

Sedbergh & District **LOOKAROUND**

November 2020

Issue 393

Donation £1

Christmas is coming! If you're sending a parcel overseas see the last posting dates on page 12 - and the Penny Black advert below. And also, of course, you'll need an Oven Ready Turkey (page 18 for details). And to visit Rycrofts Christmas Shop.

Also, look up our other new advertisers, Faye Waters Book Keeping, Eva's Organics and Jeanettes Sewing. And many thanks to those who've renewed.

We're very grateful for all your support.
Ed.



Penny Black

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new lines as well
as old favourites
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Black

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ranges
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Boxes of
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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 12 Noon**

**CANCELLED UNTIL FURTHER NOTICE
BUT IT WILL BE BACK!**

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



Advertising in Lookaround

For advertisers key points to note are as follows :-

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

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number, your name or reference.

This account is valid from January 2019. No other account details are valid for current payments.

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

Advertising Rates

| | |
|--------------------------|---------|
| Single Column 2.56" x 1" | = £7.50 |
| Single Column 2.56" x 2" | =£10.00 |
| Single Column 2.56" x 3" | =£12.50 |
| Single Column 2.56" x 4" | =£15.00 |
| Double Column 5.2" x 2" | =£15.00 |
| Double Column 5.2" x 3" | =£20.00 |
| Double Column 5.2" x 4" | =£25.00 |
| B & B and Camp-sites | = £2.00 |
| Personal & Small Ads | = £1.00 |

ZERO WASTE SEDBERGH

Suzie Pye

I am very pleased to be able to tell you that Sedbergh Food Club will be launching on Thursday 5th November! You may recall that we trialled 10 spaces to see how it might work, and we are now in a position to "go large", so we are asking people to sign up to receive a weekly food tray. So what is it and how does it work?

FareShare are a national organisation which receives food waste from supermarkets and diverts it away

from landfill and allocates it to community groups instead.

Sedbergh Food Club has joined Fareshare and will be receiving a number of trays each week for Food Club members. There are already lots of people in Sedbergh who have signed up which is great, but at the time of writing there are still spaces left for anyone who still wishes to join. The cost per person is a £6 annual membership fee, then £3 per week. We are making the membership fee voluntary, as we do not wish that to

stop anyone from joining. The food itself is of good quality and will be a mix of larder cupboard items such as tinned goods and pasta, with some fresh fruit and veg, and a small quantity of refrigerated goods. A small amount of items may be short dated, but most will be just as you would find in a supermarket. There is usually enough food to fill a bag for life. Food trays will be collected every Thursday

afternoon from Cornerstone Community Church on New Street.

We would also like to add to our list of

willing volunteers. The more people we have helping, the more we can spread the workload. Job roles vary from packing food trays ready for people to collect, to driving the van to Preston and back.

So if you would like to register to become a Food Club member, or if you would like to add your name to the volunteer list, please do get in touch.

suziepye@gmail.com
07833534710



FareShare
fighting hunger,
tackling food waste

November Birthdays

**Eli Scarr is 9
on the 10th November.**

Have A Great Birthday Eli!

ROYAL BRITISH LEGION President's Report - 2020 AGM

David Parrat

After the excitement of the commemoration of the hundredth anniversary of the end of the Great War 2019 was bound to be a bit of an anti-climax but the Committee was looking forward to commemorating the seventy-fifth anniversary of VE day this year. Plans were well in hand to make this a memorable event which would be enjoyed by young and old throughout the Town when Lockdown arrived. In the event the original plans were abandoned while we waited to find out what, if anything, could be done to celebrate the occasion. Guidance was hard to come by and only very cautious events were advised. In the event

Brian Capstick provided a focus for self-distanced street parties which were still possible to hold within the Lockdown guidelines.

A team of judges toured the parties and Castle Garth won the trophy for the best street. The occasion was a great success, the weather was kind and the day served to remind all those taking part of the tremendous community spirit in Sedbergh.

Looking back to the 2019 Poppy Appeal we were delighted to once again break the £10,000 barrier when the collection raised £10,250. This is a tremendous sum for a small community and I am most grateful to all of those who gave their help to this cause.

The Branch has continued to liaise with the Rawthey Project, and assist

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www.farfieldmill.org 015396 21958

veterans who are in need. Since Lockdown this has not been easy as many of the Legion's case workers have been furloughed. There has been no personal contact which has made liaison difficult and much effort has been spent in arranging assistance which in the past would have been easily achieved by a case worker.

Last year I reported that the Branch would be getting a new standard and that the old standard would be laid up in St Andrew's. We have the new standard, but we still await lifting of the current Covid 19 restrictions to arrange a suitable service to dedicate it before it can come into official use.

The Branch strength is 125 of which 55 are pupils at Sedbergh School. A continuing effort to recruit new members is needed, both from the branch and the Committee.

On a personal note I am glad to report that Jane Collison has now moved back to Sedbergh but disappointed to inform you that Keith Wood and Sandra Gold-Wood have stood down from the Committee. I would like to take this opportunity to thank them for their support as Committee members and most recently as standard bearer and escort.

In conclusion it has not been an easy year for the Branch but I am pleased to report that despite Lockdown and the ensuing restrictions the Branch has continued to support those in need.

This year's Poppy collection and Remembrance will be a further challenge up to which I am sure the Branch will rise.

BRIAN CAPSTICK

Sedbergh Lookaround

We were delighted to hear that Brian Capstick has received the Lord Lieutenant's Award for his service to the community and especially for his work on the Rawthey Project. For those who are not aware the Rawthey Project is a programme which seeks to rehabilitate service veterans, many of whom are suffering from Post Traumatic Stress Disorder.

Brian works tirelessly to help these unfortunate souls find their way back into society spending an inordinate amount of time identifying their needs and then finding solutions. He is a human dynamo as evinced by his continued efforts to bring Hells Fells and the D Day celebrations to fruition. Many congratulations and we wish you every success in the future.

REMEMBRANCE SUNDAY, 8TH NOVEMBER 2020

David Parratt

Following on from the article in the October Lookaround, it is still intended to hold a limited outdoor service at the town war memorial in St Andrew's churchyard starting at 1055, with a two minute silence at 1100, followed by the laying of wreaths. A few members of the Town Band will be present to provide appropriate music, including 'The Last Post' and 'Reveille'. The event will take place entirely on the South Lawn within the vicinity of the war memorial and there will be no need for road closures. There will no parade or march past.

It is regretted that there can be no large public gatherings at this event,

ACUPUNCTURE

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June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh

Tel: 015396 20972

due to Covid19 restrictions, and the Police will be in attendance to ensure that this is monitored and controlled, if necessary. A risk assessment will be carried out and copies given to all participants.

Much will still depend on the situation with the virus, as to the final outcome for this event and the rate of infection in our area at the time. Any changes will be made known on Facebook, the Sedbergh Community Forum and posters around the town.

POPPIY APPEAL.

Nick Cross

If anyone has any fears about not being able to buy a Poppy this year, rest assured that while you sleep the earth is being moved to bring you that self-same Poppy.

There will be no door to door collection however and local businesses have problems enough without having to dole out Poppies

while trying to ensure that their establishment complies with whatever Covid related restrictions are in place during Poppy Appeal.

In these troubled, plague infested times we must be on our guard against catching this dread virus so, to that end, your local Poppy Appeal Organizer has come up with the following solution:

For a number of hours each day during the Appeal, either on Main Street or outside the Spar there will be a small stall selling Poppies.

It is hoped that there will be Poppies available in both the Information Centre and St Andrew's Church too.

All Poppy related material will be withdrawn on the 12 November so any who want a Poppy after this date will have to wait until next year!

Volunteers are requested to help man the poppy stall in town on Monday, Wednesday and Saturday. Contact Nick Cross by email

zenoufthebirdcatcher@gmail.com

We hope for your continued support

Today

We will wear

**our poppy with pride, be it
the colour of red, white, purple
or black. Remembering the brave
who went to war, thinking of those who
never made it back • To the many who
have served their country we owe each
and every one the greatest debt. On**

**Remembrance Day we wear our
poppies with pride, to show
we never will
forget**

MEALS ON WHEELS

Colin Cowperthwaite

Just a quick reminder to local residents and their families that our local twice-weekly Meals on Wheels service is still very much up and running in and around Sedbergh.

Hot and tasty meals are supplied by the catering staff at Sedbergh School kitchens. Meals are available each Tuesday and Thursday lunchtime. They are delivered directly to the door by our small but dedicated team of volunteer drivers, who are of course currently taking extra precautions to prevent any possible spread of infection. The price of each 2 course meal is just 5 pounds. This service is available throughout the year, including during school holidays, apart from a short break over the Christmas period.

If you, your family members or anyone you may know who is finding it difficult or uneconomic to make their own meals, also of course anyone who is self-isolating and would like to take advantage of our service, please do not hesitate to contact Colin Cowperthwaite on 015396 20659 or 07961 925003. Please leave a message if I do not answer, and I shall get back to you as soon as possible.

There is no age limit or any other criteria for using this service, neither is there a long-term commitment to receive meals each time, only on those days which might suit you best.

** We are also looking to recruit more volunteer delivery drivers ! If you are able to spare around 45 minutes once a week or so, please do not hesitate to contact Colin on the above numbers !



CHRISTMAS BY RYCROFT'S

NOW OPEN AT 73 MAIN STREET

Open throughout November & December

Offering a large range of quality Christmas items
including baubles, tinsel, village scenes,
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Locally crafted products

Real Nordic non drop Christmas trees from 4ft - 8ft
Lots more to get you in the festive spirit

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General Builders

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Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

MANAGING ON A REDUCED INCOME

Karen Evans

I've just had my hours cut at work. I'd like to take on a second job, but there's nothing around. I have children and I am worried about the cost of Christmas. How can I make less go further, without going into debt?

One way to stretch household finances is to shop around for the best deals on your mobile phone and broadband, and on utilities, such as electricity. Installing a water meter can also sometimes bring savings. Check your insurances and subscriptions - cancel any you don't need and shop around for the others. It's normally cheaper if you don't leave it until just before the renewal date.

If your children are school age there may be help available with uniforms, technology and free school meals. Our website has more details. You may be eligible for benefits - The Turn 2 Us benefits checker is very useful.

Pay your rent or mortgage and council tax bills first as there can be

serious consequences for missing payments. Try to negotiate lower repayments on your mortgage or credit cards. Keep track of your regular expenditure, such as housekeeping and essential travel, because it's easy to slip into overdraft, or miss a payment, and it can then become more and more expensive - and stressful - to get on the right track and out of debt.

Likewise, think carefully about any 'buy now pay later' deals - they're not always the best option long term.

If you are worried about debt, here at Citizens Advice we have specially trained advisors available to help, so please do get in touch.

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 is still delivering a service - Telephone and Digital Advice

How to access:

- Call 015394 46464 - this is being staffed from 9:30 – 2pm
- Adviceline: 03444 111 444
- email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

FAYE WATERS
ADMINISTRATION
AND BOOK KEEPING SERVICES

Email: faye123@live.co.uk
Tel: 07748 433744

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

BODY CONNECTIONS

Sports and Body
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VTCT/IIST
Covid-19 Secure
Sedbergh Based
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Very competitive prices

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builder's waste and stone

Ryan Simpson

07766 971 167

015395 68318

rysimpson@live.co.uk

MENTAL DIVERSITY

Luna Indigo

Mental Diversity is a widening of the mind. something to be cherished. Diversity is actively present in food; culture; visual arts; music but not Mental Health. We have 'Mental illness' + "Mental health" but the conversation of 'Mental Diversity' has yet to be undertaken.

In 'mental health' this is rarely acknowledged. They just want us to be comfortably numb (thank you Pink Floyd). People are quick to pick up on the creativity of those that are different, however, they often do not accept there is an opposite and equal to that person; that is how nature works always

I think the world would be far poorer without :- Ruby Wax; Spike Milligan (dead but a legend); Steven Fry; Monty Don and Chris Packham.

MENTAL DIVERSITY should be championed let's start here :))))))))))

| Royal Mail (RM) and ParcelForce Worldwide (PFW) Final Posting Dates 2020 | |
|---|-------------|
| RM & PFW Inland | |
| Special Delivery Guaranteed | Weds 23/12 |
| 1st Class and 1st Class Signed For | Mon 21/12 |
| 2nd Class and 2nd Class Signed For | Fri 18/12 |
| Parcelforce express24, 9,10, and AM | Weds 23/12 |
| Parcelforce express48 and 48large | Tue 22/12 |
| RM International Standard & International Tracking & Signature | |
| Africa, Middle East, Asia, Far East, Caribbean, Central and South America | Weds 9/12 |
| Cyprus , Malta | Thurs 10/12 |
| Australia, New Zealand, Eastern Europe (except Poland, Czech Republic and Slovakia), Greece,Turkey | Fri 11/12 |
| Canada, USA, Finland, Sweden, Czech Republic, Poland, Italy | Sat 12/12 |
| Austria, Denmark, Germany, Iceland, Netherlands, Norway, Portugal, Slovakia, Spain, Switzerland | Weds 16/12 |
| Belgium, France, Ireland, Luxembourg | Fri 18/12 |
| RM International Economy | |
| All non-European destinations except Middle East, South Africa, Far East | Mon 5/10 |
| Middle and Far East, South Africa, Singapore | Mon 12/10 |
| USA, Canada, Eastern Europe, Greece, Cyprus, Turkey, Malta and Iceland | Mon 02/11 |
| Western Europe | Mon 16/11 |
| British Forces PO | |
| Airmail to Operational BFPOs | Thurs 30/11 |
| Airmail to Static BFPOs | Thurs 07/12 |
| PFW globalexpress | |
| Australia | Tues 15/12 |
| China, Russia | Weds 16/12 |
| Canada, France, Germany, Italy, Netherlands, Spain, USA | Fri 18/12 |
| PFW globalpriority | |
| Russia | Fri 04/12 |
| Australia | Weds 09/12 |
| China | Thurs 10/12 |
| Canada, Italy, USA | Fri 11/12 |
| France, Germany, Netherlands, Spain | Tues 15/12 |
| PFW globalvalue | |
| Russia | Weds 02/12 |
| Australia | Mon 07/12 |
| China, Italy | Tues 08/12 |
| Canada, USA | Weds 09/12 |
| France, Spain | Fri 11/12 |
| Germany, Netherlands | Mon 14/12 |
| Writing to Santa? | |
| Send your letter to the address below and include your name and address so Santa knows where to send his reply. Please post by 11th | |
| Santa/Father Christmas Santa's Grotto Reindeerland | |

NORTH WEST AIR AMBULANCE JUMBLE SALE

Jane Storey

Since our hopeful summer plans to re-arrange the jumble sale, as described in the October Lookaround, the coronavirus situation has taken an autumnal turn for the worse. In the light of the increasing risks and the changes that look set to restrict activities once more, we have decided to postpone the jumble long term awaiting a time when things improve and remain more stable.

As some of the textiles/fabric items were not going to survive the winter in our storage area we have used them to boost the Settlebeck School Bags2school collection, adding £70 to their total. We are able to hold on to the rest but cannot accept any more donations for the foreseeable future.

We are sorry to disappoint our dedicated crew of regular supporters, but we look forward to seeing you again when we are, eventually, able to have the sale.

Sandra, Elaine, Olive, Kate and Jane.

COMMUNITY TRUST GRANTS

Tony Reed Screen

The Charity Shops are gradually getting back to normal and are beginning to make a profit although there is still a long way to go before the exceptional returns of the last two years will be matched.

The Trust is now in a position to consider Grant Applications and make awards. The closing date for the next applications will be Friday 13 November and these will be considered by the Grants Committee on Wednesday 27 November.

LOCAL SUPPORT FOR DARK SKY RESERVE BID

Andrew Fagg YDNP

Local communities in the Yorkshire Dales National Park have given exceptionally strong backing to an application to make the National Park an International Dark Sky Reserve. A total of 71 Parish Councils and Parish Meetings in the National Park endorsed the National Park Authority's bid, which was sent to the International Dark Sky Association late last month. These parishes represent 84% of the population of the National Park and 81% of its area.

Member Champion for Promoting Understanding at the Yorkshire Dales National Park Authority, Kevin Frea, said: "The National Park Authority has never before seen such a high level of community support across the National Park for a project. Local people know how blessed they are to have a night sky largely free from light pollution. It is also clear that people see the business opportunities that a dark sky creates, particularly during the autumn and winter seasons. Increasing numbers of people are seeking out the Dales for



star gazing as an accompaniment to superb food, drink and hospitality.

"I would like to thank sincerely all the local communities and businesses that have taken the time to offer their support and comments, together with the District and County Councils in the National Park."

In a letter to the US-based International Dark Sky Association, the Yorkshire Dales National Park Authority's Chief Executive David Butterworth said: "This application is the culmination of five years of engagement activity; it clearly demonstrates the high level of public support for the Dark Sky Reserve bid and also the extremely high quality of our night skies, with more than 100 locations having the standard of darkness required.

"We hope that the International Dark Sky Association will look on our

ROYAL BRITISH LEGION

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

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

Membership costs £17.00 - call 20964
email: dmpparratt@gmail.com for a form.

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



application favourably and we look forward to joining the family of International Dark Sky Reserves."

It is proposed that the International Dark Sky Reserve would be the whole National Park area, with the darkest 'core' comprising a large arc of land including the upper parts of Wensleydale (excluding Hawes), Swaledale, Mallerstang, Garsdale, Littondale and Wharfedale. In total, the core area would amount to 658 km², 30% of the area of the National Park.

Achieving Dark Sky Reserve status by 2021 is one of the objectives set out in the Yorkshire Dales National Park Management Plan.

SEDBERGH COMMUNITY SWIFTS

Tanya and Edmund Hoare

It is well known that in many towns and villages, churches are an important refuge for wildlife, including swifts. Swifts often breed under the eaves of churches or in other parts of the fabric, and fifty years ago most of our local parish churches had nesting swifts. Now it is far less so, and even those that remain may eventually disappear as essential repairs and maintenance work are carried out; Sometimes the loss may be unwitting as the parishioners are simply unaware of the swifts nesting there.

We also know that many of the 30,000 churches in the country could provide a great opportunity for increasing nesting habitat for swifts by putting up nest boxes. They can be fitted behind the louvres of the bell tower, with dimensions determined by the spacing between the louvres.

All belfries are different, so a project always requires the boxes to be tailor-made to fit behind whatever height and depth the louvers and openings are. So dedicated carpentry by volunteers is needed. Access to the louvres is another issue, with some towers being easy, having a boarded platform, whereas others can be extremely difficult to work in.

A common question is whether Swifts are negatively affected by the sound of church bells. As far as we know, the answer is no. There are many examples of swifts nesting successfully within a few feet of bells that are regularly rung.

Over the past 15 years Dick Newell from Action for Swifts has pioneered



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a large number of highly successful belfry projects with some very innovative solutions for difficult places. Around the country there are well over 50 churches with swift boxes, and across Suffolk and Cambridgeshire alone there are now 350 pairs of swifts breeding in belfry boxes. Top of the list is St Mary's in Ely with 55 pairs, followed by St Mary's in St Neots, and All Saints in Worlingham with about 35 pairs each. These churches have a 'swift celebration' day in July, attracting many visitors, who are treated to the magnificent sight and sound of large numbers of swifts screaming and hurtling around in groups.

In 2016 we managed to install 5 nest boxes in St Andrew's in Sedbergh, with vet Nick Preston stepping in with his superb carpentry skills to custom-build the boxes that

he and Edmund had designed. Over the winter they had spent many cold hours climbing up to the belfry, hauling their equipment up with ropes, as it proved to be one of the more difficult sites. An attraction call system was also installed, playing swift calls mornings and evenings. Sadly, though, when the boxes have been checked, we have not yet had any breeding success. The boxes are on the west side of the tower, facing Evans House, furthest away Finkle St. Swifts have been seen flying around the tower in the vicinity of the boxes so all we can do is be patient and hope for success in future years. Swifts are very unpredictable birds.

We encouraged the Kendal swift group by inviting them to St Andrew's, and now tailor-made boxes have been installed in Kendal Parish Church, Holy Trinity, in Kirkland. It is ironic that one swift group that we helped to start, in Masham, not only has become a thriving group but also last year successfully attracted swifts to breed in their church. Let us hope it will be our turn next year.

