taken to Kendal Animal – putting them back in a nest 40 feet up a wall defeated even the boys. Sedgwick's chef rescued and relocated a swarm of bees in Sedgwick's garden

The Sedbergh International Summer School took off for the first time after a two year absence on 5th July.

Holly Haywood completed the Boddy Challenge (6 mile swim in Windermere, a marathon and a bike ride from Windermere back to Sedberg) on a very hot day arriving back in the rain, raising twice the amount of £5,000 she set out to achieve. By coincidence Imogen Boddy started her 22 day run from John O'Groats to Land's End at about the same time raising money for Young Minds UK, and indeed completed it within the 22 days, being the youngest female to do so. She has raised well over £26,000

Two Old Sedberghians, Marcus Baker and Robert Buchanan, completed the legendary Marathon des Sables – 6 marathons in 6 days carrying their equipment in 50 degrees heat in the Sahara Desert and have raised over £21,000 for Walking with the Wounded and Veterans Aid.

The team of 6 pupils and 2 staff competing in the Three Peaks Yacht Race (sailing from Barmouth to Fort William taking in Snowden, Scafell Pike and Ben Nevis) completed the race in just under 4 days, the first school to do so. They have raised

£5,000 so far for Young Lives v Cancer

Golf

The 1st Golf Team came 4th in the National Plate Finals in Derby

Music

Pupils sitting the ABRSM exams achieved 100% Distinction for the first time

The Choir set out on tour of Italy at the end of term, singing among other places in Milan Cathedral

Sailing

Sedbergh teamed up with Bedford Modern School to win the Royal Navy CCF Endurance Race at Southport and finished two laps ahead of the nearest rival and were the fastest team in the 'fastest lap' races.

Cricket

The First Eleven lost to Manchester Grammar by 7 wickets.. The game against Lancaster CCC Academy U18 was cancelled. Against Bromsgrove in a 20/20 match they lost by 52 runs, but the next day in a 50/50 match they won chasing 239 for 5 wickets, Aspinwall 74. They lost to Myerscroft in the NW T20 final. By 7 wickets. Won against Durham Cathedral Schools by 134 runs. The Cumbria U18 match was cancelled.

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They had a 6 wicket win against Durham CCC Academy, and lost against Myerscroft by 7 wickets.

At the end of term the 1st Eleven went Scarborough College for a two day match, which they won. This was followed by the BOWS festival at Wellington, and they emerged triumphant winning against the hosts in the final with two balls to spare and by four wickets

Three Prep school girls played cricket for Cumbria. The Prep School 1st and 2nd teams played Cheadle Hulme on 18th June and H Barker made 52, and both Girls and Boys' played Giggleswick with H Barker making another 50

Equestrian

Scarlet Holden on her 17 year old pony achieved 5th place at the Royal Highland Show in the HOYS class.

Forthcoming events

Pre-season rugby starts on 27th August, and hockey on 28th.

Year 9 pupils arrive on 3rd September (and climb Winder), and terms starts officially on 4th September at 7 pm.

The Battlefields trip cancelled at the end of last term will take place instead on 9th to 12th September

There will be an Open Morning on 17th September for families with children thinking of joining the School in Year 12.

The First XV play Newport at 12 noon on 4th September at home, Whitgift on 11th September at 1 pm, and Ipswich on 1st October, also at 1 pm

The second Nick Duntall Golf Cup competition will take place on 2nd October.

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Revd Andy

On Friday 15 July the Revd Canon Robert Saner-Haigh was consecrated as Bishop of Penrith in York Minster, along with the Revd Canon Arun Arora as Bishop of Kirkstall. I attended the service along with many other clergy and lay ministers from our diocese, to offer our support and prayers for Bishop Rob. It was a joyful occasion, presided over by Archbishop Stephen Cottrell, and





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Bishops have a particular calling to
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Bishop Rob was presented with a
crozier (a shepherd's staff), with a
handle fashioned from the horn of a
Herdwick sheep. It is a symbol of the
bishop's role in leading the church,
caring for it, and setting an example
to be followed. As many of the
farmers and shepherds in this part of
the world know, pastoring is not easy
or straightforward. The shepherd's
staff is used as much to ward off
danger as to steer onto good and
fruitful paths.

In the church, we are called to
share with the Bishop in the pastoral
task. We take on the responsibility for
looking out for those around us in the
local area, and extending kindness to
friends and strangers alike.
Sometimes it's just a kind word or
gesture that is needed. At other times
more is demanded. But all of us have
someone that we can help and
encourage along the way.

We wish every blessing upon
Bishop Rob as he begins his new
role as Bishop of Penrith. And we
hope that he may be able to visit us
here in the Western Dales at some
point soon in the future!



NEWS FROM THE PEWS

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

Churchwardens are elected annually under the provisions of the Churchwardens Measure 2001 by the Annual Meeting of Parishioners, as the senior laypeople of the parish and congregation. Their term of office is one year, and they may serve for up to six consecutive terms of office, unless the Annual Meeting passes a resolution to set aside this rule. They are the Bishop's officers and are admitted to office each year by the Archdeacon, on behalf of the Bishop. Their first responsibility is to the Bishop, usually via the Archdeacon. They, with the parish priest, are generally responsible for the day-to-day functioning of the parish.

Churchwardens are vital to the health and wellbeing of our church communities. It is an important and, at times, a demanding role.

The churchwardens from our Benefice of the Western Dales and the Rainbow Parishes were sworn in at the beginning of July during a special service at St Mary's Church Kirkby Lonsdale. We were sworn in by Archdeacon Vernon Ross, assisted by Rural Dean, Rev Anne Pettifor. Our Vicar Andy Burgess and the Vicar of the Rainbow Parishes

Richard Snow were there to support everyone taking on the role for the next year.

Most of the Churchwardens in our local parishes have been in position for many years. John Beck dedicated 26 years to his position as Churchwarden of St Andrew's. His auctions and bric a brac fundraisers at the People's Hall were always great fun and an occasion not to be missed.

Looking after and maintaining a Grade 1 Listed Building is a daunting task at times; being conscious of the need to keep the building in the best possible repair ensuring it will be fit for purpose for generations to come. We are also very aware that our job is not just looking after a building but doing our best to support our congregation and our community to the best of our ability for the time we are in office.

