

Sedbergh & District **LOOKAROUND**

September 2021

Issue 402

Donation £1

As always there is plenty to read about Sedbergh, present and past, in this edition. For instance, it seems that Dent was once more important than Sedbergh. I'm not sure such things should be said!

Please have a look at Lost Grandfather on page 14, if you have a long memory you may be able to help.

And things are happening—see Events and Dates on page 2. *Ed.*

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COVER PHOTO
Sedbergh Town
Ann Middlemiss

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

Wed 1st Sept – Canary Girls
 Wed 8th Sept – Community Orchard
 Wed 15th Sept – Killington W.I.
 Wed 22nd Sept – St Andrew’s Mission
 We 29th Sept – Sedbergh W.I.

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

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- ◊ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

CONTACT INFORMATION

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editor@sedberghlookaround.org.uk

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07464 895425

Address:

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

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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

SEDBERGH

Maureen Lamb

There is something special about Sedbergh, but keep it a secret! A few hill walkers from time to time or a bird watcher looking for something special is fine; we can even manage the occasional biker, who has somehow gets lost and finds himself in Main Street, but welcome as visitors are, too many would change the character of Sedbergh. It is not a tourist venue like Kirkby Lonsdale or Ingleton and its shops on the whole cater for local needs. The disappearance of the high street banks was something of a shock but to compensate we have a really excellent post office, and the hole in the wall fills the need for cash,

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Alain Marcus

07375426095

although even in Sedbergh cash is going out of fashion.

Sedbergh gets its name from the Norse, 'set-berg' and it means 'flat topped hill', but the settlement is much older than the times of the Norse invasion. The motte and bailey (the small artificial hill that overlooks the town) is much earlier and was probably built in Anglo-Saxon times. Even before that at Cautley Spout there is evidence of a settlement from the Iron Age, some 200 or 300 years BC. This is where, close to the Garsdale Road, a small stream descends a cleft in the Howgills in a series of spectacular waterfalls. At the base of the ravine on a level platform, there are traces of a small number of circular huts each with a stone base; and there is an indication of small cultivated fields where they possibly grew an early type of wheat or barley and kept herds of sheep, goats and cattle as well as pigs. The site is at a height of some 80m (600 feet) but the climate during the Iron Age was somewhat warmer than now. The settlement was probably abandoned as the climate became more severe but the area continued to be used for sheep in the summer months.

CANARY GIRLS COFFEE MORNING

St Andrews Church
9.30 to 11.30am

WED SEPT 1st

Cake stall & Raffle



Entry £1

It was mentioned in the Domesday Book and it is then called a ‘town’, although today the Office of National Statistics does not recognise any place with a population of less than 5,000 as having the status of ‘town’. Sedbergh received a market charter in 1251 under Henry III and there is still one house that was probably built in the thirteen hundreds. Despite its small size, it has 165 listed buildings, buildings that are recognised by Historic England as worthy of being protected and preserved for future generations.

And did you know that Sedbergh in 2016 acquired a mountain? When a more accurate measurement of the Calf Top was taken by the Ordnance Survey they found its height to be

2000.02 feet. That gives it the official status of ‘mountain’. Surely that is something special that we have discovered? Or have we always thought of it as our ‘mountain’?

There is so much more to be told. You possibly knew that there were no less than five industrial water powered mills in the Sedbergh area in the nineteenth century, (Birks Mill, Best’s Mill in Howgill, Milthrop Mill, Hebblethwaite Mill in Cautley and Farfield Mill), but did you know that now we are within ten miles of five Chinese Takeaways? Sedbergh has a well known public school with an excellent reputation but attending the school does not come cheap although it is officially a ‘charity’, (How weird is our use of language!) For a senior pupil to board at Sedbergh School in 2021 it costs £36,918 for three terms (i.e. for 32 weeks, about two thirds of a year). That works out at about £1153 a week: and that is before all the extras such as £381 a term for tennis lessons.

Sedbergh School is the largest property owner in Sedbergh, owning most of the land to the south of the A 684 which runs through the middle of the town as well as over half a dozen individual properties to the north of it. The facilities for its 400 plus children include a swimming pool, a sports hall, a gymnasium, squash courts, and a rifle range. However, the school’s facilities may be hired by local organisations for a small fee when not in use by the school.

Sedbergh represents the diversity of life in England in the twenty first century, but it is also unique. There is nowhere else quite like it!

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**Finding your authentic creative self through
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Come and Join Diane and Maggie for a joyful session of meditation and creative expression.
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**Thursday 2nd September
At St. Andrew’s Parish Church, Sedbergh
10.00 am until 12.00 noon**

£25 per session including all materials and refreshments

We are currently following social distancing guidelines, therefore, to secure a place please book by the day before by contacting

Diane: whitedogreikihealing@gmail.com

07841620081

Or

Maggie: maggiescott07@yahoo.co.uk

07824831109

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www.facebook.com/experienceandexpress**

UPDATE FROM SEDBERGH MEDICAL PRACTICE

Tracy Thornton

As we recover from the third Covid 19 wave it is worth advising of the minor changes we have made to the appointment structure as we learn from the enforced changes and try to get access to services right. We have re-introduced a limited open surgery every weekday morning however this is NOT walk in. Please ring the reception and if appropriate you will be booked into one of our 0830 to 1000 slots to see a senior clinician. In addition the telephone triage system has been maintained although in a reduced amount. Hopefully this way we can provide the service required either remotely or with a face to face appointment. This also means that we can release more face to face appointments to be booked as available-improving choice if folks are happy to wait to see a specific clinician. Although continuity of care



Drop in meetings for anyone struggling with bereavement

Tuesday 7th Sept & Tuesday 21st Sept
10am - 12 mid-day

Cornerstone Community Church

Join us for coffee and a chat
(in the manse garden if fine)

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

is important, the medical record is available for a clinical staff so what has gone before/the discussion and current plan is usually visible and easily followed. Where appropriate we are making use of online and SMS text message contacts as this can be an efficient way of communicating for all re. Simple matters.

There is also the ability to have bloods, simple procedures, nurse reviews and doctor appointments on a Saturday morning rotating between Bentham, Kirkby Lonsdale and ourselves. These are bookable via reception and may be more convenient depending on personal circumstances. Although the staff available do not work here in Sedbergh during the week, they use our electronic record system when seeing patients registered here in Sedbergh. This is additional to the standard out-of-hours Doctor service (Cumbria On Call). Our reception staff may well suggest a Saturday morning appointment if they think it would suit you best-or please enquire.



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Finally we are expecting most of our 21/22 seasonal flu vaccinations to arrive week commencing 6th September. We are therefore planning two walk in sessions in September (Saturday AM) as well as the ability to walk in during the working week. Anyone over the age of 50 (and those vulnerable at any age) qualifies this year, we only have a small number of vaccine for the 50-65 year until week commencing 18th October (when our final supply arrives). Please check social media, our website and any messages we send you for more details. At the time of writing the details regarding the Covid 19 booster vaccination are unclear other than there is likely to be one (at least 26 weeks after the 2nd

Sedbergh W.I.
invite you to an
illustrated talk by



Judith Hewitt,
Manager
Devils Porridge
Museum at Gretna
about the women who worked there.

On Wed Sept 8th
at Peoples Hall 7.30pm

Numbers limited due to Covid rules.
Call 20147 or text 07969376649 if
wish to attend. No tickets on sale.
Donations invited. Refreshments.

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vaccination) and that whatever the brand/type we will be able to offer Covid 19 booster vaccination here in Sedbergh. It is likely that supplies will become available later this calendar year.

Flu Clinic – Anyone aged over 50 or anyone aged over 18 in an at-risk group only

Saturday 11th September – 8.30am – 11am

Saturday 18th September – 8.30am – 11am

Walk – in service available Monday – Friday (8.30am -6.30pm there could be a short wait if you attend during lunchtime) please note the vaccine will be administered in the waiting room.

No appointment necessary

Please **DO NOT ATTEND** if you have any symptoms of COVID.

We kindly ask that you wear a face covering

Children aged 2 and 3 years old or under 18 in an at-risk group will be invited when we have confirmation of delivery of nasal flu vaccines.

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

CANARY GIRLS NEWS.

Sandra Goldwood

By the time you read this Canary Girls is likely to be a fully-fledged charity. Things have been progressing well with the project which is gathering support from many different quarters. In fact, guest speaker requests have come in from as far afield as Essex!

You may know that coffee mornings are back at St Andrews Church and the Canary Girls have one booked for Wednesday Sept 1st. Doors open at 9.30am and close at 11.30am. There will be cakes and a raffle; back to the good old day's folks. I very much hope to see you there and if you have a spare cake laying around, such donations will be most welcome.

The Canary Girls have another event this month when on Sept 8th Judith Hewitt, (manager of the Devils Porridge Museum in Gretna) is coming to talk to us about the museum and the women who risked

life and limb to stir the Devils Porridge. This will take place at the People's Hall and has been arranged by Sedbergh WI. It is an open meeting. However, under the present Covid rules we can only offer 60 places. Anyone wishing to come must let me (sanddot51k@gmail.com or WI Secretary valerie.welti@btinternet.com) know so that we can follow these safety rules. If you wish to come you are reminded that you must be double jabbed. I can only apologise for these stringent rules and hope sincerely that they may not have to be applied. (don't be put off)

If you have to miss out this time I am sure that Judith can be persuaded to come another time. Meanwhile you could always visit the museum it makes a great day out and the café serves excellent food.

The Colours Quiz in support of the Canary Girls project raised £85 toward our target.



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DECORATING

Stefan Kliszat

01539620524

Below are the answers to the Colours Quiz sheet.

First out of the hat for the quiz was Mary Kendal who comes with her Cancer Research fund raising stall to the Wednesday Market. Mary returned a fully correct quiz sheet.

A big thank you goes out to all the kind people who supported this fund raiser.

A 1 Margaret's Mitchells Heroine was Scarlett O'Hara.

A 2 Anne Shirley lived at Green Gables.

A 3 Surrender flag is White.

A 4 Pirate Long John Silver.

A 5 It was a little Yellow Idol.

A 6 14th century plague was the Black death.

A 7 The large Whale was Blue.

A 8 Burt Lancaster was the Crimson Pirate.

A 9 The future according to the phone company is Orange.

A 10 Her complexion was Peaches and cream.

A 11 British spy shot by the Nazis Charlotte Gray.

A 12 That poor horse was Black Beauty.

A 13 People rushed for Gold.

A 14 Valentine roses are Red.