To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043



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ANDY GOLDSWORTHY SHEEPFOLDS

Myles Ripley

Sheepfolds is Cumbria County Council's major countywide sculpture project created by the internationally acclaimed artist Andy Goldsworthy. The project began in January 1996 as part of the UK year of Visual Arts and the building programme continued until its official conclusion in April 2003 having achieved 46 folds.

I wish I had been aware at the time of this project as one component of it was moving a small red sandstone arch on a journey along a traditional drover's route constructing, dismantling and reconstructing it again at 22 locations, 11 of which related to derelict sheepfolds. Starting at Spango Farm in Dumfriesshire he worked with assistant Nigel Metcalfe over a period of 12 days in June 1997 and finished the journey at Tearnside near Kirkby Lonsdale. The arch itself can now be seen in its final resting place in a specially built stone hut at Thornton in Lonsdale near Ingleton in North Yorkshire SD 684 749.

Rather than making new Sheepfolds Goldsworthy committed

himself to working with existing folds in various states of disrepair or in some cases folds which had disappeared altogether but were clearly indicated on old maps. This enabled him to connect directly with the farming tradition and history of Cumbria but, at the same time, as each sheepfold was rebuilt so he invigorated them with a new energy by incorporating his sculptural response. Not only that but he involved local wallers to (re-)build the folds.

A number of his sheepfolds can be seen in our area such as Jack's fold in Barbondale SD 647 826, Red Gill Washfold above Cautley Spout SD 676 971 and the series of 16 folds along Fellfoot lane near Casterton between SD 635 811 & SD 636 785. A complete list of his folds and their locations can be found on <http://www.sheepfoldscumbria.co.uk/html/info/list.htm>

If you want to go further afield three of his works are on permanent display at the Yorkshire sculpture park – all of which encapsulate themes from his sheepfold project.

See the front cover! *Ed.*



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THE MILK OF HUMAN KINDNESS

Supplied by Karen Bruce-Lockhart

This incredible story is from a flight attendant on Delta Flight 15:

On the morning of Tuesday, September 11, we were about 5 hours out of Frankfurt, flying over the North Atlantic.

All of a sudden the curtains parted and I was told to go to the cockpit, immediately, to see the captain. As soon as I got there I noticed that the crew had that "All Business" look on their faces. The captain handed me a printed message. It was from Delta's main office in Atlanta and simply read, "All airways over the Continental United States are closed to commercial air traffic. Land ASAP

at the nearest airport. Advise your destination."

No one said a word about what this could mean. We knew it was a serious situation and we needed to find terra firma quickly. The captain determined that the nearest airport was 400 miles behind us in Gander, Newfoundland. He requested approval for a route change from the Canadian traffic controller and approval was granted immediately — no questions asked. We found out later, of course, why there was no hesitation in approving our request.

While the flight crew prepared the airplane for landing, another message arrived from Atlanta telling us about some terrorist activity in the New York area. A few minutes later word came in about the hijackings. We decided



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to LIE to the passengers while we were still in the air. We told them the plane had a simple instrument problem and that we needed to land at the nearest airport in Gander, Newfoundland, to have it checked out.

We promised to give more information after landing in Gander. There was much grumbling among the passengers, but that's nothing new! Forty minutes later, we landed in Gander. Local time at Gander was 12:30 PM that's 11:00 AM EST. There were already about 20 other airplanes on the ground from all over the world that had taken this detour on their way to the US.

After we parked on the ramp, the captain made the following announcement: "Ladies and gentlemen, you must be wondering if all these airplanes around us have the same instrument problem as we have. The reality is that we are here

for another reason." Then he went on to explain the little bit we knew about the situation in the US. There were loud gasps and stares of disbelief. The captain informed passengers that Ground control in Gander told us to stay put.

The Canadian Government was in charge of our situation and no one was allowed to get off the aircraft. No one on the ground was allowed to come near any of the air crafts. Only airport police would come around periodically, look us over and go on to the next airplane.

In the next hour or so more planes landed and Gander ended up with 53 airplanes from all over the world, 27 of which were US commercial jets. Meanwhile, bits of news started to come in over the aircraft radio and for the first time we learned that airplanes were flown into the World Trade Center in New York and into the Pentagon in DC.

People were trying to use their cell phones, but were unable to connect due to a different cell system in Canada . Some did get through, but were only able to get to the Canadian operator who would tell them that the lines to the U.S. were either blocked

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or jammed. Sometime in the evening the news filtered to us that the World Trade Center buildings had collapsed and that a fourth hijacking had resulted in a crash. By now the passengers were emotionally and physically exhausted, not to mention frightened, but everyone stayed amazingly calm.

We had only to look out the window at the 52 other stranded aircraft to realize that we were not the only ones in this predicament. We had been told earlier that they would be allowing people off the planes one plane at a time. At 6 PM, Gander airport told us that our turn to deplane would be 11 am the next morning.

Passengers were not happy, but they simply resigned themselves to this news without much noise and started to prepare themselves to spend the night on the airplane. Gander had promised us medical attention, if needed, water, and lavatory servicing. And they were true to their word.

Fortunately we had no medical situations to worry about. We did have a young lady who was 33 weeks into her pregnancy. We took REALLY good care of her. The night passed without incident despite the uncomfortable sleeping arrangements. About 10:30 on the morning of the 12th a convoy of school buses showed up. We got off the plane and were taken to the terminal where we went through Immigration and Customs and then had to register with the Red Cross.

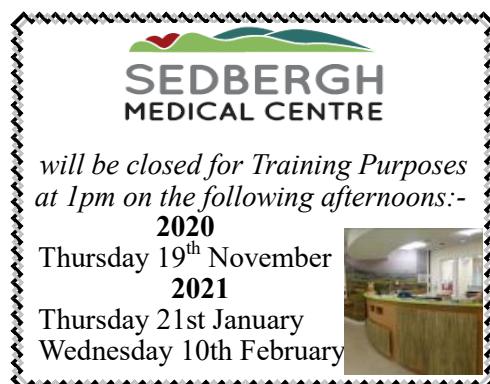
After that we (the crew) were separated from the passengers and were taken in vans to a small hotel.

We had no idea where our passengers were going. We learned from the Red Cross that the town of Gander has a population of 10,400 people and they had about 10,500 passengers to take care of from all the airplanes that were forced into Gander! We were told to just relax at the hotel and we would be contacted when the US airports opened again, but not to expect that call for a while.

We found out the total scope of the terror back home only after getting to our hotel and turning on the TV, 24 hours after it all started. Meanwhile, we had lots of time on our hands and found that the people of Gander were extremely friendly. They started calling us the "plane people." We enjoyed their hospitality, explored the town of Gander and ended up having a pretty good time.

Two days later, we got that call and were taken back to the Gander airport. Back on the plane, we were reunited with the passengers and found out what they had been doing for the past two days. What we found out was incredible.....

Gander and all the surrounding communities (within about a 75 Kilometer radius) had closed all high



schools, meeting halls, lodges, and any other large gathering places. They converted all these facilities to mass lodging areas for all the stranded travelers. Some had cots set up, some had mats with sleeping bags and pillows set up. ALL the high school students were required to volunteer their time to take care of the "guests."

Our 218 passengers ended up in a town called Lewisporte, about 45 kilometers from Gander where they were put up in a high school. If any women wanted to be in a women-only facility, that was arranged.

Families were kept together. All the elderly passengers were taken to private homes. Remember that young pregnant lady? She was put up in a private home right across the street

from a 24-hour Urgent Care facility. There was a dentist on call and both male and female nurses remained with the crowd for the duration.

Phone calls and e-mails to the U.S. and around the world were available to everyone once a day. During the day, passengers were offered "Excursion" trips. Some people went on boat cruises of the lakes and harbors. Some went for hikes in the local forests. Local bakeries stayed open to make fresh bread for the guests. Food was prepared by all the residents and brought to the schools. People were driven to restaurants of their choice and offered wonderful meals. Everyone was given tokens for local laundromats to wash their clothes, since luggage was still on the aircraft.

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In other words, every single need was met for those stranded travelers. Passengers were crying while telling us these stories. Finally, when they were told that U.S. airports had reopened, they were delivered to the airport right on time and without a single passenger missing or late. The local Red Cross had all the information about the whereabouts of each and every passenger and knew which plane they needed to be on and when all the planes were leaving. They coordinated everything beautifully. It was absolutely incredible.

When passengers came on board, it was like they had been on a cruise. Everyone knew each other by name. They were swapping stories of their

stay, impressing each other with who had the better time. Our flight back to Atlanta looked like a chartered party flight. The crew just stayed out of their way. It was mind-boggling. Passengers had totally bonded and were calling each other by their first names, exchanging phone numbers, addresses, and email addresses.

And then a very unusual thing happened.

One of our passengers approached me and asked if he could make an announcement over the PA system. We never, ever allow that. But this time was different. I said "of course" and handed him the mike. He picked up the PA and reminded everyone about what they had just gone through in the last few days. He



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reminded them of the hospitality they had received at the hands of total strangers. He continued by saying that he would like to do something in return for the good folks of Lewisporte.

"He said he was going to set up a Trust Fund under the name of DELTA 15 (our flight number). The purpose of the trust fund is to provide college scholarships for the high school students of Lewisporte. He asked for donations of any amount from his fellow travelers. When the paper with donations got back to us with the amounts, names, phone numbers and addresses, the total was for more than \$14,000!

"The gentleman, a MD from Virginia , promised to match the donations and to start the administrative work on the scholarship. He also said that he would forward this proposal to Delta Corporate and ask them to donate as well.

As I write this account, the trust fund is at more than \$1.5 million and has assisted 134 students in college education. "I just wanted to share this story because we need good stories right now. It gives me a little bit of hope to know that some people in a faraway place were kind to some strangers who literally dropped in on them. It reminds me how much good there is in the world."

"In spite of all the rotten things we see going on in today's world this story confirms that there are still a lot of good people in the world and when things get bad, they will come forward. Let's not forget THIS fact.

50 YEARS AGO

A selection of local news items from The Westmorland Gazette which appeared during November 1970. Taken from an album of newspaper cuttings. Collected by Colin Cowperthwaite.

2,500 AT SEDBERGH'S BONFIRE

A record crowd estimated at 2,500 attended the Sedbergh Gala Group bonfire and firework display on Saturday. In ideal conditions the crowd enjoyed a spectacular display of set pieces and rockets. The sideshows did a roaring trade. 1,000 hot dogs were soon sold, also six gallons of soup as well as hundreds of cups of coffee. The turnip lantern competition was well supported and the judge, Mr. A.P.Adamson, had a

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hard task selecting the winners, who were : Under 11 – 1 Judith Mason, 2 Julie Major. Over 11 - 1 Peter Bowman, 2 Andrew Watson. The event was followed by old time and beat dances, both of which were a great success.

NEW MANAGER FOR SEDBERGH BANK

Mr Norris Chamley is to be the new manager at the Sedbergh branch of Barclays Bank. He takes up his appointment on December 1st, when Mr J.S.Pearson retires after 41 years' service with the bank. Mr Chamley, who is 42, was born and educated in Heversham, and began his banking career at the Kendal branch of Martins Bank in 1943. From 1946 to 1948, Mr Chamley was on National

Service with the Royal Army Service Corps, serving in Palestine, Egypt and Libya. He returned to branch banking in Kendal and in 1952 transferred to the Kendal Trustee Department for 8 years, being appointed a Trust Officer. In 1960 Mr Chamley returned to the Kendal branch, and in 1964 was appointed manager's assistant at 33 English Street, Carlisle. A married man with two sons and a daughter, Mr Chamley lives in Etterby Lea Road, Carlisle. His interests include gardening and agriculture. He is treasurer of the Carlisle and Border Support Group of the Lake District Cheshire Home and the Carlisle Choral Society.

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FULL CALENDAR FOR METHODISTS IN SEDBERGH

The Overseas Missions anniversary was held in Sedbergh Methodist Church last weekend. Sunday services were conducted by the Rev H.S.Hills and Mr G.W. Pratt, with Mrs G. Spencer at the organ. On Monday evening, the anniversary celebration continued in the schoolroom. The chairman, Mr R.Harper, introduced the Rev H.S.Hills, who gave an interesting talk on Sarenga, where he was a chaplain to the forces. Mrs G.Spencer was the pianist. The financial report for the circuit for 1969 was submitted by the treasurer, Mr C.W. Armitstead. Collections during the weekend amounted to more than 40 pounds.

Members of the Bright Hour met in the Methodist schoolroom on Thursday last week. The leader was Mrs H.S.Hills and the speaker was Miss Hogarth of Kendal, who gave a talk on visits to Oberammergau in 1960 and again this year. The pianist was Mrs W.Waller. Women's Fellowship met on Friday, when Mrs J.C.Bacon of Firbank spoke on the life of a vicar's wife. The epilogue was given by Mrs H.Hills and the pianist was Mrs J.Bainbridge. Susan Close presided at Tuesday's meeting of the Junior Guild. She introduced Mr.R.Harper, who conducted a general questionnaire. He was thanked by Andrew Buckland and Alison Airey. The lesson was read by Paul Airey, and Elizabeth Dixon was at the piano.

CHILDREN'S HOBBY IS 'LIFTING MANHOLES'

Children who have 'made a hobby' of lifting manhole covers and dropping stones into sewers are causing concern to Sedbergh Rural Council. The surveyor (Mr F.J.Lawson) told the council's Public Health and General Purposes Committee on Wednesday that the manholes were lifted by small children. 'On one occasion the sewer was blocked for a distance of five manhole covers'. Coun J.T.Clough said he had seen two children lifting a cover which probably weighed as much as both of them put together. 'I would not have thought it possible for them to do this, but it seems to have become a hobby with them'. It was agreed that the finger holes on the covers should be cemented smooth

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so that the covers could not be lifted without special tools.

SEDBERGH WANTS QUICK CHANGE TO DECIMALS

The intricacies of decimalisation and metrification were discussed at a public meeting at Sedbergh County Secondary School on Thursday last week. The head of Further Education Studies in the area, Mr Brian Hinton, introduced Mr A.P.Adamson, manager of the Midland Bank in Sedbergh, who spoke on decimalised currency and explained it in detail to the audience, many of them local traders. He was thanked by Mr R.Harper. A vote taken at the meeting showed an overwhelming majority in favour of an immediate changeover to the new currency on the day in February when it becomes official, rather than a phased changeover. The audience also suggested that the whole school should run a course on decimal money, and Mr Hinton replied

that this had already been provided for. A course of some four weeks would be held this winter. Some people, he said, would merely want to know how they would go about buying ordinary consumer goods, others would seek advice on how it would affect them in banking and investment transactions. The course would deal with these needs.

'WHITE ELEPHANT' FEARS FOR SEDBERGH'S NEW HEALTH CENTRE

Fears that Sedbergh's new Health Centre – recently given the go-ahead by the Minister – may prove to be 'an expensive white elephant' were expressed at a meeting of Sedbergh Council's Health Committee on Wednesday. Members complained that the council had no information as to what services were to be based in the new centre and stressed that on the face of it, the centre was simply 'a skeleton'. It was agreed that the Medical Officer (Dr M.Hunter) should be asked if he could tell the council just what was proposed. Coun. J.T.Clough said he hoped the advent of the centre would cut out the need for elderly people to make the awkward journey over to the hospital

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in Kendal. But in reply to a question by Coun. J.Henderson, the clerk (Mr A.G.Wilkinson) said until the council received a plan, there was no means of knowing what services were to be provided. This caused Coun. Henderson to ask 'Are we going to end up with an expensive white elephant? Is this centre just a skeleton? It would be nice to know'. 'We certainly want more than four walls', Coun. G.W.Sisson commented, while it was pointed out that at a similar centre in Kirkby Stephen, the services of a physiotherapist were available on certain days which prevented patients having to travel to Carlisle. As far as the clerk was aware, the centre would include a children's clinic, possibly dental services, and a doctor's surgery. But he thought it would still be necessary for people to go to Kendal for X-rays. It was suggested that such centres were 'standard units', but several members pointed out that Sedbergh was not a 'standard' area. 'We have a high percentage of elderly people', Coun. Clough said, 'and it would be nice to have as many services here as possible'.

MEMORIES OF 45 YEARS AGO

Colin Cowperthwaite

During 1975 an ITV film crew, led by writer and producer Barry Cockcroft, spend some considerable time in Grisedale to record a documentary describing the transformation in lifestyle of a former Northumberland miner to a sheep farmer high in the dales. Spending quite a bit of time in Grisedale during those days myself, occasionally helping Joe Gibson on his farm at Mouse Syke, I was featured a couple of times in the resulting documentary which was first aired by ITV on 21st October 1975. As those of us living in Garsdale and Grisedale at that time could not access ITV channels, our family had to travel to Sedbergh to watch the programme, 'The Dale That Died' in the home of a friend of my father ! Following are a couple of articles which appeared in national press at that time.

'Life and Hard Times of the Last Dalesman' from the Daily Mail, October 15th 1975: He's the last in a 1,000 year tradition of men who have farmed the windswept hills of Grisedale. And when Joe Gibson, 65, leaves Mouse Syke Farm – 1.300 feet above the sea in Cumbria – a



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dale will die. The other farmers left a long time ago, driven away by the 'new economic forces' – the motorways that brought city folk rushing to turn farmhouses into country homes. But Joe isn't giving up that easily, and his fight for survival as the tenant of Mouse Syke will be the subject of an ITV documentary next week. A book will also be published in November.

For what is happening to Joe could sound the death knell for tenant farmers in Cumbria and Yorkshire. 'And when the farmers go, walls start falling down and the countryside becomes like a graveyard', Joe explained.

Once, the dale supported 14 farms and 16 families. The depression of the 1930's reduced the number of farms to eight. Now even the local Methodist Chapel has been sold to become a holiday home.

"I don't blame the landlords" said Joe. "They are faced with inflation and wealth tax, and you don't make money out of this kind of farming - you just make a living".

"Farmhouses round here have been selling for up to 27,000 pounds as holiday homes, and local people can't afford that sort of money". Joe looks after his flock of 270 Swaledale sheep, helped by his wife and their three dogs. Although he would like to pass the farm on to his 30-year-old son David, he has been told the farmhouse will probably be sold. But with the sort of grit it takes to go out in winter when a sheep is in trouble, he added: "I'm not going to retire though - I'll just keep going on as long as I can".

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Joe's battle to stay in Grisedale will be featured in next Tuesday's documentary 'The Dale That Died'. It has been produced by award-winning director Barry Cockcroft, whose other productions include 'Too Long a Winter' and 'Children of Eskdale'.

'Life and Death in the Dales' was the title of another story published in a national magazine at the time :

'Do I know Grisedale ?' Barry Cockcroft asks plaintively. 'I've been there smothered in sheepskin when it was covered in 10ft snowdrifts, in anorak and waders knee-deep in water in the spring floods, and sweltering in mid-summer in just a pair of shorts'.

For most other people, Grisedale remains remote. But this Tuesday it

should be set firmly on the map as 'The Dale That Died', the latest of Cockcroft's documentaries on everyday life high up in the Yorkshire hills.

It is his seventh full-length programme on the tough life of the Dales. But he has been making shorter films on the same subject for Yorkshire's regional news programme since 1969. 'I've been going to the Dales now for so long that I regard them almost as a place of work, like other people think of their office or factory', he confesses. For him, 'the romantic vision of the Dales is over. Five years ago it was full of hope and sunshine. This really is my requiem for the Dales'.

Next week's documentary, subtitled 'A Chance in Life', is to be his last on the Dales, at least for the time being. But one nevertheless feels his tremendous sense of involvement and commitment to those whom he feels have got things right in an increasingly mechanised and urban society. 'The Dales are about people, not just scenic splendour. They will lose their relevance and interest if machines take over, if the walls and hedges are taken away, and the farms are turned into huge ranches'.

Yet this is what is happening as more and more farmers find themselves unable to make an adequate living, and quit. The ones who are left are sometimes turned out

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by landowners hungry for quick profits.

A century ago Grisedale supported more than 15 families, all winning a hard living from the land. Twenty years ago they had dwindled to eight. These in turn all retired or gave up. Then in 1969 a remarkable man came to Grisedale, Joe Gibson, a 61-year-old former miner from Northumberland.

'I met Joe soon after he arrived to take over one of the largest farms in the dale', says Cockcroft. 'I thought then what an extraordinary personality he was. Now I am convinced. He had never farmed before, and you could see the scepticism written all over the faces of the locals as he outlined his plans for the farm. Among themselves they were counting the number of days he would last. Most of his farming knowledge was picked up from books as he went along'.