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SEDBERGH PARISH COUNCIL

Janey Hassam

The Council held its monthly meeting at 7.30pm on Thursday 14th July 2022, in the Committee Room, The People's Hall, Sedbergh. The next scheduled meeting is on Thursday 11th August 2022, commencing at the earlier time of 7.00pm

Thanks were noted to Sedbergh School and Councillor Arnold for the recent successes of Sedbergh School Challenge week. Many Councillors had received feedback for the improvements/repairs implemented around the town, including (but not exhaustive) New Bridge picnic area, the shelter at the playing field, the playground - including reconditioning of the slide, the bus shelter at Station Road, benches around the town, Queen's Garden works and much more.

Parish Council Vacancy

Following the recent advertisements, Members are pleased to welcome Mr Ian Hutt to Sedbergh Parish Council.

Planned and future projects

The Parish Council continue to work on several projects, including the new path at the playing field, Howgill Lane/Havera, improved lighting for Parish Council owned street lights, Jubilee drinking fountain, the Bandstand proposal at Queen's Garden and improvements to Joss Lane car park, including reducing the current recycling and the desire for Electric Vehicle



charging at both car parks (if funding applications successful). In addition, Members are looking at potential ways to improve parking in the town, and looking at areas where there may be scope to incorporate extra parking. Members noted that the town needed a proactive approach to parking for the future (for residents and visitors) and that the current limitations could have an impact on future economic growth in the town.

Other matters

Members noted forthcoming improvement and resurfacing works on the Cautley Road, updates from Sedbergh Economic Partnership and the current condition of Sedbergh Cemetery. Various other matters, including the UK Shared Prosperity Fund (with an

expression of interest submitted for Joss Lane car parking enhancement/improvements), Finance, Amenities and Planning were discussed, along with Correspondence.

If you have any queries, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.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.org.uk

TIM'S COLUMN

Tim Farron MP

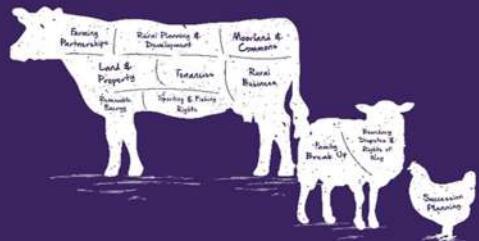
As I said in my Lookaround Column last month, the problems faced by the Government in terms of who is actually leading them are really creating issues. Ministers are simply not focused on their jobs and nothing much is happening at a time when, more than ever, we need to be confident that our Government is working hard to help us all through what is becoming an increasingly challenging time. You could see this the other day when I asked the Energy Minister to ensure that heating oil was included in the Government's plans to protect households from the rising cost of fuel this winter. Those of you living in

houses that can't connect to the gas supply will have seen your oil costs at least double over the past year. This is just under one in ten homes in Cumbria and, of course, a much higher proportion in the small villages in the Dales and the Lakes. Sadly the minister gave me no reassurance that he was going to do anything at all to protect you if you are in that situation.

Where ministers are actually focused on their jobs, it seems to me increasingly obvious they are focused on the wrong things. I learnt the other day, through a freedom of information request, that the then International Trade Secretary Liz Truss, was warned several times by her civil servants that the trade deals she was

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agreeing with Australia and New Zealand would put thousands of agricultural jobs at risk. However, despite all of this she ploughed on with them, determined to achieve a trade deal whatever the cost to our own farmers. To make things even worse we are not even going to be allowed to discuss the deals in parliament before they are formally signed.

Anyway, as you read this Parliament will have "risen" so I won't be making those depressing journeys down to London quite so often. In fact I can look forward to what I have said on many occasions is one of the best times of the year, my annual summer tour of the constituency. The 17th August is the date you need to put in your diaries if you want to come along for a chat. As regular readers of this column will know, I really don't mind what you want to chat about. Ideally, you will bring along the issues that you are worried about and want me to do something to sort out but it is not unknown for the conversations to wander onto the subject of football and even music. Nothing is off the table.

The show will park up outside the stores in Dent at 2.00pm on the 17th and then move onto the market in Sedbergh at 3.00pm. Please do pop along if you possibly can, the more people I get to meet the more interesting and useful it is for me.

If you can't get along on the 17th, or if you have something more urgent or confidential that you want me to help with then as ever just drop us an email at tim@timfarron.co.uk or give us a call on 01539 723 403.

Thanks so much for your support.

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SUMMER BREAK

Martin Dodds

As I am taking a break in July and August, some readers may be relieved to know there will be no contribution from me for August, other than this, and none at all in September. Thereafter it may depend on how constructively I have been able to use my 'holiday' for recharging my batteries and ideas!!

The idea of regular breaks from the routine of daily work is perhaps not new, but it was severely tested almost to extinction for working people during the early days of the industrial revolution, not to mention in the oppressive regimes of indentured labour and slavery upon which much of our national wealth was developed.

The annual 'wakes weeks' marked the beginnings of an understanding of the benefits, both in terms of productivity and morale, but also in sheer human decency, of the rights of all people to leisure time. Today we are realising that not only our physical, but also our emotional and mental health need recreational time away from work, whether that be the

factory, the office, the farm or the internet.

Unfortunately, this is still by no means universally accepted in all parts of the world.

The word 'holiday' is related to special religious festivals, literally 'Holy Day'. A day or days, set apart from the mundane [worldly] concerns of every day. It offers an opportunity for re-creation, for drawing breath and re-orienting our ideas, for perhaps making time to notice that there is potentially much more to life and work than making a living with our noses to some kind of grindstone, and for refreshing our minds and spirits so that we can return to routine in good fettle.

APPLICATIONS OPEN FOR NEW HOUSING ENERGY GRANT SCHEME

SLDC

South Lakeland residents can now apply for the Sustainable Warmth scheme for support installing energy efficiency measures and low carbon heating into their homes.

These improvements could make homes warmer and more comfortable whilst helping to lower energy bills and carbon emissions.

Properties with an Energy Performance Certificate (EPC) rating of E, F or G will be prioritised.

Eligible households must also have a combined household income of less than £30,000 a year or be in receipt of means-tested benefit.



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Eligible owner-occupied households can receive funding up to £10,000 to £25,000 depending on the property and heating type. Owner-occupiers do not need to contribute any money themselves. Landlords of privately rented homes may also be eligible for funding up to £5,000 subject to a contribution of a third of the cost of the measures.

Councillor Helen Chaffey, Portfolio Holder for Housing, said: "Raising the energy efficiency rating of low income and low Energy Performance Certificate rated households is a priority of South Lakeland District Council and developing housing sustainability will have many social, economic and environmental benefits, not least providing

additional support to households in fuel poverty."