A 15 Crystal Gales sung about her Brown eyes.

A 16 Brotherhood of Man wanted a Yellow ribbon.

A 17 Scaffold sung about Lilly the Pink.

A 18 The Everly Bros' lost love was Ebony Eyes.

A 19 Prince was singing in the Purple Rain.

A 20 Dorothy went to the Emerald city of OZ.

CINNAMON TRUST

Mandy Scott

We have residents of Sedbergh, and surrounding areas who are asking for some dog walking support for their beloved companion dogs, so we wondered if the Sedbergh Lookaround would be able to help us to promote The Trust, and our need for additional volunteers in your area. I have attached a poster and our press release to this email in the hope that you will be able to help.

The Cinnamon Trust is the national charity for the elderly and terminally ill and their pets. We seek to keep owner and pet together for as long as possible with the help of a national network of volunteers who assist when day to day care poses a problem.

Our aim is to relieve the owners of any worry concerning the welfare of their pets both during and after their own lifetime making us unique amongst charities.

All volunteers help in the ways that are most appropriate to them. Teams take it in turn to visit housebound owners to take the dog for a walk, volunteers foster pets as one of their family when owners face a spell in hospital, they take pets to the vet, even clean out the budgie's cage or cats litter trays. If you would like to register or even have a quick chat about registering just call Sally or Mandy direct on 01736 758 701 or email sallycollins@cinnamon.org.uk or mandyscott@cinnamon.org.uk

The volunteers can gain access to our volunteer page on our website www.cinnamon.org.uk or by emailing us at volunteer@cinnamon.org.uk

BOOK LAUNCH
SATURDAY SEPTEMBER 11th at 2 pm
SEDBERGH METHODIST CHURCH

“THE VOYAGER”

*A Celebration of the life and witness of
DWIN CAPSTICK*

Dwin Capstick was born and bred in Sedbergh and began his working life as a shepherd. This book traces his story from those early days to his life in Sierra Leone, where as a Methodist Mission partner he pioneered an agricultural project which transformed the life of local village communities in that part of West Africa; to his work as a minister in a variety of situations in Britain, including Marrick Priory residential outdoor education Centre, where he was warden for six years and where his own outdoor activity and practical skills were put to good use in his work with young people – an area in which he was especially gifted. He combined a deep Christian spirituality with down-to-earth application in compassionate care for people and in campaigning for social justice and human rights.

Warren Bardsley, a former colleague and author of the book says: ‘Dwin Capstick was a remarkable man whose story has important things to say to both church and society in today’s world.’

COME PAINT WITH ME

Angela van Dinter

Come paint with me is an art session which is open to all abilities. Those who have been painting or doing art or being creative for many years. Those who have never touched a paint brush or a pencil and who have been scared to do so. I am giving people permission to have a go and be creative. As I believe everyone has the potential to be creative. I want to give people the licence to simply play, enjoy and have fun just like Children do.

Come paint with me is an invitation to play to even do those things that we did when we were children where we felt free. It is a space for wellbeing, where we all champion one another there is no judgement and whatever someone creates is praised for their effort but also their willingness to have a go. Along the way we may find some budding artists, but we all grow a little and

improve our wellbeing as we have fun with no pressure and just fun as the aim.

In the near future I am planning and open to do in person sessions with groups of around 10 so there can be social-distanced anywhere I can get to in the northwest. I am also going to be looking to work with care homes, facilities to help mental health patients to improve their wellbeing as well as hen parties etc.

Do contact me on
artanticsuk@gmail.com

ROYAL BRITISH LEGION

David Parratt

The Laying Up of an old Standard and Dedication Service for a new Standard of the Sedbergh & District Branch of the Royal British Legion

On Sunday 5th September at 1030, a Dedication Service will take place in St Andrews Church for a new Standard of the Sedbergh & District branch of the Royal British Legion.



WE ARE COMING BACK

FIRST SESSION. SEPTEMBER 12TH. 4-6pm
Cornerstone Community Church Hall. New Street
Come and join in the fun. Hot meal.
Crafts, games, drama and music

OPEN TO EVERYONE. NO CHARGE

Further details contact Susan Raw 015396 20542
susanraw@talktalk.net

This will include the Laying Up of the old one, which on completion of the service will hang in the church alongside the existing Standard of the former women's section of the Sedbergh Branch.

The Venerable Vernon Ross, Archdeacon of Westmorland & Furness will conduct the service.

Invitees include The Lord - Lieutenant of Cumbria, Mrs Claire Hensman, various Councillors and members of the RBL County Committee.

The Standard is a constant symbolic reminder to members of the Legion's motto, 'Service not self'.

Protocol dictates that new Standards acquired by Legion branches are dedicated before official use so that it symbolises the principles and objects of the Legion. In addition, the authority for Laying Up Standards comes under Church Faculty Law and prior approval has to be obtained from the relevant Church authorities before being laid-up in a sacred building after service



JAMES PALMER

Ed Welti

Due to pressures on his time James has resigned from the Lookaround Editorial Committee. James was one of the group which originally stepped in when Dennis decided it was time to step back, and has worked as a proof reader on all editions since then. We would like to thank him for his time proof reading, and for all his contributions, including the regular What's In A Name. We hope he will continue to contribute to Lookaround from time to time.

Lookaround is always happy for new people to join the team. You could help with proof reading, designing adverts, or compiling. Just let us know. And if you have an urge to write on subjects relevant to Sedbergh then do, and send it to us. Contact details are on page 4.

RYCROFTS – APOLOGY

Ed Welti

Lookaround would like to apologise to Rycrofts for missing their advert from the last edition. This is especially embarrassing because Rycrofts is one of our stockists and it is totally our fault. Sorry!

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DENTDALE MEMORIAL HALL

Sarah Woof

As you read this the Dent Gala will have taken place in Mill Beck field and hopefully raised a lot of money for the upkeep of the "DMH".

We hope we raise enough each year to not have to increase the rent for hirer's, especially as other groups have had difficulties in raising funds this past year. A new part of the Gala is to invite other local groups to raise money for themselves and this in turn brings more people onto the field.

Obviously, it is different being out in the open besides the main road and not tucked away in the school playing field, but we have had some great galas in that field with pillow fight, fancy dress and even pot smashing! Who knows what the future holds but we need to keep raising money to pay the bills.

Our next event is "1920's to 2020's" photos and memorabilia from those years in Dentdale, during Oct half term. Many of you offered items when we first planned this so do get in touch. Look out for more details or give me a ring.

Chairman of DMH Sarah E Woof.
(015396 25212)

SEDBERGH BADMINTON CLUB

Helen Reynolds

We are very pleased to announce that our club nights will resume on Monday nights, commencing on Monday 6th September 7.30pm – 9.00pm (7.30pm – 8.30pm for juniors) at Sedbergh School Sports Hall (this is subject to the School allowing us back in and Covid restrictions permitting).

We welcome ALL ages (from 6 years +) and all abilities (from absolute novice to professional!) and we would be extremely happy to see some new faces.

Please just either turn up, or ring David on 21321 or 07816437500 to let him know you want to join in.

VIEW FROM THE FELLS

Ed Welti

View from the Fells (John Hill) will no longer have a monthly cartoon in Lookaround, but we hope to still publish John's cartoons from time to time. John has been a regular contributor ever since we took over Lookaround two years and a half years ago and all the team would like to thank him for all his work.

SEDBERGH SWIMMING CLUB

The Club will be restarting swimming lessons and sessions for community use on
Tuesday 14 September 2021 at Sedbergh School's pool.

Session Times:

Tuesdays:

6:30 pm - 7:30 pm Children's lessons
7.30 pm - 8:30 pm Open swim Adults and family swim
(All children under 8 must be accompanied)

Thursdays:

6:00 pm - 7:00 pm Children's lessons
7:00 pm - 7:30 pm Junior Squad
7.30 pm - 8:30 pm Open swim Adults only

Saturdays:

10:00 am - 11:00 am Open swim all ages with lane plus *
(All children under 8 must be accompanied)

**a designated area for Parents with baby/toddler. Club teacher/lifeguard available for tips/advice plus use of teaching kits.*

Membership fees:-

Adults £35 - Juniors and students £20

Swimming session fees:-

Adults £3.00 – Juniors £2.00
Children under 3 are free in sessions swims
Non-members pay double

Swimming lesson fees:-

£30 per term, average of nine lessons



More details about our session dates can be found on our website:

www.sedberghswimmingclub.co.uk

Email us:

Sedberghswimmingclub@gmail.com

LOST GRANDFATHER

Kate

I am trying to find my biological grandfather, Leslie, please can you help?

My mother was adopted and found out that she was conceived as the result of an extra-marital relationship in Sedbergh during World War II. Precisely she must have been conceived sometime May-June 1942.

We had the pleasure of meeting her biological mother Lily (unfortunately now deceased), who was a young lady at that time, possibly was in service and also worked in The Bull pub.

However it is Leslie that I'm desperate to find. I do not know his surname.

All I know is

- that he was called Leslie which could have been a first or second name,
- he was possibly a Sergeant,
- possibly was a bit older and may have served in World War 1,
- possibly had red or auburn hair,
- possibly was involved as an instructor at a Battle Training school nearby
- and possibly was the life and soul of the party.
- He was married with children and possibly posted elsewhere when the rumours of his affair got out.



THREE HARES



Café ~ Bistro ~ Bakery

57 Main Street, Sedbergh ~ 015396 21058

www.threeharesdeli.co.uk

Open throughout lockdown Tues-Sat 10am-4pm

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I've been politely and discreetly trying to find Leslie for years and I've tried everything - days at the National Archives, letters to the MOD, trips to Sedbergh (the History Society were a great help), Kendal and Carlisle, DNA tests and adding myself to databases hours and hours of internet research and I've read dozens of books about the Second World War but all to no avail.

I don't want to surprise, shock, shame or upset anyone - very English reasons for not telling the truth about the extra-marital relationship while researching before.

But it is very important for me to solve the mystery of my biological grandfather, not only so I can

discover any genetic health issues I may need to be aware of, but also because my family would love to know if we have surviving blood relatives.

My mother, his child, is now 78 and we appreciate that Leslie still being alive is sadly very unlikely. She would really like to solve the mystery of her biological parents as she has felt rootless throughout her life not knowing.

If there's anything you can do to help my search I'd be really grateful.

Please contact editor@sedberghlookaround.org.uk if you have any information that may be useful to Kate.