Cockcroft has followed Gibson's progress regularly since then, calling either alone or with a film crew. The result is a film as vividly real as the Dales themselves.

As a postscript it should be noted that, some 45 years later, Joe Gibson's grandson Matthew is still living and farming at Mouse Syke in Grisedale.



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ONE OF FREDA TROTT'S POEMS

Colin Cowperthwaite

Browsing through a little book of Freda Trott's poetry named 'Our Sedbergh' recently, my eye was taken by this poem. The booklet was published by Stramongate Press in 1996, my copy having been personally signed by Freda for my late mother the following year. Being born and brought up in Garsdale, this poem is of special interest to me. Some of the house names have been altered during the 25 years since Freda wrote the poem.

The Melody of Garsdale Names.

Lindsay Fold and West Hind Keld;
Front and Bellow Hill;

Names like ancient music, held by
their gray stones still.

Longholme, Thwaite Head, Pot Gill Holme;

Nether House and Whitbeck;
Wherever in the word you roam
There's nought so sweet as this
beck.

Kiln Haw and Hawksworth House;
Mostards, Ratten, Birkrigg;
Grisedale has the Syke of Mouse,
And Garsdale End o' Brigg.
Swarthgill; Ing Heads;

Rackenthwaite
With priest cell as of old:
The Hill; Ayyill; of earlier date is
Low House, whose firs fold
About its walls. Blades; The Slack;
and age-old Garsdale Hall.

Roger Pot shall never lack; Pinfold
have fortune all.



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Gray cassocked monks paced
Dandra's ground,
Paradise gazed on all around
From hillside steep, where rush
cascades
From brant Baugh Fell; through
tree-clad glades
These singing waters dance to
where
White ash trunks and willows there
Lean o'er rocky layered Clough.
As if the grace of silver birch
With shimm'ring leaves, were not
enough,
Ben Bridge garden, full of bloom,
Reaches down to river's loom
Of light and shade; of smooth and
rough,
Of water as of life: so runs our
Clough

Beneath arched brides mossgrown,
Fernclad. Past West Cote Weggs;
Low Scar; while desolate and lone
Browside; so cold its stone
Where gloom remains: winds moan
So bleak. The thinning firs
Halt and shiver. But in the Street
The cosy huddle is friendly, neat;
And myst'ry glow lights up Pry Hill,
Not Knudmaning, nor yet

Thrushgill.

The Littletowns, Fawcetts, and
Thwaite,
The Banks, and Castle: yet awaits
The Raygill Farm of Dawson fame.
Low Scale? What's in a name?
As Gast'le folk their way home
wend,

We reach Far End.

BROAD RAIN, KILLINGTON

Maureen Lamb

Early history

The stump of a yew tree stands in the yard of Broad Raine, half way between the house and the privy. When it was cut down, probably in the 1960s I was told that the rings were counted and that the tree was at least 900 years old. With a stump that is about a meter and a half across this could well be so. Yews were usually planted in churchyards but their wood was also used for bows and arrows. So it remains a mystery as to why a yew was planted here at this time. In the Henry Bracken painting below, it dominates the house.

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It must be assumed that someone was living on the site then, but the earliest record I can find of anyone living at Broad Raine was in 1586. (From Broad Raine Deeds in the Upton papers at Leeds). This was an indenture for the Broad Raine property provided to Edmund Melbanke (shearman) whose job was cutting cutting the nap from cloth.

A 1817 map indicates that the area

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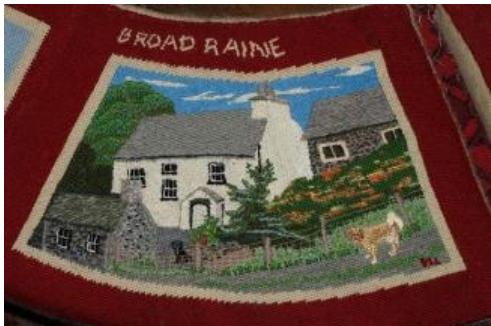
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Contact KEVIN BATEMAN

to the south of the cottage at Broad Raine was called 'tenters'. The name indicates a place where dyed cloth was hung out to dry stretched on poles. There is no indication of a mill at Broad Raine at this date, but is it possible there might have been a fulling mill? Edmund did not live long after he returned to Broad Raine and he died in 1599. On the death of the head of the household, no-one was allowed into the house until after an official had been inside to list all the effects, to avoid theft. It is only round



Kneeler in Killington Church

about this time that wills became common and they give a valuable insight into life at the time. Edmund's will contains a list of his goods offering a picture of his standard of living. His most valuable possessions were his animals, especially cattle, but he also had horses and sheep and strangely half a pig. Perhaps it was a dead pig. He grew feed for his livestock such as oats and barley (bigg). The house was well furnished with a chest as well as bedstocks and bed linen and even cushions.

Broad Raine in the seventeenth century

The next owner of Broad Raine Cottage that we know about was one



Broad Raine possibly early 20th Century

of the Borrett family, William Borrett who bought the property in 1652 for £220. By then it certainly included a water corn mill and kiln as well as the cottage. Another Borrett, Thomas Borrett signed the indenture. By 1668 Broad Raine was the home of Hugh Bowman for in that year he bought a close (field) called Kemperigge Height. The spice cupboard in the

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IN THE COUNTY OF YORK;
On Tuesday the 9th Day of October, 1810,
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INCLOSURES OF LAND.
Lying together, in Marthwaite, near Sedbergh,
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seventeen Acres, one Rood, and eighteen Perches, of customary
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For further Particulars apply to JOHN UPTON, Esq. of Ing-
mire Hall, the Owner, or to Mr. DAVIS, of Sedbergh.

Printed by S. Thompson, Sedbergh.

present sitting room alongside the fireplace has on it the initials W and A, B, standing for William and Ann Borrett, who presumably followed Hugh Bowman at Broad Raine.

On the south side of this four roomed building was now built four more rooms, two upstairs and two down and they were much larger and

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higher than the earlier rooms. As this building would have required a new roof it may be that it was at this time that an attic was brought into use. The attics were often used as the servants quarters. The front of the house now seemed to have been moved to the south side and a new front door added but with only a small curved roof over the entrance, rather than a big porch.

Broad Raine in the eighteenth century

In 1714 Richard Borrett took over Broad Raine including the mill and the kiln from his father. In order to divert the river to the mill there was a dam and a sluice for which he had to pay a rent of ten shillings a year to Thomas Strickland, the landlord. It

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Broad Raine from the north

that for six years he had paid no rent, and was in danger of being turned out, but in 1725 he paid the arrears and was allowed to continue using the dam, essential for continuing his business as a miller.

Broad Raine in the nineteenth century and beyond.

By 1810 Broad Raine Mill, cottage and the adjacent 10 acres of farmland had been bought up by the Upton Cotterell Dormer family of Ingmire Hall and it was advertised to be let. The Mill appears then to have been rented by one of the Woof family, for Joseph Woof was the miller at Broad Raine from 1812 to 1815, followed by William Woof, presumably his son, from 1815 to 1835. The Woofs were followed by the Hayhurst family and it was from the last of the Hayhursts that the 'Yankee trader' bought it. He was a Russian exile who exported English antiques to America . He eventually sold the house to the Judge Watson who sold it to us. William Hayhurst was the last miller to live here and the mill stopped working in 1962 I think.

In 1922 over a hundred years after the auction of the Mill and the

cottage, all of the Ingmire Estates were auctioned and by this time the Upton family owned most of the land at the north end of Killington as well as property in Sedbergh and Middleton and at Brigg Flatts. Much of the south end of Killington (nearly 2000 acres) was owned by Lady Cavendish Bentinck of Underley Hall and Christopher Hume Wilson of Rigmaden. History had come full circle. Killington which had once been owned by the powerful Pickering family had been devolved to the ownership of many of the local families, but by the nineteenth century it was once again owned by the rich and powerful.

My husband and I arrived at Broad Raine in 1982 from Preston and Mrs Watson who was leaving the cottage told us that there were still some scones she had made in the freezer. We thanked her nicely but soon discovered a major problem the previous owners had left behind. It would appear they were both heavy smokers. There were nicotine stains everywhere, especially on the woodwork round the windows. It took us a long time to get rid of them and the scones were inedible!

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ERASMUS DARWIN 1731-1802

Karen Bruce-Lockhart

Erasmus Darwin was perhaps a much more interesting person than his more famous grandson, not least because it was he who suggested the theory of evolution to Charles Darwin (it was not just the finches). His fame was eclipsed in the 19th century partly because his family life was not such as the average Victorian would approve as he had two illegitimate children with his son's governess (and another possible one with a married woman), two 2 wives and 13 legitimate children. His major sin to the Victorians was probably not in having illegitimate children, but bringing them up with his legitimate ones!

He seems to have been extremely intelligent with an enquiring mind. He has been compared to Leonardo da Vinci. As a doctor he made many contributions to hygiene and medicine including the disposal of sewage. He understood placental respiration. He understood the important of mind over matter. He considered no lunatic should be restrained unless dangerous feeling that confinement retarded rather than promoted cure. He championed the education of girls and helped his illegitimate daughters set up a school for girls. He disapproved of slavery. He considered mountains older than the bible said. He thought electricity would eventually have important practical application, and that powered aircraft would eventually be weapons of war. He coined many of the names for plants we use today. He experimented with the use of air



The logo for GJBaines & Son building contractors features a stylized yellow and black swoosh graphic. The company name "GJBaines" is written in a bold, sans-serif font, with "& SON" in smaller letters below it. The word "building contractors" is written in a smaller, bold, sans-serif font below the main name. At the bottom of the logo, the words "plant hire • ground works • plant sales" are listed.

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and gases to alleviate infections and cancers, He researched the formation of clouds. His experiments inspired Mary Shelley in her invention of Frankenstein. He inspired Robert Weldon's canal caisson lock. He speculated on a theory of the Big Bang. Among other inventions were a horizontal windmill, a carriage that would not tip over, a steering mechanism used in cars 130 years later, a speaking machine, and a copying machine. He made a sketch

of a simple hydrogen-oxygen rocket engine, a concept not seen again for a century.

However, it was his views on evolution which were to have a lasting influence. He published a book 'Zoonomia' in 1796 at a time when most people accepted the biblical chronology of the earth's history (as indeed they did 70 years later when Charles Darwin startled the world), in which he said:

"Would it be too bold to imagine, that in the great length of time, since the earth began to exist, perhaps millions of ages before the commencement of the history of mankind, would it be too bold to imagine, that all warm-blooded animals have arisen from one living filament, which THE GREAT FIRST CAUSE endued with animality, with the power of acquiring new parts, attended with new propensities, directed by irritations, sensation, volitions, and associations; and thus possessing the faculty of continuing to improve by its own inherent activity, and of delivering down those improvements by generation to its posterity, world without end."

He also anticipated the theory of the survival of the fittest: "the strongest and most active animal should propagate the species, which should thence become improved"

Charles Darwin never met his grandfather as he died before Charles was born, but he read his grandfather's writings. It could be said that he merely developed the theory – and found proof of it in the finches. Erasmus was surely the greater man.



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FLYING OFFICER KENNETH CAMPBELL V.C.

Ed Welti

Our Remembrance Day Issue (this one!) features a picture of the Kenneth Campbell Memorial in Sedbergh School. For those who don't know, Kenneth Campbell attended Sedbergh School and posthumously won the V.C. His V.C. citation (quoted in Wikipedia) says :-

Air Ministry, 13th March, 1942.

The KING has been graciously pleased to confer the VICTORIA CROSS on the undermentioned officer in recognition of most conspicuous bravery:-

Flying Officer Kenneth CAMPBELL (72446), Royal Air Force Volunteer Reserve (deceased), No. 22 Squadron.

This officer was the pilot of a Beaufort aircraft of Coastal Command which was detailed to attack an enemy battle cruiser in Brest Harbour

at first light on the morning of 6th April 1941. The aircraft did not return but it is known that a torpedo attack was carried out with the utmost daring.

The battle cruiser was secured alongside the wall on the north shore of the harbour, protected by a stone mole bending around it from the west. On rising ground behind the ship stood protective batteries of guns. Other batteries were clustered thickly round the two arms of land which encircle the outer harbour. In this outer harbour near the mole were moored three heavily armed anti-aircraft ships, guarding the battle cruiser. Even if an aircraft succeeded in penetrating these formidable defences, it would be almost impossible, after delivering a low-level attack, to avoid crashing into the rising ground beyond.

This was well known to Flying Officer Campbell who, despising the heavy odds, went cheerfully and resolutely to the task. He ran the gauntlet of the defences. Coming in at almost sea level, he passed the anti-aircraft ships at less than mast-height in the very mouths of their guns and skimming over the mole launched a torpedo at point-blank range. The battle cruiser was severely damaged below the water-line and was obliged to return to the dock whence she had come only the day before.

By pressing home his attack at close quarters in the face of withering fire on a course fraught with extreme peril, Flying Officer Campbell displayed valour of the highest order.

NEWS FROM THE PEWS:



*Susan Sharrocks
Tony Reed Screen
Churchwardens*

Many kind donations of tinned and dried foodstuffs were donated to the Kings Food Bank by the congregation at our Harvest Festival towards the end of September. A change in the rules meant that the choir were able to sing our favourite Harvest hymn "We plough the fields and scatter" but alas, not the congregation. However, we are pleased to be meeting for our church service on Sunday mornings. The smiling eyes above the masks, waves from one to another instead of handshakes for the Peace help to spread some happiness from one person to another in what is a worrying time for everyone.

In November we usually have our Saturday 'Boon Day' when many hands make light work joining together to make sure the church is looking its best for the Remembrance Service being held the following day. Later in the November we usually welcome Father Christmas, stallholders and shoppers to our Fair. Sadly, not this year.

The Remembrance Sunday (8th November) commemoration will be a short Drumhead Service at the War Memorial on the South side of St Andrews. Be in place, socially distanced at 10.55am for this shortened but moving occasion which will unite us all in thankful remembrance for those who gave their today for our tomorrow.

Keep safe and well.

DENTDALE CHRISTIAN FELLOWSHIP.

Sarah Woof

We continue to keep on keeping on. Our planned Tabernacles celebration for Oct 10th had to be cancelled though we hope to incorporate it in something else sometime.

When restrictions allow we will be meeting within regulations on 4th Sunday monthly.

What we are doing...the prayer garden, "Shepherds Dwelling" is to get its own website and be open more. Quite a number of people visited it in September.

Christmas brings us opportunities to share the love of God with others and we are always here to pray for you or your loved ones and to help in other ways when we can. One or two ideas are being prayed about.

Meanwhile if you want any more information, without any obligation, or fancy a listening ear and a brew, all in confidence, do get in touch.

015396 25212. Jn & S E Woof.

TRY PRAYING FEEDBACK

Pam Dent

With reference to Maureen Lamb's article "Try Praying!" in the October edition of Lookaround, at its best prayer is a two-way conversation with God and is not unique to Christianity – practising Sikhs, for instance, follow a daily pattern of scripture reading and prayer. Secondly, the mission of the Christian Church, given by Christ to the first disciples two thousand years ago, is to "go and make disciples of all nations". We do this in word and in deed, of which the "Try Praying" banner on St. Andrew's

church railings is one example. Church buildings stand as witness to the ongoing work and witness of the church throughout the ages and are valued by many people as places of sanctuary and support but they are not an end in themselves; "Try Praying" is an invitation to enter into a relationship with the living God.

Pam Dent is a local preacher in the Methodist and United Reformed Church traditions and a member at Cornerstone Community Church, Sedbergh.

TRY PRAYING!

John Considine

I was very glad to read Maureen Lamb's thoughts, in the October Lookaround, on the 'Try Praying' banner outside St Andrew's Church in Sedbergh. I noticed the same poster as I went past the church, and I also didn't like it very much, but for the opposite reason: it seemed to me to be rather a weak expression of the Christian message. But Ms Lamb has got me thinking, and has helped me to see that I was wrong.

Opposite the church are the Red Lion, and William Peat the butcher. Would anyone mind if the Red Lion had a notice outside it which said 'Try

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Our Beer' or if Peat's had a notice saying 'Try our Sausages'? Surely not. Some of us don't drink beer, and some of us don't eat sausages, but we wouldn't say to such a notice 'that's propaganda, it's out of context with the times, it does the Red Lion (or Peat's) no credit.'

So what's the difference? Whether or not we drink beer or eat sausages, those activities are uncontroversially part of our culture. They are simple kinds of consumption. Someone buys, someone sells, and what's wrong with that? (Especially when the beer and the sausages are delicious, as they are.)

But prayer isn't consumption, and that's what's upsetting about it. That's why a person might not like to see it advertised. The people who pray believe in an invisible person, who loves them. They believe that they can talk to this person. They believe that when they talk to this person, they have been given a gift. That's actually extremely strange; disturbing, even; counter-cultural, you might say.

It's counter-cultural, but it isn't new. For hundreds of years, St Andrew's

church has been at the heart of Sedbergh, a house of prayer. Of course it's a wonderful old building, as Ms Lamb says, a place to sit quietly and take time out. But for the men and women of Sedbergh who have prayed there over the centuries, it has been more than that: a place to love and be loved, a place to be at the most important moments of their lives. A place to receive a gift, not to buy a beer or a sausage.

How strange it is to have, at the heart of a town, a whole building which says 'come here, love and be loved, it costs nothing'. How strange it is to have a whole building which has said, to everyone in Sedbergh, for hundreds of years, 'Try Praying.' How right Ms Lamb is to feel this strangeness, and to be made uneasy by it. How right the people were who put up that banner, saying to every passer-by that 'Try Praying' is a way to sum up what that building at the heart of Sedbergh is all about. And how wrong I was to see those words as weak: they are words of great strength, and Ms Lamb realized that before I did.

TRY PRAYING FEEDBACK 3

The Ministry Team and Churchwardens

Our “trypraying” initiative at St Andrew’s has had a welcome response in the community with many people responding to the banner and taking home the booklets which are available in the church. Inevitably there has been some less positive response based on misunderstanding our purpose which is to encourage those who are not religious and do not go to church to pray purposefully wherever they are. Of note 27 million adults in the UK from many faiths and none pray - and of those 10 million pray regularly. Half of those who pray believe God hears their prayers. Of people who say they are not religious 1 in 5 pray!

When we started using this initiative our Vicar wrote in the June Lookaround (page 35) to make clear what this was about: “Prayer is never merely an insurance policy against bad things happening nor a quick fix if and when they do. It’s much more about a way of life lived in conversation with a God who is a present comfort in times of trouble and a guide and help in times of joy.”

The church congregation believes in this kind of prayer and it is only right and proper that we should share such beliefs and advertise our faith.

For many years there have been signs on each of the entrances to the churchyard welcoming visitors and inside the lych-gate a specific welcome to our Parish Church which “offers you much that is old and beautiful – and a sanctuary where you may find rest, renew peace of

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mind, offer a prayer.” The church is open from 8.00am - 6.00pm every day of the week, it is kept warm as a haven for visitors and residents with a play area for children and is home to the wonderful embroideries which tell the story of Sedbergh. For ten years it has been a collecting point for the food bank and besides the church Christmas and summer fairs has welcomed many other public events. It is also home to the Sedbergh Orchestra and the Town Band’s favourite venue for their concerts.

We are currently endeavouring to re-order the West end of the nave to make the church an even more welcoming place and further enhance its place as a focal point in Sedbergh.

APOLOGY

Ed Welti

Last month I somehow managed to incorrectly republish the September Western Dales Mission service dates. Entirely my fault, as usual I think I remember doing the update, but it got lost again somewhere in the compilation process.

Many apologies to all concerned.
Ed

TIM'S COLUMN

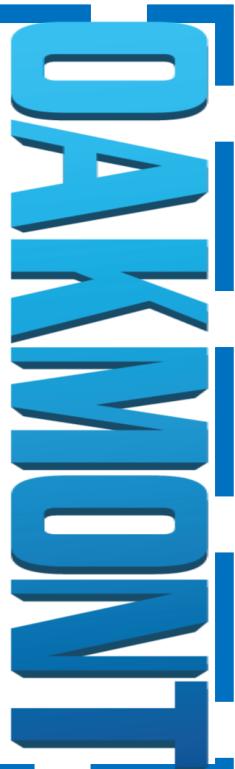
Tim Farron

This past month has seen me involved in quite a bit of fighting. Not, you will be pleased to hear, the physical punching kind of fighting, but the working quite hard to push back against a lot of stupid Government plans kind of fighting. I'll take you through a few of them and you can let me know what you think.