Measures available through the scheme include solar PV panels, air source heat pumps, double glazing, energy efficient front doors, cavity wall insulation, external wall insulation or loft insulation.

SLDC is part of a consortium of district councils in the county, led by Carlisle City Council, which successfully bid for government funding for the scheme.

Councillor Dyan Jones, Portfolio Holder for Climate Action and Biodiversity, said: "This scheme will play a significant part in our response to the climate emergency and our work towards the target of being a carbon neutral district by 2037 and

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ensuring that existing homes are energy efficient is a large element of achieving that goal."

South Lakeland District Council will write to households who may be eligible for the scheme. If you receive a letter or are interested in learning more, please contact homelife@carlisle.gov.uk or complete the application form on the Carlisle City Council website at <https://www.carlisle.gov.uk/Residents/Housing-and-Homeless/Sustainable-Warmth-Cumbria-Grants>.

For more information, please contact the SLDC Communications Team on 01539 793300.

PHISHING SCAMS

Joseph Murray

NWN, MSA, Cumbria

Cumbria Police are urging the public to remain vigilant when it comes to suspicious messages. Text messages and emails impersonating well-known organisations remains a common tactic used by criminals.

As of 31st May 2022, the public has made over 12 million reports to the Suspicious Email Reporting Service (SERS), with the removal of over 83,000 scams and 153,000 malicious websites.

SERS was launched by the National Cyber Security Centre (NCSC) and the City of London Police in April 2020 to enable the public to forward suspicious emails to an automated system that scans them for malicious links.

The most impersonated organisations in phishing emails reported last year were the NHS, HMRC and gov.uk.

Detective Inspector Andy Myers, from Cumbria Police, said:

"There are simple steps that people can take to protect themselves from phishing.

"It's important to be vigilant if you receive a message, you weren't expecting and you think it might be a scam check with the company before responding.

"If you have family and friends that aren't tech savvy please make them aware of such scams so that they know how criminals work to trick individuals into giving their details.

"We'd encourage you to report these scams to Action Fraud so

forces can act to fight them and prosecute criminals."

Detective Chief Superintendent Oliver Shaw, from City of London Police, said:

"Phishing scams continue to pose a significant threat for both individuals and businesses. I would urge everyone to be vigilant of unexpected messages or calls that ask for your personal or financial information."

"If you receive a call or message that you think might be a scam, don't respond to it. Instead, contact the organisation directly using contact information from the company's official website, and not the links or numbers provided in the message itself."

"Remember, your bank, or any other official source, will never ask you to supply personal information via email or text message."

Mobile network providers also offer a service that allows customers to report suspicious text messages, by forwarding them to the number 7726.

The service is free of charge and enables providers to takedown malicious websites and block malicious texts from being sent across their network. As of 31st May 2022, 13,000 scams have been removed as a result of suspicious text messages reported using the 7726 service.

The new figures come as the National Fraud Intelligence Bureau's (NFIB) Cyber Protect team launches a national phishing awareness campaign on Monday 11th July 2022 to remind the public to think twice before handing over personal and financial information.

What is phishing?

'Phishing' or 'smishing' is when criminals use scam emails, text messages or phone calls to trick their victims. Whether it's an email asking you to "verify" your bank account details, or a text message claiming you've been in close contact with someone that's got COVID-19, the goal is usually the same - to trick you into revealing personal and financial information.

Protect yourself

Fake emails and texts can be difficult to spot as criminals are constantly getting better at creating genuine-looking messages .

Here's some practical advice you can follow when it comes to dealing with phishing scams:

1 - If you have any doubts about a message, contact the organisation directly.

Don't use the numbers or address in the message – use the details from their official website. Remember, your bank (or any other official source) will never ask you to supply personal information via email.

2 - If you think an email could be a scam, you can report it by forwarding the email to:

<mailto:report@phishing.gov.uk>. Send us emails that feel suspicious, even if you're not certain they're a scam - we can check.

3 - Most phone providers are part of a scheme that allows customers to report suspicious text messages for free by forwarding it to 7726. If you forward a text to 7726, your provider can investigate the origin of the text and arrange to block or ban the sender, if it's found to be malicious.

4 - If you've lost money or provided personal information as a result of a phishing scam, notify your bank immediately and report it to Action Fraud at www.actionfraud.police.uk or by calling 0300 123 2040. In Scotland, call Police Scotland on 101.

NFIBs Cyber Protect team also advises that the public follow the advice of the Take Five to Stop Fraud campaign to keep themselves safe from fraud.

- Stop: Taking a moment to stop and think before parting with your money or information could keep you safe.
- Challenge: Could it be fake? It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- Protect: If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at police.uk or by calling 0300 123 2040, or Police Scotland on 101.

Kelly Paterson, HMRC's Chief Information and Security Officer, said:

"Never let yourself be rushed. If someone contacts you saying they're HMRC, wanting you to urgently transfer money or give personal information, be on your guard.

"Tax scams come in many forms. Some threaten immediate arrest, others offer a rebate. To help us fight these crimes, please forward suspicious texts claiming to be from HMRC to 60599 and emails to <mailto:phishing@hmrc.gov.uk>. Report tax scam phone calls to us on GOV.UK."

PROBLEMS WITH AIRPORT DELAYS

Citizens Advice

We booked a holiday abroad some time ago, but after hearing about all the problems at airports, I'm really worried. What do we do if our flight is cancelled or delayed?

The Citizens Advice website has lots of information about what to do when your flight is delayed or cancelled.

If you're already at the airport when they announce the delay, the airline should give you food and drink, and access to phone calls and emails. You should also get accommodation if you're delayed overnight (including journeys to and from the airport).

Your airline might offer you vouchers to pay for these or advise you to keep receipts to claim back expenses later. They will only refund 'reasonable' expenses, not expensive meals or luxury hotels.

What counts as a long enough delay to get this help depends on how long your flight is. A short flight only needs to be delayed two hours, whereas a flight of more than 3,500km needs to be more than four hours.

Scrap Collected

Ring Kev

07812194311



It's worth knowing that if your flight is delayed for more than five hours, you don't have to take it. The airline legally has to give you a full refund for that flight (and any onward flights and return flights if you're part-way through a connecting journey). Talk to someone from the airline as soon as you decide you don't want to fly.

If your flight is cancelled altogether, you have a legal right to either a full refund or a replacement flight to get you to your destination. The refund includes any onward flights and money for a return flight if you're part-way through a connecting journey. Ask about this at the airport if you can.