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BOXES OF HOPE, CUMBRIA

Pam Dent

September already and time to start planning what to put in Christmas shoe-boxes for Romania. Some people knit hats, scarves and gloves/mitts all year round to protect the children from the worst of the winter weather, others collect toy cars, tennis balls, items of jewellery for the girls, colouring books and anything else they can think of to bring colour and interest into otherwise drab lives, not forgetting the all-important sweeties. Me, I still find the greatest challenge is in covering a shoe-box in anything like presentable fashion! Leaflets and posters will available later this month and I look forward to collecting completed boxes in early November. As ever, if you have any queries, feel

free to 'phone me on 20042. Thank you for all your efforts and happy shoe-boxing!

MARIE CURIE TEA PARTY

Caroline Sandys-Clarke

A big thank you to all who supported us at Ghyllas on the 31st July and helped us to raise an amazing £1100 for Marie Curie. A really wonderful result. Local businesses very generously sponsored the raffle prizes, there were scones, cakes and biscuits donated in all sorts of delicious flavours and we were very lucky with the weather. Had it been a week later the result might have been different! It made all the organising (and tidying up!) worthwhile.



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50 YEARS AGO

Colin Cowperthwaite

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

New Teachers

With a spate of retirements and transfers at the end of last term, Sedbergh County Secondary and Primary schools found themselves somewhat denuded of staff. The Secondary School opened the new term with three additions to the staff. Mr Peter Roberts, the headmaster, welcomed Miss Kathleen McRae of Kendal, who will be taking up her first teaching appointment. Educated at Kendal and trained at the Ilkley College of Education, she will be responsible for teaching housecraft.

Physical Education for the girls will be taught by another recent arrival to the Sedbergh area. Mrs Christine Williams, a native of Huddersfield, who received her training at the Leeds College of Education, comes to Sedbergh from a teaching post at Failsworth, Manchester. An ace swimmer and coach, she has represented Yorkshire and also the North Eastern Counties in swimming internationals with Scotland, and has also represented Yorkshire on the tennis courts. Mrs J. Raw, of Sedbergh, is the third new member. She takes up her post as non-teaching assistant. The Primary School has seen even more changes. The new headmaster is Mr E.S. Marney of Hebden Bridge, the former



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headmaster of Midgley Primary School, near Halifax. The new deputy headmaster is Mr C. Holt of Bolton, who goes to Sedbergh from Steeton Primary School near Keighley, and who received his training at the Bingley College of Education. Two local girls also join the staff as teachers: Miss Dilys Evans, who formerly taught at Keighley and also in Kenya with the VSO organisation, and Miss Judith Tebay, who received her training at the Sunderland College of Education and, like Miss McRae, is taking up her first teaching appointment.

Student Home

The Richard Atkinson Memorial Methodist Chapel at Grisedale, which

has been closed for some time for worship, has been acquired by a Methodist minister from Manchester, who plans to make it available for the use of theological students at various times of year. He already operates a similar establishment in Swaledale. It is hoped that during their residence, students will preach on the local circuit.

Still Free Parking at Sedbergh

Free parking is to continue at Sedbergh and the motorist will not even be faced with an 'honesty box'. This was decided by six votes to three at last Wednesday's meeting of the Sedbergh Council's Public Health and General Purposes Committee. Members were told that the erection

of two boxes set in stone would cost in the region of 40 pounds. Coun. J.T. Clough said he preferred to think of a 'trust the motorist' scheme. "I would prefer to see it put on a purely voluntary basis. I have sufficient faith in the average motorist to think that such a scheme would be supported". But other members felt that parking should continue to be free to those who came to the town.

Population of Sedbergh rises

Provisional figures from the national census carried out on April 25th shows that Sedbergh has arrested its declining population, which is now at its highest figure for at least 20 years. The 1971 Census Preliminary Report puts the current population at 3,547. This is 393 higher than the population at the time of the 1961 Census when it stood at 3,154. The 1951 figure was 3,442.

New Local Preacher

The quarterly local preachers' meeting was held recently in the Methodists schoolroom, Sedbergh. William Allen of Far End, Garsdale, having successfully completed three written examinations, was given an oral exam and was unanimously accepted as an accredited local

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preacher, and recommended to the circuit quarterly meeting.

Sedbergh to Revive a Market Day

In an attempt to encourage two shopping days in Sedbergh, the District Council's Public Health and General Purposes Committee has made plans to revive the traditional Wednesday market in the town. The officially opening day will be September 22nd. Provision for the market is to be made in the bus bays on the Joss Lane car park, and traders will be charged 25p a week for the use of an area measuring 10 feet by 10 feet. Use of the site, the Clerk, Mr A.G. Wilkinson told members, will be confined to Wednesdays between 8am and 4pm. Coun. Mrs M. Mason said she had been told by traders that trade on a Wednesday was slowly deteriorating. "These people would prefer to have the market on Friday", she said. "The cattle auction takes place on a Friday", she pointed out, "and while

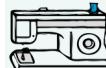
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the husbands are there, the wives go shopping. As a result, these people do not come into Sedbergh on a Wednesday. If market days get any worse, the traders will pack up because it will not be worth coming". The Clerk said that the only available day was Wednesday, the traditional Sedbergh market day. Coun. J.T. Clough thought that holding the market on Wednesday would provide two shopping days in Sedbergh instead of one. "Let us provide something to attract them on Wednesday and have people coming into the town twice a week", he added. This view was supported by Coun. H. Eastham. "Wednesday was always a good trading day", he said. "Now it is quiet, and Friday is hectic".

Tailoring Firm Seeking Factory in Sedbergh

News that a large tailoring firm is seeking factory premises in Sedbergh was welcomed by Sedbergh Rural District Council on Wednesday. There is apparently the prospect of 50 new jobs if the firm can find suitable accommodation. This figure could rise to 80 once a factory is established. Coun. H. Eastham told members that he had been up until 2am with a representative of the firm, discussing the possibilities of establishing a factory in Sedbergh. "There would be no question of pollution or use of chemical processing - in other words, it would be an ideal type of industry for Sedbergh". The work done at the factory, he said, would consist of laying out and cutting materials, and local labour could be trained over a period of five or six weeks. A certain



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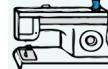
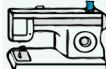
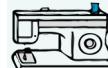
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amount of housing would be needed to house key workers, he said, but he urged the council, "I believe we have to bend over backwards to help these people establish this factory. We must help our young people to stay in Sedbergh. I am assured that if this factory is established here, the wages will compare with those paid in places like Birmingham and Newcastle". Three possible sites might be available, Millthrop Mill, Farfield Mill, and the old workhouse at Farfield. One of the factors in favour of establishing the factory in Sedbergh is the nearness of the M6, which puts Manchester within an hour and a half's motoring time. Coun. J. Henderson said he thought that there was enough labour in the town if the wages and conditions were right. Directors of the firm were to discuss the project yesterday before putting a formal proposition to the council.

JOSEPH HENRY WILSON

Colin Cowperthwaite

I recently came across a few copies of the Wesleyan Methodist Circuit Magazine for Kirkby Stephen, Appleby and Sedbergh, which had belonged to my grandmother. The earliest of these is dated May 1908, its headline reporting the death of Mr Joseph Henry Wilson, a respected local Christian gentleman. This is how his life was described some 113 years ago.

Joseph Henry Wilson was born at Cautley on February 8th 1849. He was the youngest son of the late John Wilson, a respected local preacher, and had the advantage of a godly home and of surroundings calculated to produce a Christian life and

character. The influence of his home life and his attendance at the sanctuary were seen in his conversion at an early age. He began to work for God first as a Sunday School teacher and then, at the age of sixteen, as a local preacher. In these early years he entertained some thought of entering the ministry, but after a time he gave up the idea and devoted himself to evangelistic efforts in association with Messrs. Thomas Isherwood, Richard Harper and Richard Atkinson, a remarkable mission was held at Sedbergh in early 1880. The services continued for five weeks, being of a most striking character, and drawing people from all parts of the district. The number of enquirer's names



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handed in to the various churches was 220, and many more who came from a distance received God. In January 1881, Mr and Mrs Wilson, with their colleague Thomas Isherwood, and occasionally assisted by Richard Atkinson, conducted a very successful mission at Hawes, where, after hard work for a time, there was a wonderful breakdown and the names of 170 converts taken.

At Ingleton the same spring, and at Carperby and Bainbridge the following year, the same three missionaries rejoiced in seasons of similar blessing. The work of God spread, extraordinary times of power and many conversions were witnessed. In the places outside the Sedbergh Circuit, Mr Wilson was

owned of God in having many souls for his hire. In his own circuit he held more than one mission, a notable case occurring at Grisedale. Preaching one Sunday he saw that the harvest was ripe, and at once volunteered to hold special services. These proved very successful, about twenty confessing Christ. Garsdale Foot was also the scene of his labours on more than one occasion.

Mr Wilson was largely instrumental in the erection of the chapels at Frostrow and Grisedale. At Frostrow a beautiful country chapel was built on a site given by the late Mr Rowland Harper, and opened in 1887 by the Rev Charles Garrett. At Grisedale the old place of worship belonged to the Friends, and had

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fallen into a most dilapidated condition. Mr Wilson begged a site from his brother-in-law, Mr T.A. Harrison, and persuaded the people to erect a chapel to the memory of Richard Atkinson, a native of that neighbourhood. This was successfully accomplished, and the chapel was opened by the Rev G. Abbott, at that time Chairman of the Carlisle District.

For many years Mr Wilson was a very successful class leader. On the death of his father, he was appointed to take the class at Garsdale Foot. When he removed to Sedbergh he became leader of a class in succession to Mr A. Edmondson. His members have spoken with grateful appreciation of his labours in this capacity. Often on these occasions he was in the spirit, and it was a joy to be present. Many have been greatly helped by his earnest counsels in the class.

His work as a local preacher extended over the long period of 43 years. During all this time he never spared himself. His quarterly average of appointments was high, and he was always faithful in the discharge of his duties in this respect. Such labour he loved, and in it was very successful. His energies found an outlet in other directions. For some years he served his town on the District and Parish Councils, and here also he sought to discharge his duties in a faithful and untiring way. Sedbergh owes not a little to the foresight and zeal he showed whilst serving it.

About a year ago he was raised to the magisterial bench. He rejoiced in

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the honour, believing it to be an enlargement of his opportunities for serving his fellow men. All his life he had been a strong opponent of the liquor traffic, and felt that as a magistrate he would be in a position to help to a more rigorous application of the laws against it. But it was not to be. During a great part of the year he was suffering from the illness which finally closed his career, and his hopes in this direction were not realised.