On agriculture I was really pleased to be able vote in favour of an amendment to the Government's Agriculture Bill that was designed to protect the high standards proudly maintained by our farmers. The amendment would have banned agricultural imports that were of a lower standard than those produced

by our own farmers. Clearly this would have an impact on trade negotiations that we are undertaking with countries like the US who have much lower standards on issues like animal welfare than we do and, sadly, the Government seems to care more about these deals than they do about our farmers. With the result that, despite 14 Conservative MPs choosing to vote against their party line, the amendment was defeated. What made this particularly depressing was that, only a few weeks earlier, the House of Commons had been full of Conservative MPs wearing ears of wheat to demonstrate their support for British farmers. Sadly, it would appear, their support only went as far

The advertisement features a central image of a person's hands holding a wrench and a screwdriver, with a yellow tool belt visible. To the right of the hands is the Oakmont logo, which consists of three stylized arrows pointing upwards and to the right, followed by the word "OAKMONT" in blue capital letters. Below the logo, the text "PLUMBING - HEATING - ELECTRICAL" is written in a smaller font. To the left of the hands, there is a circular badge with a yellow border containing the text "SPECIAL OFFER £59.00". To the right of the hands, there is a vertical column of three bullet points: "Affordable Prices", "Family Run Business", and "Fully Insured Services", each preceded by a blue checkmark. Further down, the text "Outside Taps Supplied and Fitted!" is displayed, followed by a small note: "Limited Time Offer, Terms and Conditions Apply." At the bottom, the text "GET IN TOUCH" is followed by the phone number "01539 302 304" and two email addresses: "info@oakmontplumbingandheating.co.uk" and "Oakmontplumbingandheating.co.uk". A "safe contractor" logo is located at the bottom left. The entire advertisement is framed by a blue border.



as wearing a badge, certainly not to the point of actually doing anything supportive.

On health everyone was taken by surprise to learn that, the Prime Minister's commitment to build lots of new hospitals, the Government would mean plans to close and merge the hospitals in Lancaster and Preston. This is beyond stupid, it is dangerous. We already have to travel all the way to Lancaster for our nearest A&E department, and any new merged hospital would obviously be even further away from us. This would mean that, if any of us was unfortunate enough to need emergency care, we would have to travel even further and wait even longer to get the treatment we need. If you would like to help us to stop this happening, then please take a minute to sign my petition stating your opposition to the plan. You can find it at this address on the internet <https://www.southlakeslibdems.org.uk/hospitals>. The more support we get for this campaign the less likely it is that the plans will go ahead.

I have also been fighting to get the Government to offer support to outdoor education centres like the Bendrigg Trust up near Killington. The



current COVID regulations mean that they have not been able to offer overnight stays since April. This cripples centres in our area, as they rely on people travelling some distance to benefit from using their facilities. Not only are the Government stopping them doing their work, they are not offering anything like the financial support needed to keep them operating. Some figures I have seen say that 3000 jobs have already been lost in outdoor education. This is not because these are unviable businesses, it is because the regulations stop them from offering services that people really want.

These are just three of the issues I have been fighting on. There have been others (don't even mention COVID testing) and if you have anything you would like me to fight on for you then please drop me an email at tim@timfarron.co.uk or give us a call on 01539 723 403.

Thanks for your support

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COUNCILLOR'S CORNER

Cllr Suzie Pye

A few weeks ago I brought a motion before council to declare a Poverty Emergency in South Lakeland. I am pleased to say it was passed unanimously. Here's why I thought it was necessary, and what I hope it will achieve:

In normal times, SLDC does have a comprehensive agenda around poverty in South Lakeland: we monitor poverty levels, we point people towards available help, and we instigate and support initiatives that set out to alleviate poverty. But these are not normal times.

South Lakeland has been disproportionately hard hit due to our reliance on the tourism and hospitality sector. We have seen a surge in number of families relying on food banks and similar food provision in our communities. 42% of eligible jobs have been furloughed. Pre-lockdown we had 5 food banks in the area, there are now 16 food banks or food initiatives.

So the current situation demands a different level of response, a shifting of priorities, and a sharper focus on those experiencing financial hardship.

We will look firstly at how we can be responsive to those who are experiencing a lived experience of poverty right now and secondly, we will look to put things in place to stop those who are on the cusp of experiencing financial hardship, from falling further. An important part of the work will centre around removing the stigma that surrounds poverty. There is a perception that if you are poor

then you must be lazy, after all, we all have the same chances in life!

This line of thought is of course wildly inaccurate, and downright dangerous as it creates a stigma around poverty which acts as a barrier, preventing people seeking out the help they need. Poverty can hit anyone. It only takes an illness, a bereavement, the loss of a job, or a few bits of bad luck, and any one of us might become reliant on others for a hand up. But because of the stigma around poverty, people will likely hit rock bottom before they seek out help. We need to be catching people right at the beginning of the downward spiral, not at the end.

As part of the Poverty Emergency we will be launching a South Lakeland Poverty Truth Commission. This will create an open dialogue between two groups of people: those who understand poverty through lived experience, and those who know it from a governmental, or civic point of view. The 'Commission' itself is to facilitate meaningful, hopefully transformative, listening and learning between those two groups. Sometimes we are in danger of sitting in comfy meeting rooms (albeit

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virtually) making decisions in good faith which will potentially impact hugely on people's lives – without ever asking those people for their input. The ethos which underpins the Poverty Truth Commission is this: "Nothing about us, without us, is for us." We need to start including those who are the most marginalised in society, in conversations about solutions which directly affect their lives.

Please look out for more information in coming months around the Poverty Emergency, and the Poverty Truth Commission.

In the meantime, if you need any help or advice, South Lakes Citizens Advice is a brilliant place to start:
03444 111444

And do feel free to get in touch with myself at any time:

07833534710

Suzie.pye@southlakeland.gov.uk
Cllr Suzie Pye

SEDBERGH PARISH COUNCIL

Janey Hassam

Clerk to the Council

The Council held their online conference meeting on 8th October 2020 at 7.30pm. Their next scheduled meeting is Thursday 12th November at 7.30pm. Any member of the Public that would like to attend, can be sent an invite to this video meeting. Please contact the Clerk for the joining instructions.

Cumbria County Council Highways

Members again wanted to express thanks to the community for voicing their objections to the proposed traffic lights at Lincoln's Inn Bridge – it was with their strong opinion that this proposal had been revoked in September. Members noted that further correspondence had been received in regard to the proposed extended street lighting at Toll Bar, as well as concerns about the stretch of road from Toll Bar to Queen's



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Garden, notably where the road narrows. Whilst Members still feel favourable to the proposed lighting, enhancing the idea that vehicles are approaching a town and giving increased security to pedestrians walking to Toll Bar – they did acknowledge that any signage/measures that would potentially slow traffic close to Queen's Garden would be beneficial.

Additionally, the continued parking of vehicles at Station Road (close to Highfield Road), and vehicles parking close to Settlebeck/Castlegarth junctions with the A684 would also be highlighted to the Safer Roads team at Cumbria County Council Highways. Members finally noted the addition of temporary bollards at

Cautley Spout, to help discourage dangerous parking in the area - thanks were expressed to the PCSO's.

Members noted that no remedial works had been completed, along Station Road, to overhanging shrubs/branches where they are causing an obstruction to the pavement, as noted in the October Lookaround. The Clerk was asked to pursue this matter further, with Cumbria County Council highways, in an effort to encourage residents/property owners to take responsibility and appropriate action to clear the entire stretch from Palmer's Hill to Spar/the Health Centre. Members had noted on several occasions how pedestrians were being forced dangerously into

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the road, along Station Road, to avoid these overhanging branches in recent weeks.

Electric Vehicle Charging

Members noted that plans were progressing at Loftus Hill car park (led by Sedbergh School), to install two electric vehicle charging points at Loftus Hill car park. These points would provide space for four electric vehicles. Cllr McPherson is also due to meet further with www.chargemystreet.co.uk, a community benefit society, to consider potential electric vehicle charging at Joss Lane car park and/or The People's Hall car park.

Other Matters

Various other matters were discussed, including Planning

matters, Finance and Amenities. Various correspondence was also discussed, including Remembrance Sunday plans by the Royal British Legion (mindful of relevant Covid restrictions) and the resolution by Members to purchase Festive Lights for the town.

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

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

72 Main Street in the Parish Council Office, with agendas and minutes available online at

www.sedberghparishcouncil.org.uk

CELTIC STORM FILMS

Volunteer opportunity

Rick McLeod

Hopefully, everyone is keeping safe and well, it's extremely important that we continue to support each other in the community as much as possible for our physical, emotional, and mental health. It's been a strange year for many of us and I personally am extremely thankful for the support I've had during the last few months, being no stranger to a mental health situation, but I have been told that at least I "never lost my sense of humour."

I am in the process of creating a small team of volunteers, regardless of background, who have a desire to be involved in Film Production. Currently there are 4 of us, myself based in Sedbergh), Dan from Penrith, Noel from Manchester and Thomas who is based in Denmark, (Yes! Denmark!). Despite the different backgrounds and skills that we bring we have one simple goal, to produce feature films that highlight the local area. Not just its outstanding beauty, but its outstanding local talent.

The main core of our group have a professional background within the



film industry, but, we are looking to create a bigger talent pool to join us, initially at a voluntary level, with a desire to become self-sustaining and funded over the course of the next ten years.

If you have a background in any of the following, then we would love to hear from you:

Legal/Law, Book-keeping, Limited Company and of course Film production as well as someone who might be interested in converting items to film props. But also if you're an actor, actress, make-up artist, musician, drone operator, camera operator or want to be involved and learn new skills and express yourself you're welcome too.

At the end of the day, if we can go make some short films within our own area of Sedbergh whilst maintaining the safety of one another, then great, but a sense of humour will be essential.

So if you are interested, then please, feel free to get in touch direct rickmcleodcsf@gmail.com

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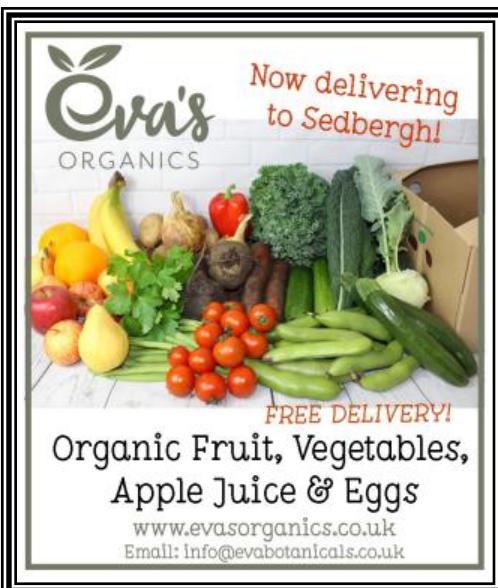
Organic Fruit And Veg Comes To The Westmorland Dales

(from press release) Mike Simpson

As home deliveries grow in popularity, organic fruit and vegetable growers Eva's Organics have just launched a new service to include Sedbergh, Orton, Tebay, Newbiggin-on-Lune, and Kirkby Stephen.

You may have heard of Eva's Organics in connection with their Great Taste Award winning organic apple juice, which is available from Tebay Services and features on the menus of several South Lakes cafés and restaurants.

Debbie and Mike Simpson started the business over twenty years ago and now with the help of their sons David and Robert, and their team of packers and drivers at Low Luckens farm, Eva's Organics grows over forty varieties of fruit and veg with the aim of harvesting for delivery all year round.



Debbie explained "We're able to offer a wide choice of fruit and veg all year round by adding in produce from other specialist organic growers and wholesalers".

Mike said that "Just last year we extended our fruit and veg delivery area to include the South Lakes but before long, enquiries from the other side of the M6, from Sedbergh to the Westmorland Dales prompted us to think about the new route".

Then came the lockdown and a surge in demand for home deliveries.

"People who had never heard of Eva's Organics searched for food deliveries online, found our website, gave us a go and experienced the benefit of fresh organic fruit and veg delivered to their door. We now deliver regularly to over 500 families across Cumbria."

"When people understand what we do, the attraction is not just fresh home-grown produce, but the knowledge that this is food grown with biodiversity enhancement and care for the soil at its heart."

Background:

Our efforts with home grown produce started in 2003 with one polytunnel in a rented field at Low Luckens farm in the valley of the River Lyne in the north east corner of Cumbria. We established a 2-acre organic orchard at Houghton near Carlisle in 2010 and bought the 16-acre smallholding of Low Luckens in 2015. We now have eleven polytunnels.

Our Philosophy:

All of the habitats we look after are managed for the benefit of wildlife including an ancient oak wood,

hedgerows and riverbank as well as the gardens where we grow organic crops.

Our organic methods of healthy food production follow the principles of agroecology for example to encourage nutrient cycling and prevent soil loss. This involves creating our own composts and mulches, as well as using particular soil management techniques to encourage carbon sequestration and improve overall soil quality

for further information about Eva's Organics visit:

www.evasorganics.co.uk or to place an order call 016977 48331.

Watch a short film about Eva's Organics here: <https://youtu.be/EVo79CrcO74uality>.

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JEANETTE'S SEWING

Jeanette Hanna

My name is Jeanette Hanna and I am starting a new business venture, post Covid, as a Sewing repair and alteration service, in and around the Sedbergh area.

I have many years experience altering clothes, trousers, dresses, shirts, skirts, jeans, coats, jackets and tailored items, Ball gowns, wedding dresses and home furnishings too, Curtains, cushions etc..

I am a Pattern Cutter by trade for companies including Karen Millen/ Coast/Oasis/Debenhams and many more. Travelling to London 3 days a week. But because of the pandemic I have needed to rethink my direction.

We moved to Sedbergh 3 years ago. We (me and my husband Clive) returned to the UK in 2017, after spending 13 years as PADI Diving Instructors at the Red Sea Hilton Resort in Dahab, Egypt. While in Egypt I also worked remotely for Karen Millen making patterns on the computer. Now we are enjoying the Howgills and Sedbergh.

I am excited about my new business and look forward to meeting you one day.



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UPDATE ON THE A684 SAFER ROADS PROJECT

Cumbria County Council

Scheme Background. The Department for Transport (DfT) has made a Safer Roads Fund available to specific local authorities, in order to carry out safety upgrades on sections of 50 roads nationwide, which they have classed as being the most dangerous. In Cumbria, these include the A592 and the A684. The classification was made by the Road Safety Foundation based upon the analysis of collisions that occurred between 2012 and 2014.

Cumbria County Council was invited to propose schemes for these roads, using DfT software to identify

potential road safety upgrades, which would reduce the risk of collisions, if implemented. Previously, road safety measures tended to be ‘reactive’ – in other words, making safety improvements after a collision. This method is more proactive, looking at the infrastructure of a road to make safety improvements before a collision happens.

In summer of 2018, the Council was notified that it had been allocated money from the Safer Roads Fund, and would receive over £9million for two key routes in the county – specifically the A684 from the M6 junction to the county boundary; and the A592 from Windermere to the A66 near Rheyed.

Design Work. The Council appointed a consultant to carry out the initial outline designs including various options for each road. This included reviewing the existing safety information, and workshops with the project team and colleagues in Highways, to determine any other safety measures that might be needed.

Public engagement. Once the Council had produced outline designs for the A684, a series of public engagement events were held to present the proposals to the public. Meetings were held with stakeholders including the Yorkshire Dales National Park Authority, North Yorkshire County Council, District Councils and Parish Councils.

Unfortunately, due to the Coronavirus pandemic, further public engagement events were cancelled and the project was temporarily put on hold while officers were

redeployed to help with the Council’s response to Covid-19.

Types of safety measures being implemented. The scheme on the A684 will see a number of safety works, including replacing and installing new signage, such as hazard sign for a bend and new chevron signs. Verge markers will also be installed to assist drivers, as well as new roadside barriers in key locations. There will be a new electronic sign at Black Horse Hill to warn approaching drivers of ice and fog on this stretch of road. Additional street lighting will be installed between Sedbergh and the industrial estate. The lighting is ‘dark sky compliant’ but will ensure the safety of pedestrians, as well as highlighting the junction with the A683. Road markings will also be improved and the surface replaced in key locations. Lincoln’s Inn Bridge will have improved signage and road lining to warn approaching drivers of the narrow and humpback-bridge but will not have traffic lights on it.

Works on site. The scheme has been divided into five sections, grouping the works into logical packages for all construction, traffic management and communications on

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that stretch. These sections start at the M6 and work towards the county boundary with North Yorkshire. Within each section there are a variety of measures and, due to the nature of the works, these will be carried out by different contractors or teams, depending on their specialty.

Traffic management and delays. The County Council has worked hard with their Highways team to programme the works with minimal disruption, and expects that the vast majority of works can be completed without the need for a full road closure. Most works will have either traffic lights or 'stop/go' boards to keep traffic flowing as much as possible.

Keeping you updated. Due to the continued need to maintain social

distancing and ensure public safety, the Council will not be holding any face to face meetings. We have created a page on the Council's website (www.cumbria.gov.uk/saferroads) with all the up to date information, and we will put up notice boards in Sedbergh and Garsdale (locations to be confirmed). Cumbria County Council want to keep the public as up to date as possible and fully acknowledge that we cannot rely just on 'digital communications'. They will therefore be working closely with the parishes and other partners to ensure information is available within the community as well.

If you have any comments on the scheme you can get in touch by emailing: A684@cumbria.gov.uk

A VIEW FROM THE FELLS



PEOPLE'S HALL NEWS NO 1

Dr Gina Barney

You may have seen scaffolding has gone up at the Hall. This is to allow us to replace the main hall, entrance lobby and committee room roof. This was last done in 1983 when Denis did a barrel roll to raise funds. The funding was in place and work was to start in May 2020. COVID stopped that with work suspended and worse still the production ceased of the fibre-based roof tiles. We now have materials and work can start. We will do the front first and then move on to the main section. Please take care around the scaffolding.

Photo circa 1982 when the cheque was handed over.



PEOPLES' GYM AND FITNESS CENTRE

Sandra Gold-Wood Chair

A big 'Hello' to all our members... and a call out to all those who don't know that Sedbergh has its very own community run gym.

It is hard to believe that our gym first opened its doors to new members in October 2015. We little expected what we would be faced

with 5 years later – so, being able to celebrate our fifth birthday last month, has been put on hold.

But a successful first five years have meant we have had the resources to re-open our doors again under the guidelines set out by Government. Now, more than ever, we are open and providing an important contribution to the physical and mental wellbeing for the people of Sedbergh.

We would like to thank those members who have already used our 'Covid-19 Secure' gym and it's great to have things running again, albeit on a more limited basis.

Our member feedback has been really positive – from the new flooring that has been laid throughout the Gym, which are much easier to keep clean to the two brand new treadmills installed; from the improved cleaning regimes to the floor markings to ensure compliance with social distancing. The committee has also arranged for a weekly deep clean on top of daily cleaning.

If you have not already returned to the gym, we urge you to come back and see what we have done to meet the regulations which allow us to open in a safe and measured way. Remember that your Gym runs on your subscriptions, so we are just as anxious as you are to get back to normal. Meanwhile, the committee continues to try and find ways to offer you as much access to the Gym that they can. Just contact our membership admin team – membership@sedberghgym.club or 07399 854659.

Because of the Covid-19 situation, the Gym must be manned when in

use and we are striving to offer more sessions. You will be pleased to know that Stuart, our Gym manager has a scheduled in more opening times for November. However, this is only possible with the help of committee members who have volunteered to be trained to ensure we meet the new regulations.

To extend the number of sessions further, the committee need to recruit more volunteers to help man the Gym. These volunteers will be given some basic training so they can be confident to man the Gym and the committee can be confident it is meeting its obligations. It is a win -win situation, for every 'volunteer hour' 5 more people will be able to use the gym - which means that even more sessions will be available to the volunteers and the whole membership.

So, here's our APPEAL. If any member would be willing to take this training and could spare an hour or two per a month, their help would be supremely appreciated.