Don't just rebook another flight yourself - check with the airline first because it's their responsibility to sort out your replacement. If you do have to rebook it yourself, keep any receipts and evidence of why the airline couldn't do this for you, for example screenshots of live chats. If the cancellation ends up delaying you getting to your holiday by two or more hours, you're entitled to help with costs.

Check if you're entitled to compensation for a delayed or

cancelled flight. Again, this will depend on how long the delay was, the distance, and whether it's the airline's fault. The Citizens Advice website has details on claiming compensation for delays or cancellations from the airline. You might also be able to claim from your travel insurance – check if your policy covers this.

If you have a problem with an airline and you're not sure what to do, call the Citizens Advice consumer helpline 0808 223 1133 or talk to an adviser online through the Citizens Advice website.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access:

- Call 015394 46464 - this is being staffed from 9:30 – 2pm
- AdviceLine: 0808 2787 984
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- Help to Claim (Universal Support): 0800 144 8 444

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OLIVIA TRENT
The Price of Fame
Sandra Gold-Wood

Olivia Trent sat alone outside the coffee shop nursing her latte and wondering just what she was going to do? How come things had turned out this way? Was it only a month ago that her life had been set and her future rosy? What now? she sighed. All around her life was going on. People walking along purposefully, engaging with one another, hurrying on their way going to appointments and meeting loved ones. They passed her by without knowing that she had been jilted. True, she had not been left at the alter but calling off a wedding a week before was humiliating enough. The thought

brought a tear and she brushed it away angrily. How could he have done this? Why? Olivia knew it was useless to keep going over everything but what could she do, the whole miserable business was continuously on her mind.

Saturday June 18 was going to be her wedding day. The joy at Richard's unexpected proposal had filled her with happiness and they had spent almost a year planning their big day. Richard had discovered a delightful Old Country House for the ceremony and reception and had appeared as excited as she was so what went wrong? In her mind she pictured him standing in front of her, his eyes on the floor as he admitted that he was not going to go through with things.

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t. 01833 600 160
DL12 8EQ

t. 01969 666 290
DL8 3QS

t. 01969 621 230
DL8 5EH

'Things' she spoke the word out loud and a passer-by said, 'Sorry Miss can I help you?' Olivia did her best to smile as she quickly explained she had been thinking out loud. How she wished she could stop thinking but the image of Richard was there again trying to explain why he did not want to be married. Why? was all she could say, while he just stood there with a pleading expression on his face, arms spread wide and palms upward.

There was something he wasn't telling her she was sure of that. Naturally he had denied it, blustering that he wasn't the marrying kind, his face reddening. At this she'd almost laughed as it was his idea not hers. Now, of course she knew what he had been hiding. No, it wasn't that he had fallen in love with someone else; no it was worse, it was money and fame.

'Are you alright Miss, more coffee perhaps?' asked the smiling waitress.

Olivia absentmindedly agreed and returned to her thoughts. While she waited she distracted herself by checking her phone. That's when she noticed the date and realised that in two days' time they should have been

leaving for their carefully planned, by Richard, Honeymoon. Once again Olivia asked herself why she had not taken notice of the changes in Richard. The nature of change is a gradual thing so it had crept up on her. It was easy to see it now with the useless wisdom of hindsight. All those sudden trips to the States, the new expensive suits, the expert grooming and of course the constant criticism of her. What had happened to her Richard? When they'd met he had epitomised the rugged outdoor type who hated to wear a suit or bother much about his appearance. True he was ambitious and he would chase every audition he thought he had even a remote chance of landing. A tear escaped followed by a rush of anger.

Olivia began to tap her foot as she remembered Richard telling her quite succinctly what time she could get in the flat; adding that he thought it best if they didn't meet. Yes, I bet he doesn't want to see me thought Olivia.

The waitress brought her a fresh coffee and Olivia thanked her. Why would she want to see him? In fact, she was fearful that if she did set eyes on him she might have been tempted to carry out a serious assault and he just wasn't worth it. Especially after he'd told her she had two weeks to clear her stuff from the flat as he was keen to sell. How kind, after almost two years together he gives me a couple of weeks to sort my life out. Olivia felt inclined to pop round and slash his tyres. The thoughts she had been fighting with ever since that fateful evening would probably see

joules

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her in jail for life if she carried any of them out.

For a moment she watched people passing and guessed that they all had back stories reminding herself that no one had a straight forward life, did they? When her phone pinged it surprised her. It was Richard letting her know she could go to the flat.

Olivia paid the bill and gave the girl a good tip. The walk to the flat lead her past familiar houses adding to her sad feelings and the words Richard had spoken repeating in her head.

'A couple of weeks Olivia, that's all I can give you, I'm going to be living in the States and I want the flat sold, I'm planning to buy in America, my career is there and I'm keen to cut all ties.'

Yes, thought Olivia and I guess I am one of those ties. The knife inside her turned in tune with the key that opened the door of the flat. Standing in the doorway Olivia rifled in her bag for a tissue as the tears flowed. After a while she blew her nose, dried her eyes and looked around her. Images of the fun times that she, Richard and their friends had enjoyed in these rooms came unbidden to mind and she struggled to fight back a fresh wave of tears. Photos of those friendly events had now been stripped from the walls leaving only lonely discoloured patches. The empty desolation of the bare rooms shocked her more than she had expected. Nothing much was left except the bed, the settee and a pile of clothes and a few boxes with items that belonged to her. Olivia wanted to scream her head off but the thought

of people in the flat below stopped her. Carefully, she picked up her clothes and placed them on the settee. All the time anger boiled inside; he had just thrown them there. 'How could you' she spat at the room.' On the floor she spotted a photo of Richard. Olivia grabbed it and tore it into little pieces scattering them across the floor vowed that she would waste no more tears on this vain man. Still, she found it hard to control the bad thoughts that were coming to her again. The ones that had prison sentences attached to them. Sighing audibly, she went to see what was left in the kitchen. It had been stripped of almost everything, not even a kettle or cup remained. On the kitchen table was her laptop along with the usual paper detritus of life. Crossly Olivia shoved the papers across the table uncovering her passport. Seizing it with relief it led her to think about the honeymoon.

'The tickets, where are the tickets?' Olivia searched around, she found nothing.

The travel agent explained that the travel arrangements had been cancelled and the money refunded.