The end came on March 25th. For some time it had been seen to be inevitable. During these long weeks of suffering he patiently endured, as seeing Him Who is Invisible. His faith in his Saviour, always strong and unwavering, did not fail him at the

The late Mr. Joseph Henry Wilson.



last. When the summons came he went forth with joy to meet his Lord.

The interment took place on Saturday March 28th, in the presence of a large company that had gathered to do honour to his memory. A service, conducted by the three Circuit Ministers, The Revs. C. Denham, T. Dargue and R.W. Davidson, was held in the Wesleyan Chapel, after which all that was mortal of our brother was laid to rest in the beautiful cemetery at Sedbergh.

A loving husband and father, his loss will be most keenly felt in the home. Our sympathy goes out to the widow and children in their bereavement.

"DENT TOWN WAS MORE IMPORTANT THAN SEDBERGH"

Colin Cowperthwaite

Another extract from my 1959 Dalesman guide to Dentdale and Garsdale, detailing some history of Dentdale as written by Ron and Lucie Hinson.

Dent, with its cobbled street (now minus the once common projecting galleries), its two inns - George and Dragon and The Sun - and its large parish church, is often referred to as "Town" to distinguish it from the dale, which has the same name. It was once more important than Sedbergh, which has outpaced it in modern times, mainly because the dale was by-passed at either end by the railway. Until 1863 Sedbergh folk with a vote had to trudge to Dent polling station when county elections were held. For many years the Manor of Dent was owned by the Fitz-Hughes. Then it became the property of the Crown. A wave of prosperity came to the valley, and in 1629, the manor was made over to some of the local people by Letters Patent, and they held it in trust for the remainder. The arrangement was not completed, for during the Commonwealth the manorial rights were held by a Mr Parsons. Charles II, at the Restoration, granted the manor (with all its rights) to Sir Allen Apsley. He had been a faithful friend of the King during his exile. Sir Allen sold the manor to Richard Trotter, who lived at High Hall, and some others, in trust for the tenants in general. This was in 1670. Eventually the land became freehold. The Dentdale commons were enclosed by walls as recently as

1859. The Town is not high-lying as Dales villages go, being only 480 feet above sea level.

During the seventeenth and eighteenth centuries, hand-knitting was a major industry in the dales along the Yorkshire-Westmorland border. Generations of British troops went to war wearing knitwear from the Dales, and some idea of the importance attached to this cottage industry may be gathered from the fact the Government sent agents to the area when the Seven Years' War was being waged. The agents had instructions to purchase knitwear for the soldiers who were in service overseas. Vast numbers of stockings were also sent weekly to Kendal market.

The industry began to decline during the last century, though when the twentieth century dawned there were still women in the district who would turn out stockings and gloves in the old way. Needles and the dagger-like sheaths used by the hand-knitters are treasured in dozens of Dales cottages today. They are occasionally to be found among the old treasures in the antique shop at Dent Town.

More than objects have come down to us as mementos of the knitting era.



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Visitors to the Pennine dales were so impressed by the knitting mania that they jotted down detailed descriptions. Robert Southey, for instance, had much to say about this hand-knitting in *The Doctor*. It was he who coined the well-known phrase "the terrible knitters o' Dent". Note that word "terrible". The dictionary will tell you it means "fearful", but up in the dales it is also used to indicate greatness. The knitters of Dent were great in output and quality.

About 120 years ago, William Howitt noted that "knitting is a great practice in the dales. Men, women and children all knit". The wagoners knitted as they moved along with their teams, but they were a shy lot, and when visitors began to appear "and their wonder expressed at this and other practices", the wagoners felt rather ashamed, and they put away their needles. Howitt recorded, however, that "the men still knit a



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great deal in the houses, and the women knit incessantly. They have knitting schools where the children are taught; and where they sing in chorus knitting songs, some of which appear as childish as the nursery stories of the last generation".

Those were lean days economically. Every penny was precious. The return on the knitting was not sufficient to make anyone rich, so it became the custom for women to gather at different houses, with a consequent saving of fuel. There was also the element of fellowship, which has always been strong in the Dales. Howitt wrote: "As soon as it becomes dark, and the usual business of the day is over, and

the young children are put to bed, they rake or put out the fire, take their cloaks and lanterns, and set out with their knitting to the house of the neighbour where the sitting falls in rotation, for it is a regularly circulating assembly from house to house through the particular neighbourhood". The women sat and knitted, singing knitting songs and telling knitting stories. "They sit rocking to and fro like so many weird wizards. They burn no candle, but knit by the light of the peat fire".

Adam Sedgwick said that Dentdale was known far and wide for its imports of dressed wool and worsted, and for its exports of stockings and gloves knit by the dalesfolk. "The weekly transport of the goods which kept the trade alive was effected first by trains of packhorses, and afterwards by small carts fitted for mountain work", he wrote.

A SEDBERGH MARTYR

Karen Brucelockhart

The Rev. John Bland was born in or about 1515 in Sedbergh. He was probably the son of Rowland, Harry or Thomas Bland who were three of the four governors of Sedbergh School. In his own words he was "born in Sedbergh and brought up by one Dr Lupton, provost of Eton College." The School register unfortunately does not start until 1546 so there is no actual record of his attending Sedbergh School. He went on to St John's College, Cambridge, which perhaps makes the attendance at Sedbergh (rather than Eton) more likely, because of the close connection between the School and

the College. He gained a BA in 1532/3 and an MA in 1536. He probably then taught at Furness Abbey. He became a Canon at the Secular College of Ratlings in Kent in 1542/3 until the dissolution in 1547, when he received a pension of £6 13s 4d (something in the region of £5,500 now). He became Rector of Adisham in Kent, and by this time was persuaded by the Protestant teachings.

Following the accession of Mary his churchwarden brought a Catholic priest to say Mass in the church. Before the Mass began Bland “interfered” and explained to the congregation the “misuse of the sacrament in the Mass”, that is to say that the bread when blessed did not become the body of Christ but was only symbolic, against the teaching of the Catholic Church. Bland was immediately arrested and examined over a period of some ten months at length, but managed to avoid a straight answer. His friends twice managed to get him released, but each time he continued to preach. On the third time they were unsuccessful as he refused to promise not to continue to preach. He wrote a long and detailed history of his incarceration and questioning to his father, and this can be found in full in Foxe’s Book of Martyrs on the internet. He was kept behind bars and in irons. Two of his tormentors were priests who had turned with the tide, and he was able to remind them that he had heard them preach the same doctrines as he had during the previous reign. He took shelter behind the law, refusing to answer till

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they showed him written proof that he must do so. Finally, in June 1555 they did so, and the answers he gave condemned him. He denied the bread became the actual body of Christ, he questioned the legality of the use of a foreign tongue (Latin) and the legality of the administration of the Eucharist in one kind. He was given a few days to recant, but refused to do so and “boldly withheld the authority of the Pope”.

He was therefore condemned and sentenced to be burnt at the stake. The sentence was carried out on 20th June 1555 in Canterbury, when he was burnt together with three other protestant martyrs.

Burning at the stake for heresy was not practised in medieval times. It was introduced by Henry IV in 1401 to deal with the Lollards, and was repealed in 1553. But, unluckily, for John Bland Mary on her accession reintroduced it in 1555, so he was one of the first so to die under Bloody Mary. Two hundred and seventy protestant martyrs were burnt during her reign.



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REPAIRING DAMAGED PEATLAND

Maureen Hodges

This year, as the UK hosts the global climate conference, COP26, all eyes will be on the UK's own action to tackle climate change. The Wildlife Trusts believe that the Government's failure to address a key issue – how to end the damage to carbon-storing peatlands and restore a significant proportion of those that are already harmed – will be a major embarrassment.

PEATLANDS are the UK's largest on-land store of carbon, holding three times as much as woodlands. They store around 3.2 billion tonnes of carbon, but in their current degraded condition they release the equivalent of 23 million tonnes of CO₂ every year.

That's five percent of the UK's annual greenhouse gas emissions. They are a precious wildlife habitat and vital for holding back and filtering water. Their benefits to society are immense. But a high proportion of UK peatlands have been damaged, drained, extracted and burnt over decades of misuse.

Steve Trotter, CEO of Cumbria Wildlife Trust says: "In the UK at least 80 percent of peatlands are damaged. "Unfortunately, the condition of peatland soils in Cumbria is in a similarly poor condition. Our survey found that over 95 percent of peatlands surveyed were in poor management condition, so it's crucial that we do what we can to repair them, for the sake of wildlife and the environment."

Stephen explains why damaged peatlands need to be repaired: "Damaged peatlands release CO₂ into the atmosphere, so it's hugely important to address this for the climate crisis. We estimate that in their current condition, the Cumbrian peatlands are releasing the equivalent of 222,769 tonnes of CO₂ into the atmosphere every year. To put this figure into perspective, the carbon cost of visitors, coming to and from the Lake District annually, is estimated to be 941,356 tonnes CO₂. Here in Cumbria, the Cumbria Peat Partnership has worked to put some 4000ha of peatland into restoration.

"We're very grateful for the funding we've received from Defra, the

Environment Agency, Natural England, the National Lottery Heritage Fund, the Esmée Fairbairn Foundation, Landfill Tax operators, EU Life programme and the members of Cumbria Wildlife Trust – which has made this work possible in recent years. Most recently, the Trust has been awarded a £250,000 grant from the Green Recovery Challenge Fund for peatland work on Shap Fells and Armbeth Fell. An estimated £30-40million is still required to complete the task of restoring Cumbria's bogs which form part of the Great North Bog of Northern England so we're pleased with progress so far but we need to sustain and increase the amount we invest in peat.'

"As well as helping to reduce CO2 emissions, repaired peatlands will also improve the water quality on the sites and reduce the risk of flooding downstream. The work will also benefit wildlife that peatlands support: plants like sundews, butterwort and bladderworts have evolved on peatlands to be carnivorous, getting nutrition from small insects and flies. Curlew, golden plover and snipe breed in summer on Cumbria's peat bogs, and short-eared owls and hen harriers hunt across these areas too. Peatland restoration can be done by blocking up drainage ditches, rewetting and replanting with sphagnum mosses that help form new layers of peat and trap moisture."