This is a difficult time for everyone, and the Gym committee ask you to be understanding and to remember that we are all volunteers giving our time and often our money to help this exceptional facility to stay safe and stay open. As there will not be an AGM this year, I would just like to say a big thank you to the committee for all its work. You the membership can be assured that the members of the committee go way beyond what can be reasonably expected of them especially in the case of our Treasurer, Rosemary Lewes, and our Gym Manager, Stuart Wetherell.

SEDBERGH PEOPLE'S HALL AND COVID TIERS

Dr Gina Barney

We have a small subcommittee overseeing the COVID arrangements to ensure that the People's Hall is a Covid-19 Secure facility.

The management of community assets in these circumstances is complex. Fortunately, nationally, this sector is well supported by ACRE (Action for Communities in Rural England), who though ACT (Action for Communities in Cumbria), keep us up-to-date with changes in government legislation. They provide guidance on interpretation and how to ensure safe use of community centres and village halls. I am also in contact with two community centres in London and some in Lancashire, where we can swap experience and talk through problems. Being



personally interested in dancing there are jive classes in Lancashire and Scottish dance classes in London for people who live together. Unfortunately, I cannot participate.

It is recognised that community centres, village halls, assembly rooms and the like are managed venues. As a consequence, the rule of six has less impact. At the People's Hall the majority of people currently attending events come alone. If two to six people attend, they become a group. They must stay as a group and obey the physical distancing rules. We can have as many groups up to the COVID capacity.

The changes in legislation and government guidance can change overnight. Mandatory face coverings

and voluntary QR codes are examples.

The latest change is the Three Tiers (at the time of writing 15 October). Having received guidance for each of the tiers, the People's Hall can support hirers to hold their event safely, even in highest tier. However, each hire has to be considered carefully to be secure.

Many hirers have returned, but some have not. We do need to encourage the continued use of the Hall, as the government funding we received will not last for ever. Our income is very low.

If you want to use the Hall for an event, and are uncertain if you can do it, then ring me (015396 20790). I will be able to advise.

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CHEER UP AND CARRY ON Your People's Hall Needs You!

Sandra Gold-Wood

Yes, folks, the PH committee are attempting to evoke a bit of wartime spirit. They are, with as much optimism as can be mustered, attempting to bring you a little entertainment next month (December). The committee all agreed that something needs to happen to cheer us all through these difficult times. There really is not a great deal of entertainment that can be staged without rehearsals. Which is why the entertainment will take the form of something a single person or a couple can carry out.

The plan is to stage a short play/mime/sketch/bit of poetry/or even a bit of music and song on Friday December 11. There will be an afternoon and an evening performance and the audience can 'Hum along' and laugh a little.

The PH is set out according to Government regulations to keep you all safe. Of course it is impossible at this stage to know if it will be inside the government guidelines when December rolls in. Nevertheless, the PH committee hope it will happen but of course it is dependent on what people are prepared/allowed to do.

Still, 'Cheer Up & Carry On' folks and look out for posters toward the end of the month. Naturally you will need to book and the poster will tell you how. So let's remain hopeful. The very best of health to you all.

Sandra Gold-Wood on behalf of the PH committee

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IGNITE YOUTH

Heather Askew

Its disappointing to say the least but no, we can't meet up yet. The virus is still all around us, interrupting our leisure and there are still too many restrictions.

The Table Tennis game is forming dust, the bread buns are mounting up in the freezer, and the tuck shop sweets have mysteriously disappeared!! (I am just about to ring Judge Rinder). Well it's nothing that can't be resolved and maybe when we start up again we will celebrate with a super come back disco or another trip to the bowling alley, even an outing to the ice rink in Blackburn.

Well it's all on the cards, but don't get too excited because we had also planned to send you out on a big litter pick around Sedbergh, and maybe



digging some gardens over for the elderly (me first).

Truth is, you are all very special to us and we need you to be safe, so in the meantime work hard at school, look after one another by showing some kindness and consideration, help out with the chores around home, and it should not be long before we can all meet up again.

Here are some comments from our leaders and young members:

1. Youth club is a safe environment full of energy and enthusiasm,

2. I just enjoy getting to know the kids and having a laugh and joining in the games! Quiet weeks are just as important as the busy weeks, looking forward to starting up again and doing some new activities (Joe).

3. I've loved every minute of youth club, it's been ace! Having fun and making each other laugh is the best and most important thing for us at IGNITE (Henry).

4. I enjoyed the smell of bacon sandwiches, the shouts of teams competing against each other, the friendliness of everyone doing something together! Also quiet time at the end (Rachel).

5. I enjoy lots of different stuff that we do and getting to mess about with mates (Patrick).

6. Sedbergh and the local area can be fun with lots of outdoors stuff to do.

However, when it rains its boring as there isn't much to do or anywhere to go. Ignite was something to look forward to on a Tuesday. Lots of fun activities and games. We're all a bit bored after lockdown and looking forward to it starting again (Andrew).

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AUDIO LOOKAROUND

Rosemary Handley

During this difficult period we have all had to adapt and invent new ways of doing things. With the 'Talking Lookaround' - the audio version of our town's splendid little informative publication-we have managed to keep our visually impaired recipients in touch by having a team of readers who, instead of gathering round a table in 72 Main street, have been able to record from their own homes, in their own time, using a voice recorder App on their phone or PC or laptop.

This has given them great flexibility and any editing is done by our technical team led by Mike Clark.

We may have to continue like this for some time. So it would be great to have a few more 'voices' reflecting our very vibrant and varied community. That would spread the workload and give more variety to our listeners.

If you would be interested in helping with this much appreciated service or know of anyone who may like to receive it, please email audiolookaround@gmail.com and Mike will give you more details.

In this way you can really help those who are experiencing considerable isolation at this time, without even leaving your home! Thank you.

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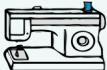
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COGS COMMUNITY ORCHARD GROUP, SEDBERGH

Ann Parratt

There have been a few developments in the Community Orchard since our last article in the Lookaround. Not only do we have a new leaflet holder, where visitors to the orchard can pick up a brochure to fill in to become a member of COGS, but also an interpretation board will be erected during November, giving visitors information about apples and other fruit grown in the orchard.

We hope that everyone will enjoy the artwork and information provided, and that it encourages individuals and families to become members of this innovative community project.

When you have a moment, do pop down Vicarage Lane to your Community Orchard to enjoy peace and tranquillity, with beautiful views, it's a great place to sit and reflect.

How do I join COGS?

You can support the Community Orchard by joining COGS. Annual

membership costs £5 for an individual or £7 for a family, and includes membership of SLOG South Lakeland Orchard Group, with access to their pruning and grafting courses. You can also get a 5% discount on plants from Beetham Garden Centre, and a 10% discount from fruit tree suppliers, Rogers of Pickering.

For more details please contact:

Ann Parratt COGS Chair
015396 20964 5 Queens Drive,
Sedbergh

Jacqueline Smith COGS Treasurer
015396 20760 4 Loftus Manor,
Sedbergh

MYSTERY PARCEL

Editorial team

A large mystery parcel addressed to a Henry Barlow was delivered by 'Hermes' in error to Gerry and Angela Dixon at Rawthey Bank early this month. If anyone knows this man please alert him to the fact that a parcel is waiting for him there. There are no details on the package to further help enquiries and Hermes are of no help as they require an order number to investigate any misdelivery. The Duxons are on 015396 47111

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SEDBERGH W.I.

Valerie Welti

Our plans for monthly meetings over the Autumn and Winter in the Covid-19 secure Peoples Hall, trying to make the most of social distancing, difficulties with hearing at a distance and using members own expertise and skills were thwarted by the “Rule of 6”.

Determined not to be disheartened, the officers started to make arrangements for weekly meetings in the committee room for 6 members at a time to get together for a chat, and possibly focus on different interests – reading; crafts etc. But then Cumbria’s Director of Public Health, Colin Cox, concerned at the rise of infection rates in the county advised not more than 2 households meeting. It was felt that plans for mini-meetings of 6 members indoors should be cancelled.

So, how **have** Sedbergh WI members been keeping some sense of togetherness?

Well, the Walking group went ahead with its September walk. 4 members started at Sedgwick, walked down by the river past the salmon leap and over the Levens Hall estate where, as ever, several deer were spotted. They paused for lunch at Hincaster and met a bare-chested man (it was a warm day!) with a strange wheeled contraption which was carrying his camping gear including a hammock rather than a tent. He was enjoying exploring the area although had some difficulty getting over stiles! They looked through the Hincaster tunnel from both sides and lamented the demise

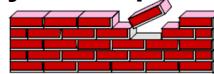
of the canal. Then shortly afterwards they came to the area where a huge recycling project was underway. Who knew that tarmac could be recycled?! Finally, reaching the disused canal track which led the group back to Sedgwick.

As the weather is no longer so conducive to garden meetings 5 members of the Book Group met for their October session via Zoom. Carlisle library has still not resumed the loan service for Reading groups so we all shared our recent “Good reads”. This ranged from novels - Barbara Kingsolver *Unsheltered* and Helen Dunmore *The Siege* to non-fiction - *The Five*, a book redressing the misogynistic lack of information about the lives of Jack the Ripper's victims and another book assessing the evidence (or lack of it) for the conspiracy theories surrounding the assassination of J.F. Kennedy. Several members, having taken advantage of online Literary Festivals

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had been inspired to read novels by authors they had viewed, for example, Joanne Harris and Sebastian Barry.

But what about members who aren't in the walking group or don't use zoom? Well, there are phone calls. Deliveries of Cumbria-Westmorland Federation newsletters by hand, and collections of donations for Manna House offer opportunities for doorstep conversations, and maybe even arranging socially distanced chats indoors.....

Our Annual Meeting planned for November will have to go ahead via Zoom. New members with fresh ideas would be very welcome on our Committee. All Sedbergh WI members will be emailed with the Officer's reports and the confirmed date and time.

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

Firstly, a look back at highlights during the past year when life was normal.

Last October we welcomed Federation Chairman, Karen Hanks, to the AGM, her first visit to Firbank.

She gave us a rundown of her many careers, her love of horses and, moving through the ranks, to taking on the role she is in today.

Sarah and Audrey attended the Council meeting at the Town Hall, a enjoyable meeting with updates on events coming up. Also, excellent speakers and entertainment, plus the latest federation news.

In November, the Kirkby Lonsdale hand bell ringers entertained us.

We enjoyed Christmas celebrations at the Cross Keys in Cautley.

We were introduced to the Alexander technique, African adventures, and mountain rescues.

Our walking group has been out and about monthly, mostly spent in lovely weather. Enjoying the lovely country side we are so lucky to have and to enjoy, through these uncertain times .

In March, we were put into Lockdown due to the Covid 19 outbreak.

By September, restrictions were eased, we made plans to resume our meetings, and arranged our

AGM to be held in the usual way

These plans were scrapped when the government's rule of six was brought in.

One of the joys of preparing the annual report is that it gives me the opportunity to look back and be thankful for all that's been achieved.

The committee and officers have agreed to stay in their roles for the coming year. Sarah has informed our WI advisor of our commitments.

We have remembered member, Carole Mills, with a donation to the Memorial Bursary Fund.

I would like to thank Sarah for support over the year especially throughout Lockdown, with her messages and communicating with us all. Also, to our members for their e-mails and keep-in-touch ladies.

We send our best wishes to our members from not so close to home to stay safe and well.

We look forward to meeting before not too long.

FRIDAY MORNING Second installment

Sandra Gold-Wood

The foreboding that had followed Jenny all day travelled with her as she walked across the park. It was bitterly cold and she wanted only to get home and light a fire. Some distance ahead of her Jenny could see the only lamp-post in the park, that was still working, even though some of the glass was smashed. She fixed her eyes on it and quickened her pace feeling that she would only be safe when she reached the lamp-post. She sighed with satisfaction as she stood in the pool of light shed by the lamp. It felt somehow warmer. Walking on and, glancing this way and that, and wondering why on earth

she felt so unsettled, she noticed a pile of clothing and newspaper on the leaf strewn ground behind a bench. Surely, it couldn't be Reggie, the local tramp, sleeping on the ground in this weather. She knew he usually slept in the railway station waiting room during winter; nobody minded. Her curiosity blossoming Jenny looked closer. There was a foot sticking out, a foot that certainly did not belong to Reggie. If Jenny had felt cold before she now felt chilled to the very bone as an icy realisation stuck. Oh yes, she had seen dead bodies before, and she knew, instinctively, that under the leaves and dirt covered clothing there would be the body of someone. Should she look now or should she ring the police first. It even crossed



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her mind to keeping on walking and forget what she had seen. No, that was not her nature, so she knelt down on the cold earth and brushed away the leaves. Staring back at her was the shocked face of her fellow teacher, Elizabeth Sheldrake. She screamed and jumped away from the body and, as if by magic, a policeman ran toward her. All Jenny could do was to point.

Police Constable Arthur Wren checked to see if there was still breath in the body. There was not. He guided Jenny to a park bench and told her he was going to phone the Station assuring her that he would be back shortly, and stressing that she should not move. Move thought Jenny I don't think I could, even if I wanted to. Actually, she wanted to, she wanted to run and run, but doubted her legs would hold her, so she stayed on the bench. Memories crowded in of the death and destruction she had seen during the war; she began to shake and she knew it wasn't just from the cold. Calling on the inner resolve that had got her through most of what the war had thrown at her, she concentrated her mind on why anyone would want to kill Elizabeth Sheldrake. Jenny reasoned that Elizabeth would have no cause to cross the park; as this was not her way home as she lived in Greenstead. Perhaps, she was meeting someone, but who? Earlier that day having seen them together in the classroom after school Jenny knew beyond a doubt that Elizabeth Sheldrake and Rob Davis (Music and Geography), were more than friends. As Rob lived quite near Greenstead

there was even less reason for Elizabeth to be in the park?

Suddenly, PC Wren was back. Jenny put it down to the shock, but it seemed to her almost as if he was able to appear from nowhere. He explained that his Sergeant and the ambulance would be there soon. He also explained that she would have to go the police station and make a statement. Jenny didn't mind, it was not as if she had a busy social life. The Sergeant arrived with a young PC and assigned PC Wren to escort Jenny to the Police Station. As they walked through the town toward the Station Jenny tried to arrange her thoughts into some kind of order. She could hear PC Wren assuring her that the Police Station was well heated and that, as soon as they got there, he would organise a nice cup of hot sweet tea.

Good Constable Wren didn't lie; Jenny was warm for the first time that day as she sat reading through her statement before signing. The room was windowless and very small with walls painted in various shades of green and there was a smell she couldn't place. Still, she took her time, as her flat was nowhere near as warm. There was no clock, she didn't own a watch and her stomach was rumbling, so she guessed that time was getting on. It felt odd to be feeling hungry given that poor Elizabeth would not eat another meal or kiss Rob Davis again. A tear slipped down her cheek followed by others, which began to drip onto her statement. She pushed it away and looked for her handkerchief. The hanky was soon soaked. Her sleeve

came in useful then, as her tears for Elizabeth changed into tears for her lost love, Clive. Jenny recalled the letter she received from Clive's parents telling her he was missing, possibly killed on a bombing raid. His body had never been recovered, even though the plane went down over France. What troubled her was the feeling that it would be a betrayal to give up hope, so she just kept on hoping. The tea she had been given was now cold, and Jenny wished it was hot and comforting as it had been earlier. Right at that moment the door swung open and WPC, June Piner, appeared holding a hot cup of tea. It was just about the best cup of tea Jenny had ever drunk, even though a few stray tears still leaked from her now sore eyes.

The police car drove Jenny through the increasingly cold night back to the small flat that she called home. She gazed out at the empty streets and at the lights that shone from sitting rooms and upper rooms of the houses they passed. It was curious to think of all those people going about their lives on a Friday evening while Elizabeth lay cold in the mortuary never to smile or cry again. Jenny reminded herself that Elizabeth wasn't exactly a friend, more a colleague and yet, it was such a waste of a young life, and there had been far too much of that during the war. It seemed to her as if some hungry beast had got a hold over the world and, although millions had died, it still wasn't satisfied. And on top of everything she knew she would have to 'phone the Major and give a report.

Jenny thanked the PC for driving her home. Rushing up the path to the door she as if she couldn't get there quick enough. She fumbled for the key in her deep bag sliding her hand through the assorted junk and confiscated objects teachers collect. She sighed audibly as her hand clamped round the key. The inner hallway was silent, apart from the faint sound of a wireless coming from Mr Marsh's room. Dropping her bag on the floor Jenny counted out change for the 'phone. Her finger dialed the Major's number and as it rung she prayed that he wouldn't answer. Her prayers were in vain, the deep bass voice answered after the third ring, and Jenny replied to his stern 'Hello' with a timid; 'Father, it's me'.

The familiar sound of his long term smokers cough preceded his words. He already knew what had happened. This was something that Jenny had often tried to fathom; of course he

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had been alerted by telephone but how did it happen? Who knew who to ring? He told her to send a written report by registered post in the morning and was about to hang up. Jenny wasn't going to let him do that this time. 'No you don't, she heard herself saying, 'you haven't even asked me how I am, I'm going to tell you anyway, I have had enough, I want to leave the country, no one is looking for me now the war's over Dad, it's all over'. Jenny felt good having got that off her chest, but the feeling soon left her as the Major replied, 'No Jenny, this woman's murder is all the more reason for you to stay where you are.'

'No, no, no, I have had it here, I want to go to Australia do you hear me? You can arrange it, please, father, please'. The silence on the other end of the 'phone made Jenny feel like a petulant child but she really had, had enough, seven years of enough in fact. She replaced the receiver with a crash and went up to her room. As she reached the door she thought she could smell cigarette smoke and she didn't smoke.

To be continued.....

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School was short listed for the Boarding Schools Association Wellbeing and Mental Health Initiative Awards in two categories: Well Being and Mental Health Award and Best Community Work. They are delighted to announce they won the Best Community Work category, and were "Highly Commended" for the Well Being & Mental Health category

The School was a finalist in the Independent School of the Year awards in the categories International Student Experience and Marketing Award for Effective Brand Communication

Nigel Moss, son of the School's Mr Moss, has joined The Elms School as a gap year student – where Chris Hattam the former Housemaster of School House is now Headmaster

On 19th September the School got through its Isolation stage and Red Zone, and progressed to Amber.

The School has been auditioning and rehearsing for The Thirty-Nine Steps

Although it has not been possible to use the chapel with its new lighting, virtual Sunday services have been held. However, on Sunday 4th October, after 7 months away, the School was at last able to hold evening prayers in the chapel, and appreciated the new lighting which has been installed while they were away. Three small services were held – three houses at a time to allow for social distancing, and a reduced chapel choir

Mr Richard Wells, Head of Running, has created the Bull of

Sedbergh walk, followed the Elephant at Ulverston. It is a walk roughly from Sedbergh to Millthrop, up the Dee and back along past the golf course, down past the meeting of the Rawthey and the Lune, back across the Lune and from there to Sedbergh. If you trace it on a map, with a short diversion for the tail, you will see that it draws a bull

The delayed work to create a Sixth Form Centre in the Queen's Hall is expected to have started by the end of October

On World Mental Health Day, the School held a non-uniform day to help raise fund for the charity Young Minds UK.

The Prep School had a day wearing pyjamas (including the Headmaster) to raise £200 for Winston's Wish

The School was part of the largest gathering of UK boarding schools in West Africa involving 23 Heads and

Principals on line on 9th and 10th October

The Prep School contributed to the Harvest Festival with the generous quantities of food donations sent to Manna House and Springfield Support.

Music

The Music Department has been concentrating on Chamber Music in the present condition. The junior choir at the Prep has managed to get together in the sports hall where there is room for social distancing

The Prep School held a virtual Half Term concert.

Conservation

The conservation team have been hard at work (up to their waists in

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water) clearing Bruce Loch which has been given a new lease of life

Cricket

Harry Brook OS, now 21, has made his 25th appearance for Yorkshire, making 50 in 29 balls in a partnership with Joe Root of 91 to win the T20 match

Athletics

On 19th September an interhouse sports day was held in brilliant weather, including a mile cross country.

The Prep School has started a Tuesday morning running club, and about 40 pupils and staff take part

Fraser Sproull, now in year 12, has been accepted onto the @EnglandAthletic Youth Training

programme. There were about 300 applicants for this. The programme will last two years at the end of which he should have a Diploma in Sporting Excellence

Rugby

On the weekend of 10/11th October a very successful House touch rugby tournament was held on Buskholme – Winder won the Senior and Evans the Junior. Due to the huge success of touch rugby this term, the School intends to run a programme of mixed Touch Rugby in the summer term.