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As politely as she could she thanked the man and ended the call. At that moment she was angrier than a dozen scolded cats. That's when she remembered their joint savings account. They had pooled their savings when Richard proposed, thinking they would buy a house together. They each had a book and for safety she had hidden hers inside a cushion.

It was still there.

Olivia set off down the High Street at a fast walk the savings book in her hand. Breathless and excited she stood in the queue until it was her turn. The staff couldn't have been more helpful and she thanked them profusely as they helped her to complete the transfer. Oh yes, she had lied about why she wanted the money moved, but it being a joint account she or Richard could withdraw or move the money and so it had proved quite simple.

Out in the street again she felt her steps were lighter. 'What?' she asked herself was she going to do with £45,000 pounds. Anything she liked came back the answer and she burst out laughing causing a few people to do the same as she smiled wholeheartedly at them.

The End.

PERSONAL MESSAGES

WANTED

Small plot of land, woodland or rough ground wanted for livestock. Preferably as close to Sedbergh as possible. Willing to buy or rent. Please call 07989 564837 if you have anything available.

EDITORIAL

Just prior to compiling this edition (and just after recovering from my first bout of Covid) I spent a week at Settlebeck working with Jonny, one of the students there, showing him how we put Lookaround together. This is the second year I've done the same, and both times I have found it a very positive experience. Both Jonny, and Eileen last year, were very enthusiastic and self motivated.

I had a few misgivings about doing this as 'Work Experience', after all Lookaround is not a professionally produced magazine, and being in school was not the same as a working environment.

However, unlike working on a more professional journal, I could take them both through everything we do. And we have the same issues as everybody else, the need to make enough money to cover our costs, the requirement to ensure that we are not printing unintelligible rubbish, or at the other end of the scale needing to find and correct 'typos'. Which is pretty much impossible if its just you looking.

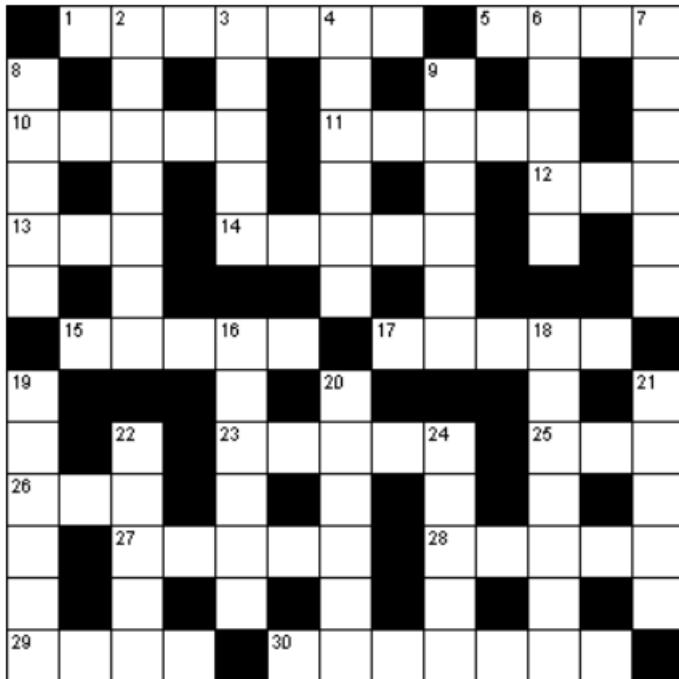
And how to fit it all together? The adverts and text are like a giant jigsaw puzzle. Jonny did a full issue and I compared it to the first issue I did and it was just as good. Well done to him.

Ultimately, although some of the techniques and software we use may be a bit archaic we are trying to resolve the same problems as the Economist or the Times.

If I'm asked I'll do it again next year.

Ed.

PUZZLE 1 (SOLUTION ON PAGE 91)



Across

1. Keeping money in urban kingdom (7)
5. Assist in making a wager, perhaps (4)
10. Impressive display, sounds like a beam (5)
11. Something hard under foot? (5)
12. Feeling revealed something fishy (3)
13. Young animal sounds good for a laugh (3)
14. Retains main castle towers (5)
15. Some whiskers can be arduous (5)
17. Conceals eighth letter, dangerous time for Julius (5)
23. Apt time of year for a procession (5)
25. Place to sleep in superb Edinburgh (3)
26. Encountered some geometry (3)
27. Prone to prevarication? (5)
28. Some guru rallied for countryside (5)
29. Area still reveals direction (4)
30. Discover band soon, etcetera (3,2,2)

Down

2. Shorten, sounds like a crossing (7)
3. Okay a kind of canoe, essentially (5)
4. Erratic earner got closer (6)
6. Carbon estimate revealed skeleton (5)
7. Converted stable into items of furniture (6)
8. Sells predatory birds door to door (5)
9. Good in France uttered tailless lifeform (6)
16. Re-order marine to stay behind (6)
18. Irrational mob rage creates trade barrier (7)
19. Unstable meteor becomes distant (6)
20. Mythical creature can be unnecessarily long (6)
21. Discovered grownup in Trinidad ultimately (5)
22. Finally, without end product, a reference book (5)
24. Repeatedly goes on about stringed instruments (5)

PUZZLE 2 (SOLUTION ON PAGE 91)

21	15	18	22		10	25	4	10	10	1		4 T
24		6		5		21		26		6		10
25	22	17	21	19	26	10		3	10	26	19	1
25		2		18		3		6		10		2
6	8	15	21	10		20	24	23	22	17		10
	10			2		10				10		25
10	11	2	6	25	10		5 B	24	26	3	19	4
4		19			24			5			6	
9		16	15	24	14	14		13	24	15	26	4
19		15		5		21		10		26		24
18 C	12	24	7	10		24	21	18	24	7	24	12
24		26		24		1		4		19		3
21		4	10	1	2	10	12		25	2	24	17

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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 24/06/2023
 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.