Visit local CWT reserve at Burnsbeck Moss in Killington where much has been done to restore the wetland to its natural state. Just google Burnsbeck Moss

SEDBERGH COMMUNITY SWIFTS

Tanya and Edmund Hoare

At Lowgill the last chick fledged on 10th August, leaving the nest at 9.10pm into semi-darkness on a gloomy damp evening. Leaving under such inauspicious conditions makes us anxious for its future. Its parents are still (at the time of writing, 15th August) coming back to the nest to spend the night. How long they do this is very variable: a parent from one pair is still coming in 16 days after its last chick left, yet its mate had left 10 days ago!

By the 10th August the late evening screaming parties high in the sky had stopped. At just after 9pm each evening it was fascinating to watch (and hear) all the swifts dart into their nest sites at the same time – within the space of only a couple of minutes they all zoomed in to their holes.

This year we had 5 pairs that laid 3 eggs – 2 are more common - which is the most we've had, an excellent result. What is surprising is that this was not just by the established pairs, but one pair that bred for the first time also laid 3 eggs. It was also good that only one pair, first-time breeders this



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year, knocked their eggs out of the nest platform. Yet again it looked accidental. A new design of nest platform is now recommended to try and prevent this: a circular hole cut right through the platform instead of a concave shape being scooped out. We have plenty of these in stock.

One of the Settlebeck school pairs yet again appeared to knock out all their eggs, which is very disappointing. The other pair, as far as we can tell, managed to rear 2 chicks. There have been problems with the webcam system and nest boxes, making it difficult to see what's been happening, and we hope to resolve this before next season. The

behaviour of both the school pairs, since they first occupied the boxes in 2016, the year the boxes were put up, is particularly interesting to follow.

Earlier this year a loud noise

alerted us to the sad spectacle of a sparrowhawk preying one of our swifts.

Sparrowhawks are not fast enough to catch a swift in flight but are very clever at finding places where birds are vulnerable, such as at the bird feeders in our gardens. The sparrowhawk must have been watching our swift nest sites and targeted a swift as it emerged from the entrance hole. It thudded to the ground with the swift in its claws, killed it and flew off with it.



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Swifts are the fastest birds in level flight, flying up to 70mph (peregrine falcons swoop much faster in a stoop) so predation by other birds rarely happens in the air. The hobby, a swift-like bird but larger, migrates with swifts and is capable of catching a swift in flight.

Starlings and magpies also harass swifts at their nest sites, and will kill them if they get the chance. They try to perch on nest boxes and peck at the entrance holes, trying to catch a swift as it leaves. Swift boxes without a flat roof, like the Stimpson model 30 box with a sloping roof, are better as it gives less chance for them to perch. In Guldrey Lane the constant harassment by starlings and magpies pecking at nest sites in the crevices of a gable wall has sadly led to the loss of that small colony.

A link to a wonderful video was circulated by the swift network, showing the swift autumn migration on 13th August in full swing: 18,000 swifts hurtling through the Col de Bretolet in the Alps. What a spectacle it must have been.

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FAMILY MUSINGS

Sarah Woof

Our grand children say the sweetest things at times, besides the expressions of love, they chat away about what they have been doing or where they have been with such undiluted joy. Some grownups could learn a lot, especially, those who always have a desire to moan.

Then there are their names for things and, like their parents before them, they come up with some gems. I think the most used one in our house is the "mergency" box. This is the collection of clothes for them to change into at our house, should the ones they come in get wet or dirty. The problem seems to be they soon grow out of them!



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One of our children never liked the "bones" in yogurt meaning, of course, the fruit. This generation have new names for most things and, of course, as I write this, I can't remember any of them!

But it is the cuddles and hugs, the unexpected kisses, and the latest trend of hiding and jumping out and shouting "BOO", that add a certain delight to life.

I am aware they are all growing up, our eldest grandchild will be 9 year's old this month, where has that time gone? It has passed with sticky hands in mine, little kisses and big hugs, making me jump, having serious discussions about why worms have no legs and why roses 'stink'; of holding my ears and going to sleep on my shoulder, trying to press a non-existent button in my car to open a window, playing on the toys and equipment in the garden and always, almost, being so excited to see me. Long may it last.

JULY WEATHER

Brian Wright

July is often one of our wetter months but this time we escaped with just 85.4mm (3.36"). It was also a generally calm month with an average wind speed of 8.4m/s (18.7mph/30.2mph) and a maximum gust of 9.9m/s (22.14mph/35.6kph). Temperatures, as to be expected, were rather warm. We had a maximum of 28.1C (82.6F) and a mild minimum of 13.0C (55.6F). These high temperatures were, of course, responsible for the discomfort we felt night and day.

We have heard an owl around the garden again but with all the leaves haven't seen one. Some beast, I assume rabbits, is digging around the garden but I have not seen one. I haven't even seen one across the field recently. The pair of pheasants continue to glean up spilt corn around the bird feeders, if the jackdaws let them! The hen pheasants don't seem

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to be turning up at present when I feed the sheep. As a result of the earlier rain, and not being able to spray them, the nettles have taken over half of the chicken run. When they were small we were having continuous rain. The swallows, having left their first clutch of eggs, made a brief re-appearance but did not nest again, so unless, they have nested elsewhere their trip from Africa has been wasted this year.

DENTDALE W.I.

Thelma Belfield

It has been a while since our last report but there has been lots of activity within our group. At the end of May we held a very successful Mini Market of goodies, baked, cultivated and crafted by our wonderful membership, raising over £400, and a great boost for our funds. Sadly, we have not been able to have our Summer outing this year which is normally in June as Covid restrictions were still firmly in place.

However, on June 8th the National Federation held their virtual AGM, and I was fortunate to be selected as a delegate to participate in this event. Despite not being 'live' at the Albert Hall in London as originally planned, the meeting was as always, interesting, informative and entertaining. A trio of guest speakers including Baroness Hale (the first and only female Law Lord) who gave us a warm and witty presentation of her life within the judiciary and her influence on the justice system to improve equality for women. Dame Cressida Dick from the Metropolitan Police talking about the safety of women and girls in the light of the recent Sarah Everard case and the describing a new initiative in Clapham entitled 'Walk and Talk' wherein female police officers meet with local women to examine their environment and identify areas of poor lighting and unsafe paths where funding can be used to create safer conditions on the streets. Sophie, Countess of Wessex who shared memories of her mother with us and her own work with women across the world, who have suffered rape and torture as war

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crimes and abuse in the home. The 2021 Resolution 'raising the awareness of Ovarian cancer' was addressed with an excellent presentation from an expert Mr John Butler who is a Consultant gynaecological surgeon at the Royal Marsden Hospital. Following the AGM, the voting for the Resolution took place on-line with the resounding result of 98.4% in favour. A formal campaign will now be set up so we shall hear more on this during the coming months.

Moving on into July with the beautiful summer weather continuing and the lifting of most of the government Covid restrictions we held our first 'live' meeting since March 2020. The main focus of the meeting was to enable us to meet up with friends and socialising. Recommended Covid precautions were maintained within the Hall where we meet, by using different entry and exit points and mask

wearing whilst moving around. Our speaker for the evening was Rita Corpe, one of our own members, who gave us a presentation entitled 'Ping – pudding is served' Rita has a very special talent in producing superb food and has, on several occasions, cooked many different cakes, desserts and other sweet delicacies for us. She did not fail us on this occasion but with a very different approach. She presented us with shop-bought 'instant puddings for one' 'cooked in the microwave oven. She chose this topic to highlight the fact, that once our families, have left home making full sized desserts can be very wasteful, and these instant puddings are freely available in most supermarkets and are easily cooked with no waste. The best part as always was the tasting and using our own spoons and dishes, still recognising Covid recommendations we enjoyed cherry and almond sponge, sticky toffee pudding and chocolate sponge. It was a very special meeting catching up with friends not seen for many months and sharing news. As a further move towards a more normal life, at the end of July eight of us visited Bay View

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Garden Centre and enjoyed an excellent lunch there, which was another step forward towards taking up activities that have been dormant for many months.

We are now into August and have held a second live meeting, again taking precautions, by wearing masks when moving around the Hall and maintaining social distancing. Kate welcomed everyone, including a new member, Noreen, and our speaker for the evening, Sue Tyldesley. Plans were finalised concerning the cake and sandwiches stall we are having at the Dent Gala/Car Boot Sale on Bank Holiday Monday. All proceeds for this event are donated to the maintenance of the Memorial Hall, so a very important day and, always, good fun and very enjoyable. Rita our hardworking Secretary, gave details of the Federation Annual Council meeting being held on 21st October in the Kendal Town Hall when the guest speaker will be Sunny Ormonde of Lilian Bellamy fame in 'The Archers'. Information about the forthcoming Westmorland Show, this year being held over two days the 8th and 9th of September, was also circulated.

Once business was dealt with Kate formally introduced Sue Tyldesley, who gave us an excellent professional demonstration of Encaustic Art entitled 'The Wonders of Wax'. Sue began by telling us that she first became interested in this craft about 20 years ago after attended a demonstration herself. She then purchased a 'how to do it' book, attended a course and has spent the years since perfecting her

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art. Using pure beeswax in many different colours, gently melting the wax using the surface of a small iron and spreading it over a piece of card she created beautiful abstract artwork. Over the years she has developed her skill and, using both the small iron and a type of mini-soldering iron, she added detail and produced exquisite pictures of landscapes and particularly flowers, which are her favourite subject. Sue told us she started with using her mother's small travel iron, which had been gathering dust in the attic. Since then she has acquired more sophisticated equipment, including a professional hotplate which allows her to produce much larger pictures. In normal times this would have been an audience participation session but with post- Covid rules this had to be limited so two of our members volunteered to have a go and produced quite creditable results. Sue had brought along some of her

favourite pictures and also some very attractive greetings cards which we could purchase. Sue gave us a very interesting and informative presentation and she was warmly thanked by Wendy Cook.

Our August meeting ended with our usual cups of tea and Marjorie's delicious homemade biscuits. Our competition for a decorated candle was won by myself, and I was also lucky to win a raffle prize, too. Sharon also took home a raffle prize.

Our next meeting will be on September 8th which will be our Open meeting and Paul Rose from the Owl Sanctuary will be our guest speaker, a date for your diary, as we always enjoy visitors to our meetings and welcoming new members.

SEDBERGH W.I.

Moira Folks

Thursday 22nd July: Freedom Day for us! There was a definite sense of release when sixteen of us met at Holker Hall on a glorious day for our first summer outing for two years. Caution was the watchword, however, with Covid cases still rising around the country, and nobody objected to wearing face masks indoors and keeping social distance where possible. Some of our members were unable to come, sadly, but we were happy to welcome four guests to swell numbers.