Logie Bruce Lockhart OS, who died on 7th September, is believed to have been the oldest living global rugby international at a few days short of 99.

Future Events

Remembrance Sunday is on 8th November, and the service will be virtual – on line stream at 10.45 am, and there will be an Act of Remembrance at 11am on 11th November

Term ends on 17th December. The next term starts on 10th January

SEDBERGH SCHOOL - UPDATE

Margie McVoy

We are delighted to report that at the time of writing there have been no cases of Covid-19 amongst School pupils or staff during the half term about to come to an end.

The majority of pupils will go home on Friday, 16 October, for two weeks;



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a small number will remain in School with a programme of activities provided.

The support of the community by limiting the use of the public footpath through the campus during the first half of term has been very much appreciated. During half term, the footpath will be open and the signage taken down.

Term recommences on Sunday 1 November at 7pm and the pupils will return to a campus lockdown in order to minimise any possible introduction of the virus into the town community. To help with this, we would request that the public footpath through the campus is not used in line with the first half of term. There will be no offsite activities for pupils for a period after they return to School, including no access to shops and facilities in the town.

The School will continue to assess risks and keep you advised of further developments during the term. Following the tightened regulations around gatherings of more than six people, the School will not be holding a bonfire this year. However, we are eager to maintain the tradition of our fireworks display and that the display is available for all members of the Sedbergh community. To this end, we are working with the fireworks company to identify both a location and a display that will be as visible to as many as possible without the need for a gathering. Whilst the display would ideally take place on 5 November, it will require the best weather of the week (commencing Monday 3 November) and we are therefore planning for various options.

The display is planned to start at 7pm; further details will follow.

We hope the contents of this letter provide reassurance that the School continues to work with the community to manage risk whilst seeking to return to normal activity as and when appropriate.

WOMEN'S WALKING FITNESS Climb Everest in 2021

Pam Drower

A new fitness walking course is due to start in Sedbergh this coming January, with the aim of supporting women who feel they need to improve their fitness and want a challenge to help them get there.

Pam Drower, who has loved walking and leading on Britain's fells for many years, is keen to share her passion with women who would like to improve their fitness and take on the 'Back Yard Everest' challenge. The idea is to, over a period of time, clock up the 29,029ft (8,848m) of ascent (the height of Mount Everest) but do it on Sedbergh's local fells.

Pam, formerly a gymnastics coach and Nordic Walking instructor, is a qualified mountain leader with years of experience leading people of all ages in some of Britain's most beautiful areas. She says, "the Everest Challenge is achievable whatever your age or current fitness level - just make that start and begin to advance towards your goal. If you need motivation this could be just the thing, getting fit and healthy doesn't have to be a chore when you are with a group of like-minded women enjoying the great outdoors."



People ask Pam “why just women?” and she laughs and says “I’m not anti-men and am quite happy to lead any mixed group but from past experience I have noticed that topics of conversation can be quite different with all female groups. Also, some women in my groups have previously been part of mixed groups where the fact that they have shorter legs hasn’t been taken into consideration at all by the leader!”

Over the years Pam has trained and prepared various groups of women for challenge walks. While living in Coventry she supported a group training for a brilliant weekend away in the Lake District to climb Scafell Pike. Another group improved their walking fitness and went off to Snowdonia with Pam for the weekend to climb Snowdon. “Believe me”, says Pam, “training for a mountain challenge when you live in the Midlands was no easy task – our nearest hill was tiny and an hour’s drive away!” The groups included some members who had never climbed a mountain before and although it was a serious challenge for some, all felt a great sense of achievement at the end of the day (as

well as raising over £2,500 for a cancer charity). “Many people are undertaking challenges these days in order to raise money for charity or just to mark a ‘significant’ birthday” says Pam, “so why not enjoy clocking up the ascents for the Everest challenge and undertake it with confidence, knowing that you will achieve it safely”.

The graded walking sessions will take place locally with varying amounts of ascent – Pam will record your progress towards the total Everest ascent. There’s nothing like having a goal in sight to keep the momentum going when you’re trying to get fit. It really doesn’t matter if you have never climbed a hill, or even walked in the countryside before and, of course, an hour or two on the fells with good company is not only good for your physical health but for your mental well-being too. All sessions will be Covid-19 safe, ensuring that they fit within Government safety regulations. Pam says “some mountaineers are a bit rude about the fells surrounding Sedbergh, calling them ‘molehills’, “but in their defence she says “they are just as beautiful as any other British mountains and in their favour, they are quieter and less littered than those over the other side of the M6! That’s why I call my courses Molehill Adventures!”

The old saying goes “don’t make a mountain out of a molehill”. Pam says The challenge for 2021 is “DO make a mountain out of a molehill!”

For more information contact Pam on 07968 474287

Email:
molehilladventures@gmail.com

FREE ENTRY AT FARFIELD MILL #HEREFORCULTURE

Clare Huggonson

During the last AGM of Farfield Mill Ltd Community Benefit Society, Members adopted our new business plan which allows the Mill to become free entry. There had been a trial of free entry during the reduced opening hours when the Mill reopened in July. We are hoping this will encourage repeat visits from visitors in and around Sedbergh, popping in for Christmas presents, cards, exhibitions and treats in our Tea Room. We are looking forward to new exhibitions from Thursday 5 November from Textilia 3, and Art Textiles:Made in Britain and a

photography exhibition from Susannah Harpham.

Farfield Mill has also been fortunate to receive a grant from the Culture Recovery Fund which will enable us to be #HereForCulture. This grant will help us; improve and enhance the outdoor seating area for the Tea Room, purchase screens and partitions for educational workshops, fit an automatic entrance door, and help to cover some fixed costs (such as building insurance). The grant from the Department for Digital, Culture, Media and Sport will give Farfield Mill financial resilience to deal with these uncertain times and we are already planning for 2021 and beyond.

See the advert on page 6.

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“FARMERS - IT’S TIME TO TALK”!

Carol Moffat

The farming industry is facing a period of profound change, perhaps the most significant since WW2. At this moment, planning for the future is a difficult process. Understanding and taking advantage of new opportunities will be essential to farm viability going forward.

The UK Farmer Group Discussion Network (FGDN) was established in 2018 by the University of Exeter to kick start independent, non-political debate about how to achieve an economically and environmentally sustainable farming sector.

The aim of this national network of farmer discussion groups is to help farmers informally debate with one another across the industry, and whilst not a lobbying organisation will provide a vehicle over time for those

views to be heard by policy makers. In doing so this will build new relationships with government, environmentalists, and others such as supermarkets, away from the political spotlight. The idea is to create a managed exchange of views between farming and 'non-farming' voices so that better understanding can be built going forward.

FGDN has teamed up with the Farmer Network Ltd in the North of England to work with existing and new grass roots farmer groups. This includes local discussion groups, agricultural societies, and other farmer groups. Group members discuss a rolling set of topics on a quarterly basis with responses then summarised and incorporated within a newsletter sent to all farmers participating in the discussion. In time it is hoped that this may lead to exchange visits and further discussion between groups across the country

The Farmer Network operates two independent networks in Cumbria and The Yorkshire Dales. It also has growing links to farmers in other northern counties. Formed in the aftermath of the foot and mouth epidemic 2001, the Network is farmer - led and aims to help farm viability and sustainability by reacting positively to every challenge and every opportunity.

Adam Day, Managing Director of The Farmer Network comments:

'Farming is integral to the rural economy and there is a period of

significant change on the horizon. We are delighted to be teaming up with The University of Exeter to create a place where farmers can debate and express views regarding the future of farming and the agriculture industry more widely. These discussions are desperately needed and FGDN provides a strong and credible platform'

Alex Inman, founder of the FGDN at the University of Exeter comments: 'It is my strongly held belief that the farming community has incredibly ingenuity, adaptability and a 'can do' attitude for which it should be proud. At the same time, due to the changing nature of the industry it has

never been more important to share ideas, knowledge, and expertise. Our discussion platform will build connections and we consider it a distinct privilege to be working with The Farmer Network in the north of England on

this venture.

FGDN is open to all existing or newly formed local farmer groups. There are no costs involved and not all members of a given group need to participate. All information and opinion provided by individuals remains strictly non attributable according to strict data protection and University of Exeter ethics regulations. Farmer groups wishing to get involved or needing more information should contact:

Carol Moffat, Farmer Co-ordinator for The Farmer Network

Tel: 01539 621602 Email: Carol@thefarmernetwork.co.uk



SEPTEMBER WEATHER

Brian Wright

We are certainly moving into autumn with heavy dews and even a hint of ground frost some mornings. We didn't actually get to freezing point, but very close with a minimum of 33F (0.5C), yet the maximum was a very warm 89F (31.6C). Rainfall was moderate at 25.5 inches (64.7mm) for the month. The interestingly $\frac{3}{4}$ of this fell in the first week and virtually nothing in the second week! Winds were variable with a maximum gust of 16.3mph (27kph). No doubt things will change as the autumn gales appear.

We have seen the owl a few times but have heard it quite a bit, even in the daytime. It has started roosting in our paddock rather than the garden. One very rare visitor was a red squirrel. I don't think I have seen one around this area since they started the renovations to Farfield Mill all those years ago.

Owls used to be seen down by the cottages where Mrs Castles used to feed them, but with all the disturbance they left. Let's hope they come again. The number of sparrows has dropped off, it's saving me on filling the feeders, but various tits, except the longtails, have been regular visitors. Nuthatch and woodpeckers are about but less frequently.

Unfortunately, the jackdaws are still causing chaos. All the summer visitors are on their way south by now. There were some very late swallows feeding, presumably this year's youngsters filling before leaving.

LADIES NFU

Caroline Sandys-Clarke

It is with huge regret that we have decided to postpone our plans to have a cake and Christmas Card stall in aid of St John's Hospice on the Sedbergh Wednesday Market on either the 4th or 11th November.

The re-emerging restrictions surrounding Covid 19 and the difficulty for the Hospice to find anyone who could attend the stall were the main factors in our decision. We were hoping to have the loan of the Hospice gazebo and also be covered by their public liability, neither of which could happen if no one from the Hospice could attend.

Other stall holders on the market and Janey Hassan the organiser of



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the market, have been very supportive of our idea so we shall try and re organise a stall at a later date.

Meanwhile members of the Ladies NFU are planning to give a donation to the Hospice, as they like all charities, are really struggling for funds at the moment.

FAMILY MUSINGS

Sarah Woof

My mum had a special coat to wear on bonfire night, woolly and lined, red and black checked and very warm. Countless years she wore it to walk to church bridge to see the bonfire on the stones and fireworks in the field. We took it all for granted, hot dogs on sale from a farm trailer and hot drinks. Sparklers for little gloved hands...candles and lanterns and thousands of stars.

Even pre-covid no village bonfire. Killed off by red tape and lack of willing folk to help. Could we all have a few fireworks in our own gardens this year, quiet ones, just to 'remember' the times we used to gather to watch the guy burn?

I have driven up the Lune Valley on November 5th and enjoyed all the

small displays and the glow of dozens of bonfires. Once in Hull at 'M's' I found spent fireworks in her garden early next morning and binned them before she saw them. Couldn't sleep so looked out the back window watching the sky light up and hear the rockets.

I drove to M thru hail, rain, sun and snow. Via Otley and the Donkey cafe (closed and gone), via Leaming Bar and a friend in the shop. On Motorways and link roads, the A1 and A63. Struggled to feed onto M62 and not go to Manchester! I received warm welcomes and the other sort, made friends and together we travelled the Wolds, East coast and North Lincolnshire. We had good times. And now we are in new times, Margery died peacefully at home aged 102. We should play 'I did it my way' at her funeral, just cos she did!

Remembrances come this month of those who died in wars through the years and those we love who died in other circumstances. November is a time to pause. Pause and remember. Pause and give thanks. And remember the happy times. Always remember those.

HAZY LAZY DAYS..MY NEW NORMAL.....

wendy7713

The title probably sounds very relaxing....hazy days of summer and days lazing around doing whatever you feel like doing....but not for me. I hadn't realised the 'relaxed feeling' the title might bring until I'd finished writing this...For me, the hazy days refers to my dementia blurring the edges of a day which in turn inevitably becomes a lazy day because I can't 'do'.

This happened the other day.

I'm staring out of the bedroom window – the room I spend most time in daylight hours; it's comfy and warm..... and my head is empty of all thoughts. Whereas before, I used to describe it as an actual fog descending and those days came once in a while, now these hazy days are far more frequent, far more worrying and simply a sign of the passing of time with dementia and how things change...I probably called it a 'fog' back then due to what seemed like, a dramatic episode, but now they're far more frequent, especially since Covid started...The once a month fog turning into 3 or 4 times a week of this haze...this new normal...

I'm letting my fingers type this, thankfully still free from dementia, the signals from brain to fingers far clearer, far freer than my thought and speech and body....strange how dementia has allowed them to keep their independence but I'm thankful. Thankful that I can express how I feel when the rest of me is still, when the rest of me is empty, empty of

thoughts, of emotion, of energy. But I soon realise my fingers are weary too, so maybe I was wrong. Shorts bursts of typed words appear on the screen, then it lays silent for a while, as though my fingers are doing the thinking, but just like me need TIME....

As the typing stops I look round the room, out of my window and stare at the tree tops, but there's something missing and I don't know what it is....my fingers stop again, willing my brain to think of the missing link. I'm conscious of my face not smiling, a non descript expression staring out. Then a spark of recognition as my fingers start up again and I realise, the missing piece... is real emotion. I stare out of the window and usually feel a smile, a comfort a relief that I still know the word for 'tree'....but not



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web: www.garsdaledesign.co.uk

when I'm in the 'haze'. During these moments I'm empty of all emotion, I simply stare and feel what? Feel nothing. My head is short circuiting... a strange buzz; the signals caught in the sludge of dementia.

As I look around my room, the feeling is the same. The pictures Sarah painted usual bring a recognition and feeling of love, but today they're objects on my wall, the 'haze' preventing the love from escaping, keeping it hidden from me. The same as I look at my window sill and scan the photos of smiling faces....A spark of recognition surfaces but dementia is stealing away the love and kindness behind each smile. It's then I've had

enough....I curl up under my duvet and close my eyes....the haze and emptiness continuing...

I've seen my ipad lying open at this page; must have fallen asleep and look at my clock, but just to make sure I ask Alexa – "what day and time is it Alexa?" Alexa replies "I'm not sure about that"....which makes me giggle and I ask each question separately because if she doesn't know then I've no chance...Its worse when day light changes to dark during these moments and it takes longer to work out the reality again but this time its still light but it's comforting just to have Alexa there to clarify the time and day.

I read through what is typed and suddenly understand the need for sleep. Having just read about them, I glance at the photos on my windowsill, just to check and then breathe a sigh of relief....they make me smile and the love is back....the haze has lifted and dementia gone back in its box again....until the next time

LOWER YOUR RISK – DEMENTIA

MP Ripley

A new report, part-funded by Alzheimer's Society and picked up in the media, suggests that 40% of dementia cases worldwide could be prevented or delayed by tackling 12 risk factors throughout a person's life. The updated Lancet Commission on dementia, prevention, intervention and care added head injuries in mid-life, excessive alcohol consumption in mid-life and exposure to air pollution in later life to a previous list of factors.

These were high blood pressure, obesity, depression, lack of exercise, diabetes, reduced social contact, poor early school education, hearing loss in mid-life and smoking.

The report also recognises that people with dementia are particularly at risk from coronavirus. The authors say a person should not move into a care home if it isn't known whether they have coronavirus. They also highlight the need for regular testing of staff and residents to help protect people with dementia.

Fiona Carragher, our Director of Research and Influencing, said, 'The news that 40% of dementia cases are, in theory, now preventable is certainly welcome, but stopping thousands of people from being stripped of their memories, relationships and identities will rely on more than this knowledge alone. 'While we don't have all the answers yet, we can take action now to tackle the risk factors within our control. Meanwhile, we need public health policies to address other factors, such as air pollution and inequalities in childhood education.'

The ones that each and every one of us can engage with are:

1. Regular exercise
2. Social engagement
3. Healthy diet
4. Mental stimulation
5. Quality sleep
6. Stress management
7. Vascular health
8. Low alcohol intake

See alzheimers.org.uk/reducemyrisk for more about reducing your risk of developing dementia

SCAMS

Joe Murray – Neighbourhood Watch

Police are urging the public to be vigilant following a spate of scam calls.

WIFI Packages

Officers are asking the public to remain vigilant following reports received this week of elderly residents in the Wigton area receiving fraudulent calls from people attempting to sell WIFI packages.

The offenders are also managing to use people's landline numbers in this area to call other local residents as people are more likely to answer to a local telephone number.

If you have been affected by this scam, we recommend that you call your phone provider and ask for your telephone number to be changed. We ask that the public please share this information with any vulnerable friends or family.

In addition I would like to highlight the following scams for your attention as well.

TV Licensing

'Today is your last day to remain licensed. The automatic payment method on file for your TV

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LOOKAROUND

Would like to say
‘Thank You’
To all our
advertisers and
everybody who has
contributed to this
edition of
bookaround

Licensing.co.uk account has failed to process a GBP 123.99 transaction.

You must renew your license now to avoid prosecution'

Vehicle Tax

Email from Driver and Vehicle Agency-Gov.UK with the subject as Reminder from Driver Vehicle Tax PaYMENT Schedule update required invoice Generated Item CD 74054742

In the general wording of the e.mail it states 'you are required to update your profile to its latest form to avoid termination of your motoring license'. Licence is spelt wrong to start with.

On the attachment they are requesting all your details including date of birth and your mother's maiden name.

If you are aware of any other scams or receive any, please let me know so that I can keep everyone up to date and hopefully one step ahead of the Criminals

CRIME PREVENTION – VIDEO DOORBELLS

Joe Murray

Cumbria Police are advocating that householders look to improve their home security following a range of incidents including burglaries around the County.

I know that people want to feel safe and secure in their own homes and I am delighted that we are working in partnership with Ring UK to offer an element of reassurance to victims of crime in Cumbria by way of Video Doorbells.

By seeing who is calling at their doors they will have both reassurance and security when they are at home or away. The video footage can also be used in evidence in support of complaints.

We are also pleased to offer a discount to our Neighbourhood Watch members on Ring products, (except Indoor Cam, RVD 2nd gen and Accessories) which will make homes more secure and help reduce crime throughout Cumbria.

If you are interested in buying a Video Doorbell, please use this code; NBCB-ST1-20 to secure a 20% discount. This offer is only valid until end of November 2020

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PERSONAL MESSAGES

HAPPY BIRTHDAY

Eli Scarr – We wish you a very happy 9th birthday Eli on Tuesday 10th November.

Love from Nannie and Grumps

=====

JOHN FEARNHEAD DRY STONE WALLING

Field Walls and Bespoke Garden

Walls

Mobile: 07932577520

Email: jfearnhead1@gmail.com

=====.

FOR SALE

Green and Maroon pattern rug 6'6" x 4' £10

Maroon Riser cushion £5

Both almost new 015396 20512

=====

FOR SALE

**Landrover Freelander TD4 2003,
Automatic, Silver**

94369 miles 5 months MOT

One owner from new

£700 ono TEL 015396 20361

EDITORIAL

As I'm sure I've said before Lookaround depends on donations in the pots and advertising revenue, with half our income coming from each. Over the current crisis both have gone down in equal measure. At the moment we're losing some money on most issues. Fortunately last year we made a surplus, a proportion of which we were intending to donate to events, organisations, and charities within the Sedbergh

area. Now, however, we're using it as a survival fund. At the current rate it should last us into the coming year, so I remain hopeful that we are in a position to survive, prosper again, and fulfil our aspiration to help support the community in general.

We do need to make sure that we are as efficient as possible. Valerie is now advertising administrator. We've set up a separate email address so she can correspond directly with advertisers. But if you want a new advert please continue to use editor@sedberghlookaround.org.uk so Myles can co-ordinate the process.

Over the next couple of weeks we will be checking that all adverts have been paid for, emailing advertisers, reissuing invoices and sending receipts where necessary.

We haven't been as effective at doing this as we should have been, and the uncertain situation over the past few months hasn't helped. We do intend be more efficient from now on!