AUGUST 2022

02	Cricket Lanc v Essex	SS
03	1030 Dementia coffee morning	Baytree, H
04	1930 Howgill & Firbank WI Crafts	FCH
05	DDCF Festival at Rhumes (Jun)	Rhumes
06	Football Club Event	WHC
06	1000 Sedbergh Eco Market (6)	STAS
08	DDCF Festival at Rhumes (Jun)	Rhumes
09	1400 Killington W.I. Meeting	PH
09	1930 DominionDrive	FCH
10	1915 Dent WI First Responders	DMH
10	1930 Sedbergh WI Musical Memories (35,10) PH	
11	1900 Sedbergh Parish Council Meeting	PH
12	Hells Fells	Birks
13	Hells Fells	Birks
14	Hells Fells	Birks
16	1430 Land Auction Castlehaw Farm (29)	PH
17	1400 Tim Farron in Dent	Dent Store
17	1500 Tim Farron in Sedbergh	JLCP
20	800 Barbon Sheep Show (20)	barbon man
20	1000 Dentdale methodist coffee morning	DMC
21	1430 Songs of Praise	Hawes Junc
25	Art Soc exhibition (25)	SS
26	Mikey T	WHC
27	"King of Britain" Niall Southall	WHC
27	Elvis!	WHC
27	930 Artisan Market	Main St
29	Twin Town Book Group	Zoom
29	Art Soc exhibition (25)	SS
29	1000 Dent Gala (1)	Millbeck Fm
31	Dent education grants closing date (11)	

SEPTEMBER 2022

01	1930 Howgill & Firbank Nepal & Tibet	HVH
03	1000 British Legion Open Day	WHC
03	1930 Harvest Fest Concert	Hawes Junc
04	Moorcock Show	Thwaite Br
04	Sedbergh School Term Starts (Jul)	SS
04	1800 Folk Band concert	Moorcock
08	DHTF - Alison O'Neil (May)	DMH
08	DHTF - Alison O'Neil (Jul)	DMH
08	Westmorland County Show	TBA
09	1000 Heritage Open Days - Farfield Mill	FM
10	900 Barbon Antiques Fair	Barbon
11	Heritage Open Days - Farfield Mill	FM
13	1930 Domino Drive	FCH
14	1000 Heritage Open Days - Farfield Mill	TBA
14	1915 Dent WI Open Meeting	DMH
14	1930 Sedbergh WI Rag Rugging demo	PH
17	930 Artisan Market	Main St
17	1000 Dentdale methodist coffee morning	DMC
18	Heritage Open Days - Farfield Mill	TBA
20	1400 Sight Advice	PH

20	1930 Penningtons Talk - Ladies NFU (Jul)	PH
30	Colette	WHC

OCTOBER 2022

06	1930 Howgill & Firbank WI AGM	FCH
08	900 Barbon Antiques Fair	Barbon VH
11	1930 Domino Drive	FCH
12	1915 Dent WI 25 yrs in Prison	DMH
12	1930 Sedbergh WI Kendal MRT	PH
14	1930 Italian Evening, Bingo	FCH
18	1400 Sight Advice	PH
22	Apple Day	PH
22	1000 Dentdale Methodist coffee morning	DMC
28	1930 Meetwood Flac	PH

NOVEMBER 2022

03	1930 Howgill & Firbank WI Xmas Wreath	HVH
08	1930 Domino Drive	FCH
09	1915 Dent WI AGM	DMH
09	1930 Sedbergh WI Cancer signs	PH
12	900 Barbon Antiques Fair	Barbon
15	1400 Sight Advice	PH
19	1000 Dentdale Methodist coffee morning	DMC
26	1030 Festive Farfield	FM
27	Festive Farfield	FM

DECEMBER 2022

01	1900 Howgill & Firbank WI Xmas Party	TBA
02	DHTF - Xmas Jacob's Join (May)	DMH
02	1930 Christmas Celebration	FCH
10	DHTF Over 60's Xmas Lunch (May)	DMH
10	900 Barbon Antiques Fair	Barbon VH
10	1000 Dentdale methodist coffee morning	DMC
13	1930 Domino drive and mince pies	FCH
14	Dent WI Christmas meal	TBA
14	1930 Sedbergh WI Christmas Dinner	PH

JANUARY 2023

10	1930 Domino Drive	FCH
17	1400 Sight Advice	PH

FEBRUARY 2023

14	1930 Domino Drive	FCH
21	1400 Sight Advice	PH

MARCH 2023

14	1930 Domino Drive	FCH
21	1400 Sight Advice	PH
25	1300 Sedbergh Spring Show	PH

APRIL 2023

18	1400 Sight Advice	PH
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MAY 2023

16	1400 Sight Advice	PH
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All entries in the Diary are free and helps other organisations to make their own plans for events. If you have it in your Diary, please put it in ours.

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

EAT AND DRINK IN SEDBERGH

AL FORNO ITALIAN KITCHEN

MAIN STREET- 015396 34040

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

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

ON A ROLL

MAIN STREET - 07775 893354

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

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SMATTS DUO

MAIN STREET - 015396 20552

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

THREE HARES DELI

MAIN STREET - 014396 21058

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

WAFFLE CONE

MAIN STREET

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

WEAVERS CAFÉ

FARFIELD MILL, HAWES RD - 015396 21958

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

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 Calderas 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 Frostrow, 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 Craggstones 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 a small donation to cover printing costs.

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday

1400 - 1600

01539 795000 or 0845 6060265

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

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.



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 21529 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) 20360 <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: Daleslea@outlook.com	21789
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 34032 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	
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT 20770 <i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i> e-mail: ed_welti@btinternet.com	
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) 20360 <i>Self-Catering Sleeps 6</i> e-mail: ali@interact.co.uk	
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	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) 45845 <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

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Phil Johns	07807 909860	
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	04/22	Kris Baldock	07730659413	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	06/22	Bel Charlesworth	07775920079	
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dignity in Dementia *	02/21	Diane Smillie	07771 682378	
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	04/22	reception@farfieldmill.org / 015396		
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Friends of Farfield Mill	04/22	Anne Mackinnon	friends@farfieldmill.org	
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stanton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566	
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	04/22	TBA			
Lunch Club	03/18	Mrs I'Anson	Sed:	21757	
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com			
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Miss Hassam	07966	134554	
People's Gym	12/19	membership@sedberghgym.club			
People's Hall	07/22	Dr Gina Barney	Sed:	20790	
Pepperpot Club - Sedbergh	04/22	Nicola Cann—drnicolacann@outlook.com			
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Red Squirrel Group - Sedbergh	09/19	Mr Hopps	sedberghredsquirrels100@gmail.com		
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	10/20	Mrs Gold-Wood	Sed:	20147	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sedbergh United Charities	09/19	Mr Sykes	07786	384917	
Senior Golfers	01/20	Mr Braddon	0330	1138850	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Micklithwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/22	Sedberghswimmingclub@gmail.com			
Swimming Group for Over 50's	12/21	Linda Greensmith	07919	152526	
Tennis Club	04/19	Mr Lewes	Sed:	20052	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	04/22	Garth Steadman	07796164066		
Voluntary Car Scheme	06/22	Laura	07779 415644		
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/19	Mrs Morrison	07702 919745		
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