We had a good guide for our tour round the grand reception rooms and attractive guest suites of the beautiful house, some with lovely views of the



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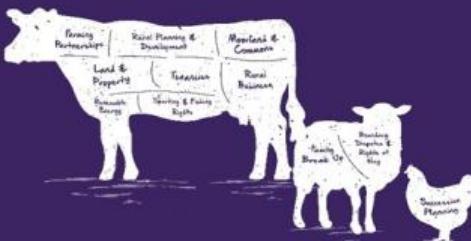
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gardens. This was followed by a very well-presented soup-and-sandwich lunch in the big dining room; even those of us who had failed to order scones, jam and cream for dessert through Ellen originally, had our late orders accepted, so we didn't just have to look longingly at others eating the mouthwatering scones! By 1.30 we had assembled in the baking-hot Café Courtyard, relieved we had been able to have our lunch in the shade indoors, and now ready to disperse into smaller groups to wander through the gardens, or simply to seek a seat in the shade. I'll just mention a few highlights of the gardens: the enormous Holker lime trees, some 400 years old; the Wildflower Meadow which must have been very colourful in June but had

now gone to seed (a promise of more flowers next year!), marked at one end by the Slate Sundial, 5 ft in diameter, and bordered at the other end by the Labyrinth, a network of twisting gravel paths among standing stones, a reminder of Cumbria's many stone circles; the Burlington Fountain with ducks swimming round it, backed by the Cascade, a flight of steps with water channels gushing down each side; and finally, the beautiful Sunken Garden, my personal favourite. Our thanks go to Ellen for arranging such an outstanding trip despite the complications of having to change the date from June 9th when Covid restrictions were continued into July. It was a great day out!

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The day before the outing to Holker Hall, the walking group, led by Rosemary Blanchfield, had gone over to Loyn Bridge near Hornby to start a circular walk. ‘It was one of the hot days,’ writes Anne Pitt, ‘so to avoid overheating, Rosemary shortened the original route and we enjoyed a leisurely walk which took us north along the river through shady woodland, then round through Arkholme, past Storrs Hall and Gressingham before returning to Loyn Bridge. There we lingered by the river with some having a paddle and one member venturing in for a swim while others took advantage of the shade to rest, read and chat. We always go prepared!’

It was a great pleasure to return at last to the People’s Hall on August 11th for a ‘proper’ meeting after many months of ‘zooming’! Since well over 20 people were expected, we hired the main hall to see and hear a presentation by former Border TV producer and presenter of ‘Lookaround’, Andrew Leitch, and his cameraman and film editor colleague, Jim Bownass; they had also worked for Radio Cumbria. Together they have created the Cumbria Film Archive, expertly combining film clips – some of them donated - from as early as the 1850s into short films showing many aspects of life in what is now known as ‘Cumbria’ but in earlier times was Cumberland and Westmorland. They tailor their presentations to their audiences, so we were familiar with some of the places they showed us. Starting with the Victorian and Edwardian eras, we saw crowds of workers leaving the factory gates at the Carr’s Biscuit

Factory in Carlisle, fascinated by the novelty of the cameraman and smiling and waving to the camera, hoping to catch a glimpse of themselves on film sometime. Coal miners featured as well, and it was poignant to think that many of the young boys pictured would be sent off to the trenches in 1914. The Barrow factory chimneys belching black smoke reminded us of this heavily industrialised era.

We came closer to home in the 1930s: the Ulverston lido was just one example of the push to build 180 lidos throughout the country. In Sedbergh, a film was made of Sedbergh School boys, mainly seen out in town between lessons but there was film of the Wilson Run too.



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There was a fascinating film made in 1926 about the 'Battle against an infectious Disease', namely tuberculosis, possibly made as a teaching aid for doctors and nurses to pursue recommended treatment. This included rest, good food and outdoor exercise. Beds were often taken outdoors when the weather was good. Unfortunately, the link between smoking and lung disease was not yet known and many patients returned home to smoke cigarettes, so their cures did not last long.

The most entertaining part of the presentation were the film clips from the 1950s, which quite a few of us remember, but are fun for everyone to watch! Sandra Gold-Wood thanked Andrew and Jim for an excellent evening.

We had hoped to hold book club in Valerie's garden on August 12th but it was too blustery to sit outdoors, so we were very glad that we could now legally meet indoors with more than six people present. 'The Secret to Not Drowning' by Colette Snowden was our book for the month. To other people Marion's life seems fine but under the surface she is being bullied by her coercive husband, who seems pleasant enough to other people, who don't realise that the only time she is allowed out of the house, apart from going to work, is her once-weekly visit to the swimming baths, so she can't make friends. Occasionally she remembers better times and thinks that maybe she will be able to find them again if she is patient... It takes some chance meetings and kindling friendships to make her realise that her relationship is not a normal one

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and there is a way out if she has courage – but will it be satisfactory for her? Who knows? With scores between 6 and 8, the average was 7.5/10.

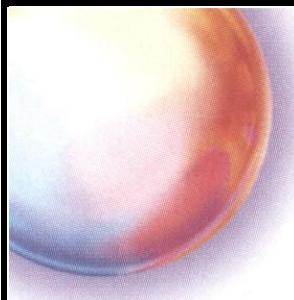
Our next meeting is on Wednesday, September 8th at 7.30 pm in the main hall of the People's Hall. It will be an open meeting about the Devil's Porridge Museum in Gretna, once the largest munitions factory in the world during World War I, employing 30,000 workers including 12,000 women. These women were nicknamed 'Canary Girls' because the chemicals they were working with turned their skin and hair yellow. Many were killed in explosions and others suffered lifelong health problems. As many of you will know, Sandra Gold-Wood is forming the Canary Girls Charity aiming to create a national memorial to them at the National Arboretum in Staffordshire for the part they played in the war effort. Do come along and find out more: donations gratefully received. Visitors and new members are always welcome: please contact our President, Ellen Morrison, for details on 07702 919745.



KILLINGTON W.I.
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Wendy Fraser-Urquhart

Strange happenings and coincidences! Today we had our August meeting in the People's Hall and, like the Olympics, records were broken. We had the same speakers as we had had earlier in the year, in March to be precise. Then they entertained us via Zoom and this time they were actually with us. Of course, their presentation was different this time but no less absorbing for all that. Tomorrow (Wednesday 11th August) the very same speakers will be back again in the People's Hall but this time speaking to the ladies of Sedbergh Evening WI. What a strange quirk of fate! So, I shall leave it to Moira, of Sedbergh WI, to tell you all about it, -or you could look back at our March report if you are desperate! However, what I will say is how smart the set up in the People's Hall is. The large screen stood stiffly upright on the platform, framed by the swish, royal blue curtains, with matching drapes covering all the windows to exclude the lovely sunshine.

After the gentlemen had departed, refreshed by tea and cake, we carried on with our normal meeting in the lovely sunshine. Our officers, Susan Sharrocks – President, Marion Woods – Secretary, and Margaret Denton – Treasurer, had the meeting perfectly planned, so, after they had managed to stop us all talking, everything ran like clockwork. Minutes, Reports, Correspondence, Financial Situation, Future Plans, Birthdays, and General Happenings.



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Margaret had received a letter of thanks from the Great North Air Ambulance for the donation which we had made as a tribute to Valerie Cann. Marion had prepared a survey sheet with various questions about our preferences for meetings, speakers, activities and the general functioning of our group. The information which our answers provide will be incorporated in plans for next year's programme. Elspeth, and Barbara (Hartley) were the recipients of our birthday wishes. Susan and Wendy will be our delegates at the Federation AGM in Kendal. Sally Cragg and Pat Allen will be our entrants in the Federation Reading Aloud Competition, and lists compiled for attendees at other future events. Full and riveting reports of these will follow in due course. We were happy to welcome Zilpa ? as a guest at our meeting. Guests and prospective members are always welcome. As my mother used to say, "Taste and try, before you buy".

Your next chance to taste one of our meetings will be at the People's Hall at 2-00pm on Tuesday 14th September. [I can still hear the revered Dennis Whicker saying, "Day; Date; Time, Place", probably after I got it wrong sometime! But it is a very useful check, thank you].

Another important date for you ALL to remember is Wednesday 15th September between 9-30am and 11-30am when Killington WI would like to welcome you to their annual Coffee Morning in St. Andrew's Church. Do please come and support us. Coffee, crack, and cake! What could be better?

I AM AN EIGHTIES THROWBACK

Will Scarr

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I'm down in the dumps
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A mountain of ironing
And fat spattered cooker top
I used to wear hot pants
Big earrings and big hair
A Suzy Quattro hairstyle
And now I'm in despair
My fashion sense has wandered
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SEDBERGH FOOD CLUB

UPDATE:

Zero Waste Sedbergh

Rebecca Gilbert

Thank you to those who have responded and offered to help over the summer, it's been really lovely to welcome not only new members but also new volunteers.

With new people joining the community this month we thought we'd include our frequently asked questions for your interest and a reminder of why we are doing what we are doing:

What is Food Club?

A group of people who pay (where they can) a small amount to receive a weekly share of surplus food. The club is run by and for its members on

a not-for-profit basis. Members who are able to are asked to help volunteer and run the club. We recognise that some people may not be able to contribute with money or time – this doesn't stop anyone from joining.

Why are we doing this?

According to FareShare 1.9 million tonnes of surplus food is wasted by the food industry every year in the UK and of that 250,000 tonnes is still edible – that's enough for 650 million meals – we are doing this to make a difference to people and to the planet. Surplus food occurs everywhere in the supply chain from field through to fork. This perfectly good food is then sent to landfill, unless it can be intercepted and redistributed. It can

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become this for simple reasons such as over-production, labelling errors or short shelf-life.

Where do we get our food from?

FareShare is the UK's biggest food redistribution charity, they redistributed over 20,000 tonnes of food last year, saving it all from going to landfill. Local food clubs place a weekly order with them, although we can only order from a food category i.e. cooking sauces; tinned food; fresh veg; cook-ing ingredients. We cannot specify individual items to order i.e. pot noodles, or cauliflowers. So we really do not know what will be coming until the van arrives at 11:30am on a Thursday morning. Food received depends on what has been intercepted that week, so it will

vary from week to week. Sometimes we may receive the same product for a few weeks in a row. We often share recipes with other Food Club members in order to suggest ways of using up ingredients. This is done via our WhatsApp group, or our Facebook page.