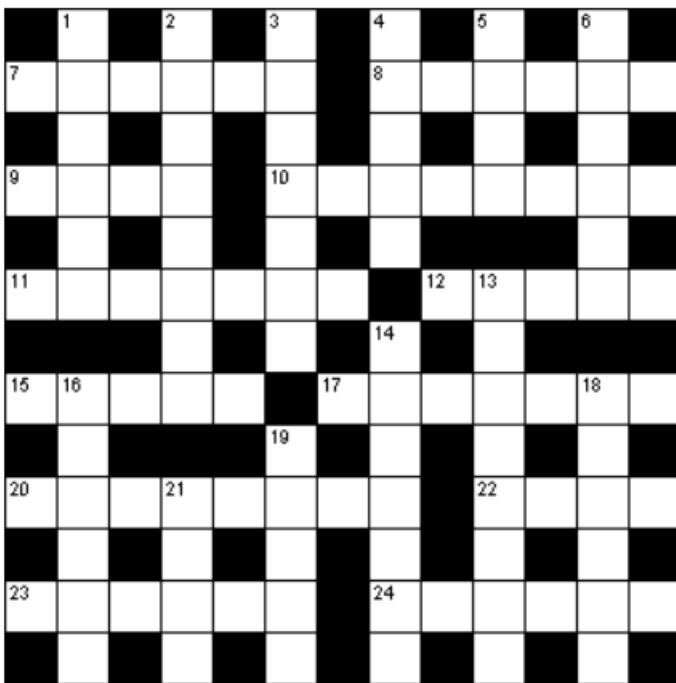
We've also been discussing whether or not to produce the full colour edition at Christmas. It is expensive to print, but we feel that it would be worthwhile to brighten things up, particularly in this gloomy time.

If you have an opinion on whether we should do the colour edition please let us know.

Finally I would like to re-iterate our thanks to all our advertisers. We are dependent on you. And thanks to everybody who donates through the pots in our stockists. We need you!

Ed Welti

PUZZLE 1 (SOLUTION ON PAGE 88)



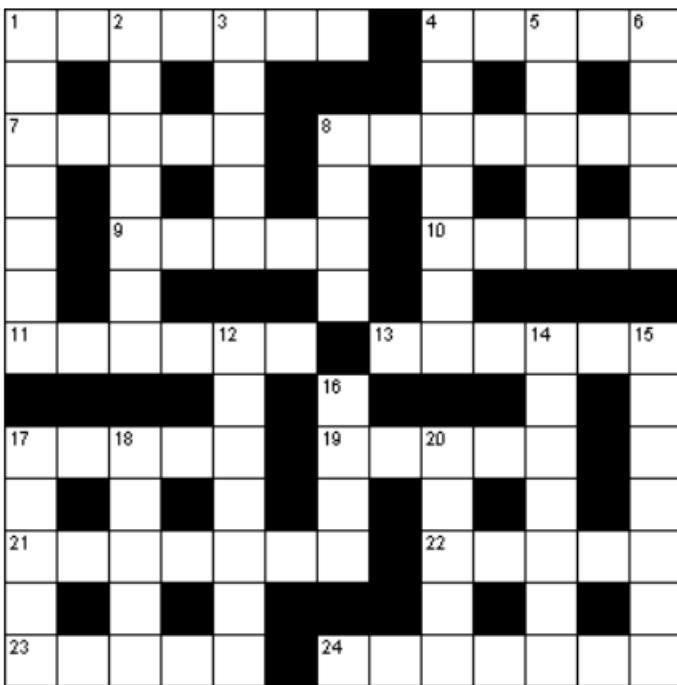
Across

7. Publication in short trap is attractive (6)
8. Change once re audience demand (6)
9. Rope piece with no start or end (4)
10. Worship last man of the cloth (8)
11. Girl ace turns to ice (7)
12. Combat power with new leader (5)
15. Amphibians with new start for highways (5)
17. Rock sounds more daring (7)
20. Poker hand wasn't dishonest (8)
22. Footwear store with new finish (4)
23. Develop incomplete turn (6)
24. Investor edition put away for later, essentially (6)

Down

1. Bar relaxation involves beer keg (6)
2. Intensified hen dance frenzy (8)
3. Featured celestial stop sign (7)
4. Permission to do something in maple avenue (5)
5. Mark head of state's auto (4)
6. Woody growth or division (6)
13. Semblance, unwell, you and me, atom (8)
14. Net cost becomes a competition (7)
16. Covet a re-arranged musical interval (6)
18. Wears away unfinished stray poems (6)
19. Eager to concur for a change (5)
21. A friend in total, first off (4)

PUZZLE 2 (SOLUTION ON PAGE 88)



Across

1. Part of a fish friend, at last (7)
4. Slightly wet and omits to change (5)
7. Buccaneer without midshipman is angry (5)
8. Is is possible adolescent holds water? (7)
9. Sees a change and alleviates (5)
10. Sensation found in pasta steam (5)
11. Seated vase is out of this world (6)
13. View small snake and headless faction (6)
17. No wig outstanding for a change (5)
19. Paragon exhibiting wide allure (5)
21. Aligned differently out in front (7)
22. Plentiful chopped up maple (5)
23. Monotonous sounding bee (5)
24. A gift, right now? (7)

Down

1. A fire is source of sprites (7)
2. Closet found in linear estate (7)
3. Vegetables sound like confidential disclosures (5)
4. Notes parts of a degree (7)
5. Things times change (5)
6. Past, present or future are rigid (5)
8. Example found in Jamaica sea (4)
12. Migrate to agitated music (7)
14. Rearrange shape, sell pie (7)
15. Bronze man function (7)
16. Band sounds like it has appeal (4)
17. Lubricated hidden cog until used (5)
18. Insect essential to victim agony (5)
20. Delete part of opera serenade (5)

PUZZLE 3 (SOLUTION ON PAGE 89)

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

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 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

Many of our advert contracts will expire for the February 2020. We will be emailing you to remind you but please don't forget to renew 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 £2.00 per issue, or anywhere in the world for £6.00.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 10/12/2020.
 Dates in **BOLD** are start & finish events.
 Numbers in Brackets indicate Advert/Article on a Page.
 Month in Bracket relates to issue that details last appeared.

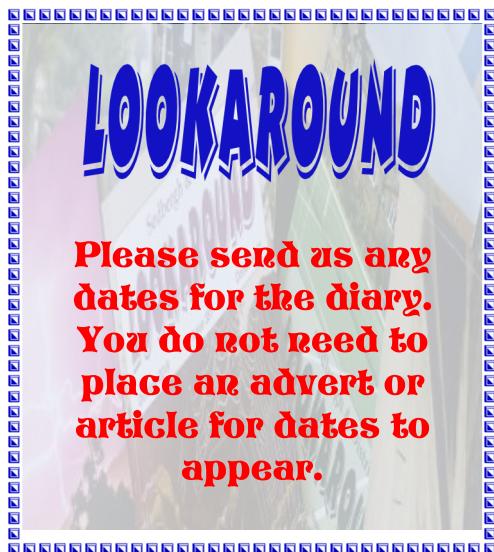
NOVEMBER 2020

| | | |
|----|---|------------|
| 01 | Confluences (Ceramics) Ends (Sep) | FM |
| 01 | Northern Soul Ends (Sep) | FM |
| 01 | Boxes of Hope Collection starts (Oct) | SIC |
| 05 | Textilia Exhibition Starts | FM |
| 05 | Art Textiles: Made in Britain | FM |
| 05 | Sedbergh Food Club Starts (5) | |
| 05 | 1900 Sedbergh School Fireworks (possibly!) (66) | |
| 07 | 1000 Learn To Meditate Online Wk 1 (DMC) | |
| 08 | 1055 Remembrance Sunday - War Memorial (7) | |
| 11 | 1100 Armistice Day act of remembrance (7) | StAS |
| 11 | 1930 Parish Council Meeting | TBA |
| 12 | Boxes of Hope Collection ends (Oct) | SIC |
| 12 | 1930 Sedbergh & District Community Trust AGM (Oct PH) | |
| 14 | 1000 Learn To Meditate Online Wk 1 (DMC) | |
| 15 | 1100 New Moon Yoga | DMC/Online |
| 19 | Sedbergh Medical Centre closed all day (Oct MC) | |
| 30 | 1000 Full Moon Meditation Online (DMC) | |

DECEMBER 2020

| | | |
|----|--|-----|
| 09 | 1930 Parish Council Meeting | TBA |
| 11 | Cheer Up and Carry On! 2 Performances (Oct PH) | |

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



DIARY KEY

| | |
|-------|---|
| AS | Art Society |
| BC | Sedbergh Bowling Club |
| BF | Brigflatts |
| BVH | Barbon Village Hall |
| CCCN | Cornerstone Community Church, New St |
| CM | Coffee Morning |
| CWT | Cumbria Wildlife Trust |
| DCMH | Dales Countryside Museum, Hawes |
| DCP | Dent Car Park |
| DCS | Dendale Chapel Schoolroom |
| DHTF | Dendale, 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 |
| 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 |

| PLACES OF INTEREST TO VISIT IN THE AREA COVID RESTRICTIONS MAY APPLY | USEFUL TELEPHONE NUMBERS |
|---|---|
| Bowling Green, Queens Gardens | Age UK South Lakeland |
| Bruce Loch Nature Area, Busk Lane | 030 300 30003 |
| Cautley Spout, A683 towards Kirkby Stephen | Electricity in any area |
| Community Office, 72 Main Street | 105 |
| Cornerstone Community Church, New Street | Medical in any area |
| Cumbria Wildlife Trust, Community Office | 111 |
| Dent Heritage Centre, Laning, Dent * | Pension Service Surgery |
| Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i> | Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265 |
| Friends Quaker Meeting House, Brigflatts | Police in any area |
| George Fox's Quaker Pulpit, Firbank | 101 |
| Golf Club, Catholes, Sedbergh * | Sight Advice South Lakes |
| Information Centre, 72 Main Street | 01539 769055 |
| History Society, Community Office | South Lakes Citizens Advice Bureau |
| Holy Trinity Church, Howgill | 03444 111 444 |
| Jubilee Wood Nature Area, Castlehaw Lane | South Lakeland District Council |
| Langstone Fell, A684 Garsdale Foot | 01539 733 333 |
| Motte & Bailey Castle, Castlehaw Lane | Yorkshire Dale National Park |
| Pepperpot Folly, Busk Lane | 0300 456 0030 |
| Picnic Site, Ghyllas, Cautley Road | <i>If you would like to see any numbers listed here, please let us know.</i> |
| Picnic Site, Settlebeck New Bridge | |
| Play Ground, Dent Village | |
| Play Ground, People's Hall | |
| Play Ground, Maryfell | |
| Queen's Gardens, Station Road | |
| St. Andrew's Church, Dent | |
| St. Andrew's Church, Main Street, Sedbergh | |
| St. Gregory's Church, Vale of Lune | |
| St. John's Church, Cowgill | |
| St. John's Church, Firbank | |
| St. John's Church, Garsdale | |
| St. Mark's Church, Cautley | |
| Sedbergh Embroidery, StAS | |
| Tennis Courts, Guldrey Lane * | |
| Winder Fell, above Sedbergh | |
| * = Entry Fee Applicable | |



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

| | | |
|--|--|--------------|
| Mrs S Capp | Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub e-mail: sam@thecapps.co.uk | 34032 |
| Mr E Welti | 8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS e-mail: ed_welti@btinternet.com | 20770 |
| Mrs A Bramall | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6 e-mail: ali@interact.co.uk | 20360 |
| Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04) | Sleeps 4 people; D; T; CH; L; P; NS | 21175 |
| Borrett Barn Flat, Marthwaite, Sedbergh (2018/04) | Sleeps 4 people; D; T; CH; L; P; NS | 21175 |
| Ann Newbold | The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk | 45845 |
| The Roost at Bowersyke, Killington, LA10 5EW | Sleeps 2 people 1D CH L TV P NS NP NC 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 |
| Aglow International | 04/15 | Mrs Armitstead | 015242 | 71062 |
| Allotments Association - Dent | 02/14 | Mrs Comerie | Dent: | 25770 |
| Allotments Association - Sedbergh | 02/09 | Mr Atkins | Sed: | 20031 |
| Angling Association | 01/09 | Mr Wright | Dent: | 25533 |
| Art Society - Sedbergh | 04/19 | Mrs Alison | jen.alison10@gmail.com | |
| Audio Lookaround | 10/20 | Mrs Handley | Sed | 20540 |
| Badminton - Sedbergh | 10/08 | Mr Wheatley | 07816 | 437500 |
| Beekeepers Association | 04/15 | Mrs Pauley | 015242 | 51549 |
| Bell Ringers (StAS) | 02/14 | Mrs Sharrocks | Sed: | 20754 |
| Book Group | 01/09 | Mrs Dodds | Sed: | 20308 |
| Bowling Club - Sedbergh | 09/14 | Mrs Killops | Sed: | 20279 |
| Bridge Club | 11/19 | Mr Alison | 015398 | 24666 |
| Bridging the Gap | 05/14 | Mr Richardson | 01772 | 561323 |
| British Legion | 12/15 | Mr Parratt | Sed: | 20964 |
| Canoe Club - Sedbergh | 01/09 | Mr Hinson | Sed: | 20118 |
| Caving Club - Kendal | 01/09 | Mr Teal | Sed: | 20721 |
| Chamber of Trade | 12/12 | Mrs Sayner | Sed: | 20935 |
| Christian Aid | 11/17 | Mrs Thompson | Sed: | 22023 |
| Citizens Advice Bureau | 12/16 | Kendal | 03444 | 111444 |
| Community Orchard Group | 06/16 | Mrs Parratt | Sed: | 20964 |
| Cobweb Orchestra | 04/19 | Mrs Blackwell | Sed: | 20056 |
| Community Swifts (Sedbergh) | 03/16 | Mrs Hoare | 01539 | 824043 |
| Conservative Association - Sedbergh | 01/09 | Mr Beck | Sed: | 20336 |
| Cricket Club - Sedbergh | 02/15 | Mr Hoggarth | 01539 | 583793 |
| Cumbria Wildlife Trust | 01/09 | Mrs Garnett | Sed: | 21138 |
| Dementia Friendly Community | 10/18 | Dr Ripley | mylesripley@btinternet.com | |
| Dentdale Choir | 04/17 | Mr Feltham | Dent: | 25689 |
| Dentdale Head to Foot | 04/17 | Mr Steele | Dent: | 25054 |
| Dent Meditation Centre | 09/14 | Mrs Brooke | 07582 | 017396 |
| Dent Memorial Hall | 01/09 | Mrs McClurg | Dent | 25446 |
| Dentdale Players | 01/09 | Mr Duxbury | Dent | 25535 |
| Dog Training - Sedbergh | 01/09 | Mrs Robertshaw | Sed: | 20316 |
| Sedbergh Environmental Group | 02/19 | Mr Chapple | 07891 | 908025 |
| Farfield Mill Arts & Heritage Centre | 10/18 | Mrs Mowbray | Sed: | 21958 |
| Firbank Church Hall | 09/11 | Mr Woof | Sed: | 21343 |
| First Responders - Dent | 01/09 | Mrs Pilgrim | Dent: | 25589 |
| First Responders - Sedbergh | 02/15 | Mr Cobb | Sed: | 22541 |
| Football Club - Dent | 01/09 | Mrs Mitchell | Dent: | 25432 |
| Football Club Junior - Sedbergh | 11/17 | Mr Todd | 07979 | 569428 |
| Football Club Senior - Sedbergh | 07/14 | Mr Parkin | Sed: | 20585 |
| Garsdale Village Hall | 11/16 | Mrs Labbate | Sed: | 22114 |
| Golf Club | 12/08 | Mr Gardner | Sed: | 21551 |
| Good Companions - Dent | 04/16 | Mrs Woof | Dent: | 25212 |
| Grief Share | 02/19 | Duty Team Member | 07498 | 870267 |
| Help Tibet Northern Branch | 01/09 | Mrs Howarth | Sed: | 20090 |
| History Society | 01/09 | Mr Cann | Sed: | 20771 |
| Howgill's Harmony | 01/09 | Mr Burbidge | Sed: | 21166 |
| Howgill Harriers | 03/17 | Mrs Houghton | admin@howgillharriers.co.uk | |
| Howgill Village Hall | 01/09 | Mrs 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 | 04/19 | Mrs Lidiard | 07734 | 699723 |
| Lunch Club | 03/18 | Mrs I'Anson | Sed: | 21757 |
| Lunesdale Archaeology Society | 11/18 | Committee lunesdale.archaeology@gmail.com | | |
| Meals On Wheels | 04/19 | Mr Cowperthwaite | 07961 | 925003 |
| Messy Church | 09/14 | Mrs Raw | Sed: | 20542 |
| Methodist Church Hall | 04/14 | Mr Allen | Sed: | 20194 |
| Orchestra (Sedbergh) | 11/11 | Mrs Smith | Sed: | 21196 |
| Parent Support Group | 01/09 | Mrs Goad | Sed: | 20402 |
| Parish Council - Dent | 04/17 | Mr Thornley | Dent: | 25185 |
| Parish Council - Garsdale | 12/14 | Mr Johns | Sed: | 22170 |
| Parish Council - Sedbergh | 08/16 | Mrs Hassam | 07966 | 134554 |
| People's Gym | 12/19 | membership@sedberghgym.club | | |
| People's Hall | 07/19 | Tourist Info Centre | Sed: | 20125 |
| Pepperpot Club - Sedbergh | 01/09 | Mrs Smith | Sed: | 21196 |
| Pistol and Rifle Club | 01/09 | Mr Middlemiss | Sed: | 20662 |
| Playground - Sedbergh | 04/14 | Mrs Hassam | Sed: | 20125 |
| Playgroup - Sedbergh | 09/14 | Mrs Kitchen | Sed: | 20826 |
| Playing Field - Sedbergh | 10/09 | Mr Longlands | Sed: | 20885 |
| Red Squirrel Group - Sedbergh | 09/19 | Mr Hopps | sedberghredsquirrels100@gmail.com | |
| Residents Association - Sedbergh | 01/09 | Mrs Capstick | Sed: | 20816 |
| Rose Community Theatre | 10/20 | Mrs Gold-Wood | Sed: | 20147 |
| Schools | Dent Primary | 03/13 | School | Dent: 25259 |
| | Dent Primary - Friends of | 03/13 | School | Dent: 25259 |
| | Sedbergh Primary | 01/09 | School | Sed: 20510 |
| | Settlebeck | 01/09 | School | Sed: 20383 |
| | Settlebeck PTFA | 04/15 | Mr Hartley | Dent: 25317 |
| | Sedbergh School | 01/09 | School | Sed: 20303 |
| Scouts - Beavers | 11/15 | Mr Mawdsley | Sed: | 20723 |
| Scouts - Cubs | 11/15 | Mr Mawdsley | Sed: | 20723 |
| Scouts | 01/09 | Mr Mawdsley | Sed: | 20723 |
| Scouts - Explorers | 11/15 | Mrs Colton | 07789 | 906421 |
| Sedbergh United Charities | 09/19 | Mr Sykes | 07786 | 384917 |
| Senior Golfers | 01/20 | Mr Braddon | 0330 | 1138850 |
| Sight Advice South Lakeland | 04/15 | Miss Harper | Sed: | 20613 |
| Sing Joyfully! (Casterton) | 09/16 | Mrs Mickleswaite | 07952 | 601568 |
| South Lakeland Carers Association | 01/09 | Mrs Woof | Dent: | 25212 |
| Spellbound Theatre | 11/17 | Miss Pakeman | Sed: | 21279 |
| Squash Club | 10/15 | Mr Bannister | Sed: | 21664 |
| Swimming Club | 12/19 | Sedberghswimclub@gmail.com | | |
| Swimming Group for Over 50's | 09/18 | Mr Beare | Sed: | 21339 |
| Tennis Club | 04/19 | Mr Lewes | Sed: | 20052 |
| Town Band | 01/09 | Mrs Waters | Sed: | 20457 |
| Town Twinning Group | 09/14 | Mrs Garnett | Sed: | 21138 |
| Voluntary Car Scheme | 11/18 | Mrs Skomp | Sed: | 20305 |
| Walking & Cycling Group | 08/14 | Miss Nelson | Sed: | 21770 |
| Westmorland Gazette Correspondent | 07/19 | Mr Welti | Sed: | 20770 |
| White Hart Sports and Social Club | 01/09 | The Committee | Sed: | 20773 |
| Women's Institute - Dentdale | 06/14 | Mrs Smith | Dent: | 25607 |
| Women's Institute - Howgill | 04/13 | Mrs Hoggarth | 01539 | 824663 |
| Women's Institute - Killington | 01/09 | Mrs Sharrocks | Sed: | 20754 |
| Women's Institute - Sedbergh | 12/19 | Mrs Morrison | Sed: | 20209 |
| 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.