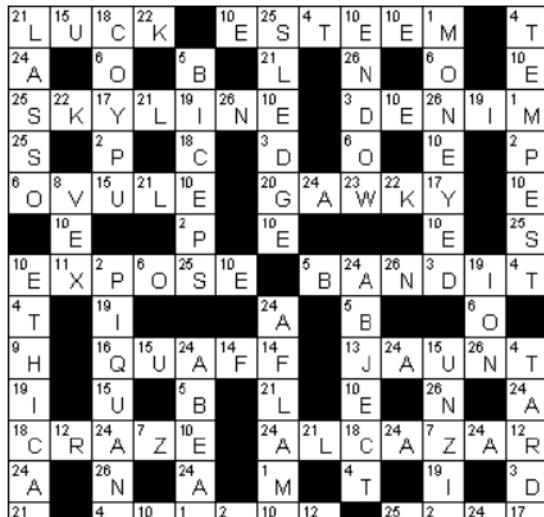
* = Latest Amendments

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

PUZZLE 1 SOLUTION



PUZZLE 2 SOLUTION



1	M	2	P	3	D	4	T	5	B	6	O	7	Z	8	H	9	E	10	X	11	R	12	J
14	F	15	U	16	Q	17	Y	18	C	19	I	20	G	21	K	22	W	23	A	24	S	25	N

BUS SERVICES

Woofs

From November 2021

Sedbergh Library to Blackhall Rd, Kendal via Oxenholme				Blackhall Rd, Kendal to Sedbergh Library via Oxenholme			
Depart	Arrive	Day	Service	Depart	Arrive	Day	Service
0940	1010	M - F	W1	1030	1056	M - F	W1
1240	1310	M - F	W1	1330	1356	M - F	W1
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>							
For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)							

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

From 28th March 2022

S - Services run during Summer Time Only

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

BUS SERVICES

Western Dales Bus

**S3 Wednesdays - Hawes Hopper
Dent - Sedbergh - Garsdale - Hawes**

From 28th March 2022—during British Summer Time only

Dent Village	..	0942	1146	1425
Sedbergh Spar	..	0958	1202	1441
Sedbergh Post Office	..	0959	1203	1442
Sedbergh Maryfell	..	1001	1205	1444
Farfield Mill entrance	..	1003	1207	1446
Garsdale Street	..	1013	1217	1456
Coal Road (Garsdale Station turning)	..	1019	1223	1502
Trains to Carlisle	..	1054	1222	1448
Trains to Leeds	1208	..
Moorcock Inn	..	1020	1224	1503
Hawes Creamery	..	1030	1234	1513
Hawes Market Place	..	1032	1236	1515
Hawes Dales Countryside Museum	..	1034	1238	1517
Hawes Dales Countryside Museum	..	1044	1323	1527
Hawes Market Place	..	1046	1325	1529
Hawes Creamery	..	1048	1327	1531
Moorcock Inn	..	1058	1337	1541
Coal Road (Garsdale Station turning)	..	1059	1338	1542
Trains to Carlisle	..	1054
Trains to Leeds	1559
Garsdale Street	..	1105	1344	1548
Farfield Mill entrance	..	1115	1354	1558
Sedbergh Maryfell	..	1117	1356	1600
Sedbergh Library	0915	1119	1358	1602
Sedbergh opp. Morphets	0916	1120	1359	..
Dent Village	0932	1136	1415	..

JOSS LANE & LOFTUS HILL CAR PARKING CHARGES

30 minutes = £0.50	3 hours = £3.20
1 hour = £1.20	5 hours = £5.00
2 hours = £2.20	All day (9 hours) = £6.00
Maximum stay = 24 hours	Annual Resident Permit = £60

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

BUS SERVICES

Western Dales Bus

**S4 Tuesday, Thursday, Friday - Kirkby Stephen Connect
Dent - Sedbergh - Cautley - Kirkby Stephen Station
Kirkby Stephen Co-op - Brough**

	Tu	Th	Fri	Fri	Fri	Fri
Dent Village	1017	..	1450
Sedbergh Spar	1033	1258	1506
Sedbergh Post Office	0914	0900	..	1034	1259	1507
Sedbergh Maryfell	0916	0902	..	1036	1301	1509
Cautley, Cross Keys	0924	0910	..	1043	1308	1516
Fat Lamb	0932	0918	..	1050	1315	1523
Kirkby Stephen Station arr	0938	0924	..	1057	1322	1530
Trains to Carlisle	0934	0934		1106		1501
Trains to Leeds	0920	0920		1146		1546
Kirkby Stephen Station dep	0938	0924	..	1106	1322	1530
Kirkby Stephen Pennine Hotel	0945	0929	..	1111	1327	1535
Kirkby Stephen Co-op	0946	0935	..	1112	1328	1536
Brough Clock	0954	1120	1336	1544
Brough Clock	1607	1130	1346	1554
Kirkby Stephen Co-op	1615	1623	..	1138	1354	1402
Kirkby Stephen Social Club	1616	1624	..	1139	1355	1603
Kirkby Stephen Station arr	1621	1629	..	1144	1400	1608
Trains to Carlisle	..	1704		1106		1501
Trains to Leeds	..	1714		1146		1546
Kirkby Stephen Station dep	1621	1634	..	1149	1400	1608
Fat Lamb	1627	1641	..	1156	1407	1615
Cautley, Cross Keys	1635	1642	..	1203	1414	1622
Sedbergh Maryfell	1643	1650	..	1210	1421	1629
Sedbergh Library	1645	1652	0950	1212	1423	1631
Sedbergh opp. Morphets	0951	1213	1424	..
Dent Village	1007	..	1440	..