How do we sort the food? While the food is being collected from Preston, a team of volunteers prepare Cornerstone Com-munity Church, setting out tables and cleaning surfaces. When the food delivery arrives it is loaded into the hall and the team works together to sort the boxes and crates, counting items to ensure the sharing of food is planned as fairly as possible. Once the quantities have been worked out,

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each volunteer member will then start the packing process, making sure each bag has the correct amount of each item in. The bags are then ready to be collected between 3:30pm and 5:30pm, when two more volunteers will tick people off, take payment, and give members their bags. We invite members to please remember to bring a bag for life with them which they don't mind leaving for use the next week. It is greatly appreciated when members notify us if they are unable to collect their bags - even at short notice it is a help. Otherwise we end up with uncollected bags, with perfectly good food going to waste - which is what we are trying to avoid. We invite members to let us know of any absences via the

WhatsApp group or by emailing us. After 5:30pm any remaining uncollected bags will be posted on the WhatsApp group, and can be collected by anyone from the church hall.

What's the plan? Food sharing during covid-19 is carried out in a safe, controlled manner with appropriate measures in place. Currently this means volunteer members pre-pack the bags. When the covid-19 situation eases further we would love to see a more interactive food club where members pack their own bags from the selection on offer, have a brew and a sit down, and catch up with friends. It will be as much about social

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interaction as it is about the distribution of surplus food.

Do we still need volunteers?

Yes please! The food club needs at least 8 volunteers per week in order to operate effectively.

Sedbergh Food Club membership currently stands at 130 households, or 235 adults. We completely understand that some members cannot offer any time volunteering due to work commitments. But for everyone else, even one shift every couple of months would make a huge difference. We also have people who are not members keen to help and volunteer so you do not need to be a member to help out.

We hope that information is helpful, and do get in touch if you'd like to

know more. We remain hugely grateful for our existing team of brilliant volunteers and club members, thank you as ever for all the many ways in which members of the community are involved.

So, if you would like to become a member and/or volunteer or simply find out more about Sed-bergh Food Club go to our website: <https://zerowastesedbergh.com>

As we continue to receive lots of wonderful fruit and vegetables, here's a recipe from one of our members for courgette cake courtesy of the National Trust:

Lemon Courgette Cake

[www.nationaltrust.org.uk/
montacute-house/recipes/lemon-
courgette-cake](http://www.nationaltrust.org.uk/montacute-house/recipes/lemon-courgette-cake)

200g Grated courgette

140g Caster sugar

1 egg

110ml Vegetable oil

200g Plain flour

1/2 tsp Salt

1/2 tsp Bicarbonate of soda

2tsp Baking powder

1 tsp Ground cinnamon

1 lemon zest

Pre-heat oven to 160°C. Mix together courgette, sugar, egg, lemon and oil in a bowl. In another bowl mix together all the dry ingredients - flour, salt, bicarbonate of soda, baking powder and cin-namon. Combine the two mixtures until just blended. Pour into a greased loaf tin and bake for 45 minutes. Leave to cool in tin for 10 minutes before turning out. Optional topping - mix lemon juice with 2 tbsp caster sugar and drizzle over cake whilst hot.

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Sedbergh Community Cupboard Update:

Alongside Sedbergh Food Club, we also run Sedbergh Community Cupboard. In fact, having the Food Club enables us to not only distribute food that would otherwise go to landfill, but it also supports the provision of food for those who need a little more support each week. It acts in the same way as a Food Bank, and we are able to discreetly support local families and individuals who may be struggling financially, by providing food and toiletry packs. Any money which is left over from the Sedbergh Food Club subs is used to stock the Community Cupboard, but we also rely on food and toiletry donations from the public, so a big thank you to those of you who have been donating to our bin in Spar – as ever, thank you to the Spar shop staff for accommodating our donation box by the entrance.

Finally, huge thanks to all of you who are members, volunteer, donate, deliver and support Sedbergh Food Club & Cupboard in a variety of further ways.

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NOTES FROM DENT STATION

John Carey

Dent Station is slowly returning to some sense of normality with regained passenger confidence on the Northern scheduled trains which have recently been very busy. Leisure use has seen a dramatic increase on all railway services whilst commuting in the urban areas is on the decline. We have also seen a number of charter services, many of which are steam hauled and every so often visitors suddenly descend on the station all with cameras in hand to



watch the spectacle of the trains rounding the curve and through the station, all from a safe distance of course.

In addition, there is the added excitement of the Staycation train which passes through Dent Station several times with an almost daily service from Skipton to Carlisle stopping at Settle and Appleby enroute. Whilst not for the everyday traveller this certainly puts a new perspective on the Settle-Carlisle line with its smooth running and good window space. This is a very smart ex-Inter City 125 set recently repainted in green livery. It shows that there is also scope for the premium

visitor market whilst not forgetting the importance of the scheduled services, vital for tourism and the communities. Meanwhile, the guests at Dent Station get a ringside seat and surely one of the main reasons they come to stay (apart from the view of Dentdale of course).

But the real purpose of the Friends of the Settle Carlisle Line acquiring the station was with a view to the long term conservation and we must give our attention to this. Listed building consent has recently been obtained from the Yorkshire Dales National Park to replace some decaying timbers and barge boards to the west elevation which we hope to do soon. In addition to which we will be able to commence repointing the external elevations sometime in the course of 2022. The station in its exposed location at 1150ft bears the worst of the weather coming up the valley and a programme of maintenance will be an ongoing feature. All of the work will be carried out using local tradesmen where possible and indeed we have not had to look far.

It is good to see the Western Dales Bus visiting the station three times on a Saturday and that passengers are starting to reuse their services also. This is an important part of the local



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transport provision and, as some will recall, we came close to losing services altogether when Cumbria CC withdrew subsidy from the then existing 564A service in 2010, in fact the first round of service cuts. However, it was entirely due to the valiant efforts of the local parish councils and volunteers that a service was resurrected in the form we see it today. Indeed, community transport has been the only way forward in many areas as normal bus services are simply not commercially sustainable without government subsidy. However, it is important to remember that such community services are entirely reliant on a willing pool of volunteers, a finite resource, together with ongoing fundraising. In blunt terms it takes approximately 20 volunteers to cover the shifts of 2 full time paid drivers.

As previously mentioned Cumbria CC are currently undergoing a consultation exercise as part of the 'Bus Back Better' initiative and primary local authorities are urged to submit ambitious Bus Service Improvement Plans (BSIPs) by October 2021. It is important that

local residents voice their opinions. Sadly, it is probably the case that an over reliance will be placed on the community groups and demand responsive services (DRT), the latter being effectively dial-a-ride. The trouble with DRT is that whilst it might suit occasional services on lightly used rural routes it does not provide the essential journeys for work, education or rail connections where certainty of arrival time is a requirement. Such services end up carrying relatively few people at a much higher subsidy per passenger.

FoCL argue for urgent reinstatement of the 563 and 564 trunk routes serving Kendal, Sedbergh, Kirkby Stephen, Appleby and Penrith with full sized buses operating regular scheduled services. Ideally these would connect with railway stations at Oxenholme, Kirkby Stephen, Appleby and Penrith. However, the local authorities are naturally concerned that any government money on offer now may be curtailed after a period of time and any services started may

end up being unsustainable and withdrawn. This, on the face of things, would appear to be contrary to the stated government objective. Meanwhile it is clear that the removal of services over the years has had an adverse effect on the economic opportunities for this rural part of eastern Cumbria whereas in urban areas a regular transport system would be seen as a 'given'. Maybe the time has come for the

government to subsidise rural bus services on an ongoing basis just as the railways are? Dent Station in its relatively isolated and unique location would

not command the transport connections it has if solely commercial considerations were left to prevail. It allows visitors to access the area providing a vital contribution to the local economy through tourism and also opportunities for locals to travel further afield. Whilst public transport options from Sedbergh and Dent (without a car) are limited it is still worth noting that on summer Saturdays it is possible to depart the Dalesman in Sedbergh at 0958 on the S1 bus and travel to Dent Station in time for the 1041 service to Leeds (arr 1204) and return on the 1818 train from Leeds again to meet the bus or alternatively a trip to Carlisle. This is an excellent car-free day out and by using a Dalescard this could save a third off the normal price of a train ticket.

Friends of the Settle Carlisle Line
john.carey@settle-carlisle.com



An advertisement for K.W. Electricals (Sedbergh). The background is dark with a lightning bolt graphic. The company name "K. W. Electricals (Sedbergh)" is in yellow text. Below it, the phone number "Tel: 07917 322626" is also in yellow. At the bottom, it says "Domestic & Commercial Electrical Contractors". There is a logo for "NICEIC DOMESTIC INSTALLER" featuring a red "N" and "EIC" with a small house icon.

PRIORITY SERVICES REGISTER

Myles Ripley

Priority Services Register is a free support service to help people in vulnerable situations. Energy suppliers and network operators offer it. Each keeps their own register. You need to contact your energy supplier or network operator to get on it.

Help you can get includes

- Advance notice of planned power cuts. If you rely on your energy supply for medical reasons your network operator can tell you about planned power cuts. For example, when they plan engineering work.
- Priority support in an emergency. Network operators could provide heating and cooking facilities if you are cut off supply.

• Identification and password scheme. This could include arranging a password or agreed on picture cards if callers need to visit or contact you. This way you can feel confident they are genuine.

• Nominee scheme. You can nominate someone to receive communications and bills from your supplier. For example, a family member, carer or someone you trust.

• Help with prepayment meter access. For example, moving a meter if you can't safely get to it to top up.

• Regular meter reading services. For example, if nobody can read your meter.

• Accessible information. For example, account info and bills in large print or braille.

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Suppliers and Network operators
could offer other support services.
Ask them how they can help you.

Check if you are eligible

You are eligible if you:

- have reached your state pension age
- are disabled or have a long-term medical condition
- are recovering from an injury
- have a hearing or sight condition
- have a mental health condition
- are pregnant or have children under 5
- have extra communication needs (such as if you don't speak or read English well).

You might still be able to register
for other reasons if your situation isn't

listed. For example, if you need short-term support after a stay in hospital.

How to register

Apply by contacting your energy supplier or network operator.

Give them your contact details and as much information as you can about your needs.

Your supplier can pass your details to your network operator to add you to their register too. It's a good idea to ask them to do this if you rely on your energy supply for medical reasons.

If you have a different supplier for your gas and electricity, you need to contact them both.

You'll need to register again with any new supplier if you switch supplier.

Suppliers can offer free gas safety checks every 12 months. You can request a safety check if you get a means-tested benefit and either:

- live with a child under five years old
- live alone or with others and have reached state pension age
- live alone or with others and are disabled or chronically ill
- live with others who have reached state pension age or are disabled, chronically ill or under 18 years old.