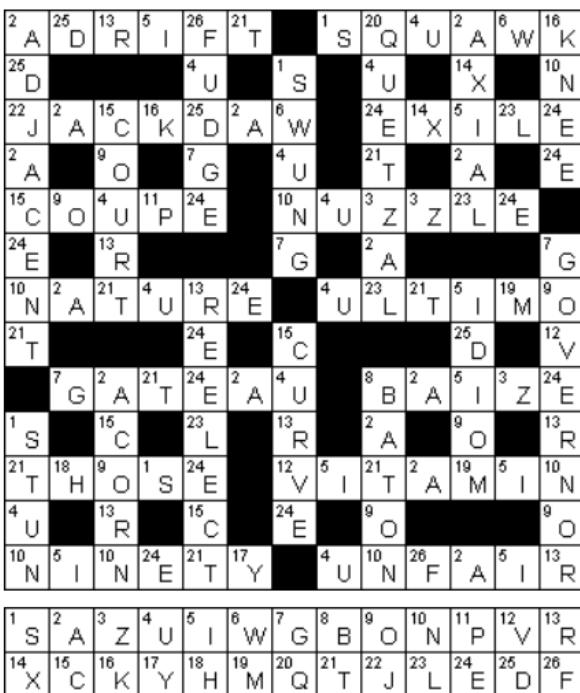
PUZZLE 1 SOLUTION



PUZZLE 2 SOLUTION



PUZZLE 3 SOLUTION



Joss Lane & Loftus Hill Car Parking Charges

| | |
|-----------------------------------|-----------------------------------|
| 1 hour = £1.00 | 4 hours = £4.00 |
| 2 hours = £2.00 | 5 hours = £5.00 |
| 3 hours = £3.00 | One week = £10.00 |
| Annual Resident Permit, Day = £40 | Annual Resident Permit, 24h = £60 |

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

PEOPLE'S HALL HIRE RATES

Main Hall

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

Committee Room

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

BUS SERVICES

| Sedbergh to Blackhall Rd, Kendal via Oxenholme | | | | | Blackhall Rd, Kendal to Sedbergh via Oxenholme | | | | |
|--|--------|-------|------|-----|--|----------|-------|------|-----|
| Depart | Arrive | | | | Depart | Arrive | | | |
| 0754 (C, L) | 0838 | M - F | 502 | SCC | 1030 | 1056 (L) | M - F | 564 | W |
| 0940 (L) | 1010 | M - F | 564 | W | 1300 | 1330 (L) | Wed | 564A | W |
| 1015 (L) | 1045 | Wed | 564A | W | 1330 | 1356 (L) | M - F | 564 | W |
| 1240 (L) | 1310 | M - F | 564 | W | 1705 (C) | 1745 (L) | M - F | 502 | SCC |
| Sedbergh to Kirkby Stephen | | | | | Kirkby Stephen to Sedbergh | | | | |
| 1749 (L) (C) | 1819 | M - F | 502 | SCC | 0728 (C) | 0754 (L) | M - F | 502 | SCC |
| Sedbergh to Kirkby Lonsdale | | | | | Kirkby Lonsdale to Sedbergh | | | | |
| 0945 (L) | 1018 | Thu | 567A | W | 1215 | 1248 (L) | Thu | 567A | W |
| Sedbergh to Dent | | | | | Dent to Sedbergh | | | | |
| 1330 (L) | 1345 | Wed | 564A | W | 1000 | 1015 (L) | Wed | 564A | W |
| Last Update: May 2018 | | | | | | | | | |

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

| Western Dales Bus S1 Kendal Shuttle Saturdays from 21st December 2019 ufn | | | | | | | |
|--|------|-------|------|------|------|--------|--------|
| Dent Station Connecting Trains (see full timetable next page) | | | | | | | |
| Dent Station | | | | | | | |
| Train to Carlisle | | 1048 | | | 1815 | | 2020 |
| Train to Leeds | | 10.41 | | | 1732 | 1938 | 2026 |
| Buses From Dent to Kendal | | | | | | | |
| Dent Station | | | 1053 | | | 1737 | 1947 S |
| Dent Village | | 0820 | 1108 | | 1505 | 1752 | 2002 S |
| Sedbergh Maryfell | | 0835 | 1123 | 1315 | 1520 | 1807 | 2017 S |
| Sedbergh Library | | 0837 | 1125 | 1317 | 1522 | 1809 | 2019 S |
| Sedbergh opp. Morphets | | 0839 | 1127 | 1319 | 1524 | | |
| Killington M6 Bridge | | 0847 | 1135 | 1327 | 1532 | | |
| Oxenholme Station | | 0857 | 1145 | 1337 | 1542 | | |
| Kendal K Village | | 0902 | 1150 | 1342 | 1547 | | |
| Kendal Blackhall Road | | 0908 | 1156 | 1348 | 1553 | | |
| Kendal Morrisons | | 0913 | 1201 | 1353 | 1558 | | |
| Buses From Kendal to Dent | | | | | | | |
| Kendal Morrisons | | 0923 | 1223 | 1403 | 1608 | | |
| Kendal Blackhall Road | | 0928 | 1228 | 1408 | 1613 | | |
| Kendal K Village | | 0933 | 1233 | 1413 | 1618 | | |
| Oxenholme Station | | 0938 | 1238 | 1418 | 1623 | | |
| Killington M6 Bridge | | 0948 | 1248 | 1428 | 1633 | | |
| Sedbergh opp. Morphets | | 0956 | 1256 | 1436 | 1641 | | |
| Sedbergh Dalesman | 0800 | 0958 | 1258 | 1438 | 1643 | 1855 S | |
| Sedbergh Maryfell | .. | 1000 | 1300 | 1440 | 1645 | 1857 S | |
| Dent Village | 0815 | 1015 | | 1455 | 1700 | 1912 S | |
| Dent Station | | 1030 | | | 1715 | 1927 S | |
| S = summer time only (British Summer Time) | | | | | | | |

BUS SERVICES

| Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn | | | | |
|--|------|------|------|------|
| Buses From Dent to Hawes | | | | |
| Dent Village | | 0942 | 1144 | 1421 |
| Sedbergh Spar | | 0958 | 1200 | 1437 |
| Sedbergh Dalesman | | 0959 | 1201 | 1438 |
| Sedbergh Maryfell | | 1001 | 1203 | 1440 |
| Farfield Mill entrance | | 1003 | 1205 | 1442 |
| Garsdale Street | | 1012 | 1214 | 1451 |
| Train to Carlisle | | 1048 | 1217 | 1443 |
| Trains to Leeds | | | 1210 | |
| Coal Road (Garsdale Station turning) | | 1017 | 1219 | 1456 |
| Moorcock Inn | | 1018 | 1220 | 1457 |
| Hawes Creamery | | 1029 | 1231 | 1508 |
| Hawes Market Place | | 1031 | 1233 | 1510 |
| Hawes Dales Countryside Museum | | 1033 | 1235 | 1512 |
| Buses From Hawes to Dent | | | | |
| Hawes Dales Countryside Museum | | 1043 | 1320 | 1522 |
| Hawes Market Place | | 1045 | 1322 | 1524 |
| Hawes Creamery | | 1047 | 1324 | 1526 |
| Moorcock Inn | | 1058 | 1335 | 1537 |
| Coal Road (Garsdale Station turning) | | 1059 | 1336 | 1538 |
| Train to Carlisle | | 1048 | | |
| Trains to Leeds | | | | 1604 |
| Garsdale Street | | 1104 | 1341 | 1543 |
| Farfield Mill entrance | | 1113 | 1350 | 1552 |
| Sedbergh Maryfell | | 1115 | 1352 | 1554 |
| Sedbergh Library | 0915 | 1117 | 1354 | 1556 |
| Sedbergh opp. Morphets | 0916 | 1118 | 1355 | |
| Dent Village | 0932 | 1134 | 1411 | |
| Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn | | | | |
| Buses From Dent to Kirkby Stephen/Brough | | | | |
| Dent Village | | 1017 | | 1454 |
| Sedbergh Spar | | 1033 | 1300 | 1510 |
| Sedbergh Dalesman | | 1034 | 1301 | 1511 |
| Sedbergh Maryfell | | 1036 | 1303 | 1513 |
| Cautley, Cross Keys | | 1043 | 1310 | 1520 |
| Fat Lamb | | 1050 | 1317 | 1527 |
| Kirkby Stephen Station arr | | 1057 | 1324 | 1534 |
| Train to Carlisle | | 1048 | | 1443 |
| Train to Leeds | | 1041 | | 1604 |
| Kirkby Stephen Station dep | | 1106 | 1324 | 1534 |
| Kirkby Stephen Town | | 1111 | 1329 | 1539 |
| Kirkby Stephen Co-op | | 1113 | 1331 | 1541 |
| Brough Clock | | 1121 | 1339 | 1549 |
| Buses From Brough/Kirkby Stephen to Dent | | | | |
| Brough Clock | | 1131 | 1349 | 1559 |
| Kirkby Stephen Co-op | | 1139 | 1357 | 1607 |
| Kirkby Stephen Town | | 1141 | 1359 | 1609 |
| Kirkby Stephen Station arr | | 1146 | 1404 | 1614 |
| Train to Carlisle | | 1217 | | |
| Train to Leeds | | 1210 | | 1604 |
| Kirkby Stephen Station dep | | 1151 | 1404 | 1614 |
| Fat Lamb | | 1158 | 1411 | 1621 |
| Cautley, Cross Keys | | 1205 | 1418 | 1628 |
| Sedbergh Maryfell | | 1212 | 1425 | 1635 |
| Sedbergh Library | 0950 | 1214 | 1427 | 1637 |
| Sedbergh opp. Morphets | 0951 | 1215 | 1428 | |
| Dent Village | 1007 | | 1444 | |

BUS SERVICES

S4/S5 Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st June 2018 until further notice

| | | | |
|--------------------------------------|--------------|--------------|--------------|
| Dalesman | 09.00 | | |
| Sedbergh, Maryfell | 09.02 | | |
| Cawley, Cross Keys | 09.10 | | |
| Fat Lamb | 09.18 | | |
| Kirkby Stephen Station entrance | 09.24 | | |
| Kirkby Stephen Market Place | 09.29 | | |
| Kirkby Stephen Co-op arr | 09.30 | | |
| Kirkby Stephen Co-op dep | 09.35 | 11.45 | 14.35 |
| Kirkby Stephen, Market St | 09.36 | 11.46 | 14.36 |
| Kirkby Stephen Station entrance | 09.41 | 11.51 | 14.41 |
| <i>Trains from Leeds to Carlisle</i> | 09.34 | 11.06 | 15.01 |
| <i>Trains from Carlisle to Leeds</i> | 09.20 | 11.46 | 14.31 |
| Ravenstonedale, Kings Head | 09.47 | 11.57 | 14.47 |
| Newbiggin on Lune | 09.50 | 12.00 | 14.50 |
| Tebay roundabout | 09.58 | 12.08 | 14.58 |
| Killington M6 bridge | 10.08 | 12.18 | 15.08 |
| Kendal, Castle Green | 10.17 | 12.27 | 15.17 |
| Kendal, Blackhall Road | 10.22 | 12.32 | 15.22 |
| Kendal, Morrisons | 10.27 | 12.37 | 15.27 |
| Kendal, Morrisons | 10.38 | 13.28 | 15.38 |
| Kendal, Blackhall Road | 10.45 | 13.35 | 15.45 |
| Kendal, Castle Green | 10.50 | 13.40 | 15.50 |
| Killington, M6 bridge | 10.59 | 13.49 | 15.59 |
| Tebay roundabout | 11.09 | 13.59 | 16.09 |
| Newbiggin on Lune | 11.17 | 14.07 | 16.17 |
| Ravenstonedale, Kings Head | 11.20 | 14.10 | 16.20 |
| Kirkby Stephen Station entrance | 11.27 | 14.17 | 16.27 |
| <i>Trains from Leeds to Carlisle</i> | 11.06 | 15.01 | 17.04 |
| <i>Trains from Carlisle to Leeds</i> | 11.46 | 14.31 | 15.46 |
| Kirkby Stephen, Market Place | 11.33 | 14.23 | 16.33 |
| Kirkby Stephen Co-op arr | | | 16.34 |
| Kirkby Stephen Co-op dep | | | 16.35 |
| Kirkby Stephen Market St | | | 16.36 |
| Kirkby Stephen Station entrance | | | 16.41 |
| Fat Lamb | | | 16.48 |
| Cawley, Cross Keys | | | 16.55 |
| Sedbergh, Maryfell | | | 17.03 |
| Sedbergh, Library | | | 17.05 |

DENT RAILWAY STATION TIMETABLE

Valid until 12th December 2020

| Northbound to Carlisle For Garsdale times, add 5 minutes | | | Southbound to Leeds For Garsdale times, subtract 5 minutes | | |
|---|--------|-------|---|--------|-------|
| M-F | Sat | Sun | M-F | Sat | Sun |
| 06 48 | 07 52 | 10 34 | 07 03 | 09 38* | 10 40 |
| 09 16 | 09 16 | 13 55 | 09 38 | 10 41* | 13 40 |
| 10 48 | 12 18* | 17 48 | 12 10* | 12 10* | |
| 12 17 | 14 43* | 20 20 | 16 04* | 16 04* | 20 26 |
| 14 43 | 16 46* | | 17 32* | 17 32* | |
| 18 15 | 18 15* | | | 19 38 | |

* = Change at Skipton required to/from Leeds

** There is also a Sunday train from Kirkby Stephen (16.57), Ribblehead (17.22), and Settle (17.38) to Leeds.

BUS SERVICES

| Western Dales Bus S4 Kirkby Stephen Connect from Friday 22nd June 2018 ufn R = Request only | | | | |
|--|-------|-------|-------|-------|
| | Fri | Fri | Fri | Fri |
| Dent | | 10.25 | | 14.25 |
| Sedbergh, Spar | | 10.39 | 12.44 | 14.39 |
| Sedbergh, Dalesman | | 10.40 | 12.45 | 14.40 |
| Sedbergh, Maryfell | | 10.41 | 12.46 | 14.41 |
| Cautley, Cross Keys | | 10.48 | 12.53 | 14.48 |
| Fat Lamb | | 10.54 | 12.59 | 14.54 |
| Kirkby Stephen Station arr | | 11.01 | 13.06 | 15.01 |
| <i>Trains from Leeds to Carlisle</i> | | 11.06 | 12.35 | 15.01 |
| <i>Trains from Carlisle to Leeds</i> | | 11.46 | - | 15.46 |
| Kirkby Stephen Station dep | | 11.07 | 13.08 | 15.03 |
| Kirkby Stephen Town | | 11.12 | 13.13 | 15.08 |
| Kirkby Stephen Co-op | | 11.13 | 13.14 | 15.09 |
| Brough, Clock | | 11.21 | 13.22 | 15.17 |
| | Fri | Fri | Fri | Fri |
| Brough, Clock | | 11.26 | 13.27 | 15.21 |
| Kirkby Stephen Co-op | | 11.34 | 13.35 | 15.30 |
| Kirkby Stephen Town | | 11.35 | 13.36 | 15.33 |
| Kirkby Stephen Station arr | | 11.40 | 13.41 | 15.38 |
| <i>Trains from Leeds to Carlisle</i> | | - | - | - |
| <i>Trains from Carlisle to Leeds</i> | | 11.46 | - | 15.46 |
| Kirkby Stephen Station dep | | 11.47 | 13.43 | 15.48 |
| Fat Lamb | | 11.54 | 13.50 | 15.55 |
| Cautley, Cross Keys | | 12.00 | 13.56 | 16.01 |
| Sedbergh, Maryfell | | 12.07 | 14.03 | 16.08 |
| Sedbergh, Library | 10.05 | 12.08 | 14.04 | 16.09 |
| Sedbergh, opp. Morphets | 10.06 | 12.09 | 14.05 | 16.10 |
| Dent | 10.20 | - | 14.19 | - |

Fri = Friday Only

Lookaround Editorial Team

| | | | |
|--------------------------|---------------------------------|----------------------|--------------------------------------|
| Myles Ripley | Team Leader and Chairman | Jane Fisher | Proofreading |
| Susa Ellis | Treasurer | James Palmer | Proofreading |
| Philip Johns | Secretary | Ed Welti | Compilation and Vice Chairman |
| Elspeth Griffiths | Proofreading | Valerie Welti | Advertising Administration |

All Editorial Team members 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

St. Andrew's Parish Church
Sunday 08.00, 10.30 & 18.30
Wednesday 11.15

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30

Parish Priest Kendal

Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

worship@peopleshall
1st Sunday each month 10:30 am
Rev David Crouchley Tel:20329

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Pam Coren (Clerk) Tel: 22586
Sally Ingham Tel:07939 569559

DENTDALE
CHRISTIAN FELLOWSHIP
Rhumes, Dent LA10 5QJ
Every 4th Sunday 1900
Sarah Woof Tel: 25212

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

Howgill: Helen Hoggarth 20805
& Pauline Marshall 21651

Killington: Jennifer Thornely 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Garsdale Street;
Garsdale Low Smithy; Hawes Junction
Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Amanda Reynolds Tel: 07545 375721

| Combined plans for Western Dales Mission Community - November 2020 | | | | | | |
|--|-----------|-------------------------------|--|------------------|------------------|------------------|
| | Time | 1 st | 8 th | 15 th | 22 nd | 29 th |
| St. Andrew's, Sedbergh LA10 5BZ | 10.30am | United service at Cornerstone | 10.50am Drumhead Service at the War Memorial | HC | HC | HC |
| Cornerstone Community Church, Sedbergh LA10 5AF | 10.30am | United Service | | Service | Service | Service |
| St. Mark's, Cautley LA10 5LZ | | 2.30pm HC | | 9.30am MP | | 2.30pm Taize |
| St. John's, Garsdale LA10 | 10am | HCx | | Service | | Service |
| Garsdale Low Smithy Methodist Chapel LA10 5PF | 2.30pm | | Service | | Service | |
| Garsdale Street Methodist Chapel LA10 5PQ | | | | | | |
| All Saints, Killington LA6 2HA | 2pm | | | | | |
| Holy Trinity Howgill LA10 5JD | 2pm | | | | | |
| St. John's Firbank LA10 5EF | 2pm | | | | | |
| St. Andrew's, Dent LA10 5QL | 10.30am | HC | HC | HC | HC | HC |
| St. John's, Cowgill LA10 5RJ | 2.30pm | HC | Remembrance Service | EP | | |
| Dentdale Methodist Chapel LA10 5QJ | 2pm | Service | | Service | | Service |
| | Wednesday | 4 th | 11 th | 18 th | 25 th | |
| St. Andrew's, Sedbergh LA10 5BZ | 12 noon | HC-BCP | HC-BCP | HC-BCP | HC-BCP | |
| HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer | | | BCP- Book of Common Prayer EP- Evening Prayer | | | |

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 – 10.00am
(No appointment necessary)
Late Morning – 10.30am -12.30pm
(By appointment only)
Afternoon – 2.30pm – 6pm
(By appointment only)

Surgery by appointment only –
Early Morning Tuesday & Thursday
Late evening Monday & Tuesday

Dent Surgery
Monday by appointment only

Practice Nurses Clinics
Monday – Friday – 8.30am -6pm
(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday
afternoons
(By appointment only)

Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic
Monday – Thursday – 8.20am – 12pm
(By appointment only)

Please telephone the surgery to make
appointments for all the above clinics.

See our website
www.sedberghmp.nhs.uk
for further details

Bridging the Gap
First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane

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

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,
Katherine Parrott-Edwards & Sarah Boom
(Hygienist)

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

| | |
|-----------|-------------------------|
| Monday | 1700 - 1900 |
| Wednesday | 1000 - 1230 1400 - 1700 |
| Friday | 1400 - 1700 |
| Saturday | 1000 - 1230 |

DENT LIBRARY Main Street 01539 713520

| | |
|----------|-------------|
| Tuesday | 0900 - 1900 |
| Saturday | 0900 - 1400 |

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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:

October 2020