BUS SERVICES

Western Dales Bus

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

Sedbergh Post Office (as S4)	0900
Cautley Cross Keys (as S4)	0909
Kirkby Stephen Station entrance (as S4)	0923
Kirkby Stephen, Pennine Hotel (as S4)	0928
Kirkby Stephen Co-op	0935	1139	1428
Kirkby Stephen Social Club	0936	1140	1429
Kirkby Stephen Station entrance	0941	1145	1434
Trains to Carlisle	0934	1106	1501
Trains to Leeds	0920	1146	1455
Ravenstonedale Kings Head	0947	1151	1440
Newbiggin on Lune	0950	1254	1443
Tebay Roundabout	0958	1202	1451
Killington M6 bridge	1008	1212	1501
Kendal Castle Green	1017	1221	1510
Kendal Bus Station	1022	1226	1515
Kendal Morrisons	1027	1231	1520
Kendal Morrisons	1037	1326	1530
Kendal Blackhall Road	1042	1331	1535
Kendal Castle Green	1047	1336	1540
Killington M6 Bridge	1056	1345	1549
Tebay Roundabout	1106	1355	1659
Newbiggin on Lune	1114	1403	1607
Ravenstonedale Kings Head	1117	1406	1610
Kirkby Stephen Station entrance	1123	1412	1616
Trains to Carlisle	1106	1501	1703
Trains to Leeds	1146	1455	1717
Kirkby Stephen Pennine Hotel	1128	1417	1621
Kirkby Stephen Co-op	1129	1418	1623
Kirkby Stephen Social Club (as S4)	1624
Kirkby Stephen Station entrance(as S4)	1629
Cautley Cross Keys (as S4)	1643
Sedbergh, Library (as S4)	1652

BUS SERVICES

Western Dales Bus

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

Sedbergh Post Office (see S4 timetable))	0914
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfell (pick up only)	1055	1333	1536
A66 Bridge End Inn(pick up only)	1100	1338	1541
Appleby, The Sands (pick up only)	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Town	1138	1416	1616
Sedbergh Town (as S4—see separate timetable)	1645

DENT RAILWAY STATION TIMETABLE

Valid from January 2022

**(N) Through train to Leeds, Sheffield and Nottingham
(B) To Blackpool**

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

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.50	07.54	10.34	07.03	09.08	10.40
09.16	09.16	11.04	09.38	10.41	13.38
10.48	10.48	14.01	12.13	12.13	16.33 (N)
12.17	12.17	15.53	16.04	16.04	18.03 (B)
14.43	14.43	17.48	17.32	17.32	18.41
16.46	16.46	20.20	19.38	19.38	20.26
18.15	18.15
19.44	19.44

PEOPLES' HALL HIRE RATES									
From 1 st July 2022	Main Hall Fees					Committee Room Fees			
Time From	07:00	09:00	13:00	17:00	19:00	09:00	13:00	17:00	19:00
Time To	09:00	13:00	17:00	19:00	01:00 (Sun 23:45)	13:00	17:00	19:00	01:00 (Sun 23:45)
Rate 1	£12.00	£22.50	£22.50	£17.50	£42.50	£17.50	£17.50	£12.00	£17.50
Rate 2	£18.00	£33.75	£33.75	£26.25	£63.75	£26.25	£26.25	£18.00	£26.25
Rate 3	£24.00	£45.00	£45.00	£35.00	£85.00	£35.00	£35.00	£24.00	£35.00
Changing Room A Fees						Changing Room B Fees			
Rate 1	£9.00	£17.50	£17.50	£12.50	£17.50	£12.50	£12.50	£10.50	£12.50
Rate 2	£13.50	£26.50	£26.50	£19.50	£26.50	£19.50	£19.50	£16.00	£19.50
Rate 3	£18.00	£35.00	£35.00	£25.00	£35.00	£25.00	£25.00	£21.00	£25.00
Alcohol Licence: £30.00 + £100 damage deposit									
Rate 1	Private individuals, community groups, clubs etc based in: LA10, Firbank, Howgill or Killington								
Rate 2	Businesses based in LA10, Firbank, Howgill or Killington OR Private individuals, community groups, clubs etc not in Rate 1								
Rate 3	Businesses outside local area OR Statutory organisations								

LOOKAROUND EDITORIAL TEAM			
Myles Ripley (T)	Team Leader and Chairman	Jane Fisher (T)	Proofreading
Susa Ellis (T)	Treasurer	Katie Wood	Proofreading
Philip Johns (T)	Secretary	Ed Welti (T)	Compilation and Vice Chairman
Elspeth Griffiths	Proofreading	Valerie Welti (T)	Advertising Administration
Karen Bruce Lockhart	Proofreading	Eileen Bartlett	Advert Design and Compilation
Editorial Team members annotated with (T) are also Trustees. Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation			

Religious Services in Sedbergh

CHURCH OF ENGLAND

Sedbergh and Dent

St. Andrew's Parish Church

Sunday 10.30

Wednesday 12.00

Vicar of Sedbergh and Dent

Rev. Andy Burgess Tel: 20018

andy.burgess@westerndales.org.uk

Church Wardens:

Sedbergh: Tony Reed Screen 21081

& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Inquiries -Tony Reed Screen
21081

Dent & Cowgill

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

Church Wardens:

Dent: Janet Skublits 25296

Cowgill: Janice Moorby 07815438662

and Heather Fraser 25727

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

Every 4th Sunday 1900

Sarah Woof Tel: 25212

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

Rev. David Crouchley Tel: 20329

PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

Becca Gilbert

Email: becgilb@gmail.com

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

CORNERSTONE COMMUNITY CHURCH

New Street

Sunday 10.30

Rev. David Crouchley Tel: 20329

Combined plans for Western Dales Mission Community - August 2022

	Time	7 th	14 th	14 th	21 st	28 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP			HC-BCP	
	10.30am	HC	HC	HC	HC	HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Contemporary Worship	Service	Service	Service	HC
St. Mark's, Cautley LA10 5LZ		2.30pm HC			9.30am MP	
St. John's, Garsdale LA10	10am	HC			MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service	Service		Service
All Saints, Killington LA6 2HA	2pm					
Holy Trinity Howgill LA10 5JD	10.30am		Morning Prayer	Morning Prayer		
St. John's Firbank LA10 5EF	2pm					
St. Andrew's, Dent LA10 5QL	10.30am	Special United Service	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC			EP	
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	Service	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. For zoom please contact correspondenc e clerk below.				
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Wednesday	3 rd	10 th	10 th	17 th	24 th /31 st
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19:30	Zoom – contact correspondenc e clerk below.				
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer MP-NC- Morning Prayer Northern Community			BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word			
Contacts- Brigflatts Meeting House please contact correspondence clerk 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063						

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am

**(Face to face appointments – please phone on
the day to book an appointment)**
Telephone Triage – 10.30am – 12pm
(please phone or book online)

Late Morning Appointments 10.30am – 12pm &
Afternoon appointments 2.30pm-6pm
(please phone or book online)

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

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

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

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

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

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

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

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

July 2022