Landlords are normally responsible for keeping your gas appliances safe if you don't own your own home. Further information about landlord obligations is listed on the Health and Safety Executive website.

Free similar services to the Priority Services Register are available in the water, phone and public transport sectors. Ask your providers about them.

BENEFITS CUTS AND DEBTS

Karen Evans, S.Lakes Citizens Advice

"My Universal Credit is going to be cut by £20 a week. I struggle to get by as it is and I'm really worried that I'll get into serious debt. I'm already behind on some of my bills. What can I do to avoid things getting worse?"

You're not alone in this - there is support available.

Firstly, depending on your situation, you might be able to ask to have your Universal Credit paid differently - these are called 'alternative payment arrangements'. This might be an option if you're in rent arrears, among other reasons. To apply for an alternative payment arrangement, call

the Universal Credit helpline on: 0800 328 5644.

If you're behind on some of your bills, the first step is to make a list of how much you owe and add up how much you need to pay each month.

You now need to prioritise your debts. We have advice on our website to help you do this. Some bills can cause you more problems than others if you don't pay them. Rent or mortgage arrears, energy bills and council tax are your priority debts as there can be serious consequences if you don't pay them.

Be sure to get in touch with the organisations you owe money to. Not everyone feels confident to do this, but they might be able to help by letting you pay smaller amounts or



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taking a break from payments. Many organisations have put in place protections for people who've struggled to pay their bills during the pandemic.

The government-backed Breathing Space scheme could also give you extra time. If you're eligible, you could get 60 days where your creditors can't contact you, take action to make you pay, or add interest and charges to your debt. You'll need to get advice from a debt adviser first - they'll check all your debts to see if they're covered by the scheme.

Finally, it's always a good idea to have a budget - take a look at the budgeting tool on our website and make sure you're getting all the income you're entitled to.

Everyone's circumstances are different, particularly when it comes to managing personal finances. If you need more specific support or don't feel able to manage your situation alone, call us on 015394 46464.

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

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

How to access:

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



SEDBERGH BRITISH SCHOOL TRUST

Jean Cope,
Hon Sec

The Trustees will meet on Wednesday 15th September 2021 to consider GRANT APPLICATIONS from suitably qualified persons who have attended local authority or maintained schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

APPLICATIONS should be in writing and addressed to:

The Honorary Secretary of the Trust at 14, GULDREY FOLD, SEDBERGH, CUMBRIA LA10 5DY

FUNDING AVAILABLE Small groups/organisations

Ali Greenhalgh CVS

Eric Wright Charitable Trust
Funding of up to £1000 is available for small groups (with an income of less than £30,000) in Barrow and South Lakes via the Eric Wright Charitable Trust. Closing date Thursday 30th September (funding must be spent by end March 2022) however applications will be considered on a first come first served basis.

While consideration will be given to all applications, regardless of location, which improve the quality of life and life choices for people in the area, the Trust's main areas of interest are the following: Young Persons' Wellbeing; Elderly Services; Education and Training; Health and Respite Care.

Application packs available for download <https://cumbriacvs.org.uk/>

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

LOCAL OCCUPANCY AND BARNS

Have your say

Mark Sadler YDNP

A public consultation has opened on two of the most high profile aspects of local planning policy in the Yorkshire Dales National Park.

People and organisations are being asked for their views on local occupancy restrictions, which can be placed on new dwellings to prevent them becoming second homes, as well as on the policies which guide the conversion to other uses of traditional stone barns, known as lathes or cow houses.

The National Park Authority, as the local planning authority for the National Park, began the process of forming a new Local Plan in December 2019. Once completed, the plan will contain a set of planning policies to cover the period 2023-2040.

The latest public consultation, called 'Exploring our options: Local Occupancy and Barns', is the fourth such consultation to take place as part of the process to create the new Local Plan. It will remain open until Monday 20th September 2021.

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Member Champion for Sustainable Development at the Yorkshire Dales National Park Authority, Carl Lis, said: "Planning policies on local occupancy restrictions and barn conversions have been the subject of hot debate for many years now, as they link to issues around second homes, community sustainability and the conservation of the farmed landscape. In fact they have come up so frequently in the first three Local Plan public consultations, we have decided to carry out a consultation specifically on these important issues.

"The consultation is an opportunity for local people and all those with an interest in the National Park to bring forward their considered opinions. The consultation responses will influence the planning policies that will shape development in the National Park for up to the next twenty years. I know people care deeply, as I do, about the future of the National Park and the communities that live and work here, so I hope for a good level of response."

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WHY B4RN?

Douglas Thomson

B4RN offers a service which is cheaper than other providers, it will never 'buffer' with heavy use, it will never reduce speed at heavy usage times, it will provide a future proof system as opposed to decaying copper wire services and which is good for retaining and attracting business in our town. Houses with a B4RN service are now sought after and there are signs of buyers being willing to pay a higher price. B4RN being a not-for-profit benefit company puts surplus funds back into the community it serves.

I cannot promise but if we can get more people to sign up by the 10th of September we now have a good chance of Sedbergh having a hyperfast fibre broadband connection available to every property in the town. After signing up your connection can be delayed until your current contract expires.

Please consider signing up at <https://b4rn.org.uk/postcode-checker>. If you would like more information do visit our display in the Rawthey Room at 72a, Main Street from 09.00 to 12.30 on Saturday 4th September.

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We are trying to get the Government to reinstate the original date for the end of their vouchers which was in 16 months time. Our local MP and other Cumbrian MPs are working hard on our behalf to achieve the date's reinstatement. If you feel you can help this effort please do write to The Rt Hon Oliver Dowden CBE MP, Department for Digital, Culture, Media & Sport, 100 Parliament Street, London, SW1A 2BQ or at enquiries@dcms.gov.uk.

Having B4RN's service will make Sedbergh an attractive place to be for both residents and businesses. A great plus for our community.



HOW TO WRITE A LETTER

Diane Meakin

Black or Blue or white? When, many years ago, as a child the matter of letter writing was taught there were certain, polite rules. You used a Blue letter paper, certainly not white, if you were handwriting for personal communication. White paper generally denoted business correspondence, usually typed on a typewriter. Surprise, surprise, the first model of typewriter is nearly 150 years old. Some private firms even in the 1960s would produce a handwritten estimate, with a strong quotations later typed on white paper.

When you wrote you used a pen which used a mid blue ink because that was the correct way to do it. I'm



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not at all sure where these rules came from. Even how long ago they were started but suspect it was at least from Victorian times.

To this day, regrettably using a biro, I buy blue coloured "ink" though people sometimes "cluck" over it. I understand that is because of photocopying which requires black ink on white paper otherwise the photocopiers get "tummy-ache".

The other day, reading a book, I read that Susan Hampshire, an actress "came out" as being dyslexic – denied/unacceptable then, generally accepted these days. But... did you know that coloured paper can help dyslexics read? Perhaps blue paper will come back in?

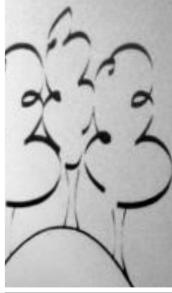
YOUR HOME, YOUR CASH, YOUR FUTURE

Sue Fiddler

As we rise out of the ashes from the pandemic, we are seeing many shifts in the market. Sedbergh has always been a walking hotspot, attracting many tourists and visitors each year. In recent months there has been a surge in footfall due to rising hospitality and small businesses reopening. With the Lake District trade on the increase, Sedbergh is becoming the cosmo of rural life. But what does this mean for our town's housing market? With more and more people wanting to live in this small town there is a huge demand for housing but there is not enough supply to go round.

What does this mean for you? It means your house might be worth more than you thought. That's right, you may even be quids in when looking over your property equity and financial affairs. So, now is the time to sell! Mirroring the stock market, you must know when the best time is to cash your bets, sell or stay put. Now more than ever this is the best time to speak to your local agent. Call and speak to Cobble Country for your FREE independent valuation.

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MILK MARKETING BOARD RECIPES

Diane Meakin

During the mid 1980s a class was offered at Kendal College for wholefood cooking which on uptake was really vegetarian. We had some good enjoyable recipes, several of which used yogurt as replacement for fat and for fluids like milk. These were often released by the Milk Marketing Board which, of course, had a plant next to Farleys in Kendal. We were taken around their plant as a group once and looked through a porthole to see baby milk flakes drifting past as it fell from the top as fluid through heated air from the base

and dried on the way down. When I had my dog we used to walk around the town centre to the cheese shop they used to have on the premises. It was good walk partly by the river Kent.

At this cookery class we also made Christmas Pudding using good quality wholemeal breadcrumbs. No suet; yogurt again. Best Christmas Pudding recipe ever eaten. No alcohol nor overmuch sugar.

Please could anybody who has any of these Milk Marketing Board recipes – ones using yogurt for traybakes and the Christmas Pudding would be much valued - Please send them in to 72 Main St to be passed on?





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TIM'S COLUMN

Tim Farron MP

Parliament is in recess as I write this. But the work doesn't stop.

Since I wrote my last column the Government has announced how it wants to re-organise our local councils. Their plan is to split Cumbria in two, joining us in South Lakeland with the councils of Barrow and Eden as one council and Carlisle, Allerdale and Copeland forming the other council. I have written here before that it really does not seem like the smartest move to completely reorganise our local councils in the midst of a pandemic. But this is what the Government wants to do and there could actually be some benefits to us as it will bring the decisions that

are now made at a Cumbria County Council level down to a level much closer to us. So I think the best thing we can do is get on with things and make sure that everything happens as smoothly and quickly as possible. Sadly, I hear that the Labour Party on Cumbria County Council is launching a legal challenge to the plan in an attempt to get the Government to accept what they had asked for and introduce one council that covers the whole of Cumbria. This seems to me to be such a complete waste of time and money (the challenge is being funded by the council).

An issue that came up over and over again on my summer tour this year was the growth in the number of second homes and holiday lets in the



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area. Apparently the number of holiday lets in our area has grown by about a third over the past year. According to some figures I have seen about a quarter of homes in the Yorkshire Dales National Park are either second homes or holiday lets. Of course holiday letting provides a bit of income for people and I wouldn't want to ban people from owning a second home if they have the money but surely first homes must be the priority. There is no doubt this growth is making it so hard for local people to find somewhere to live. Not only does it remove homes from the market it further drives up the prices of those that remain available. South Lakeland District

Council has been working really hard to get more affordable homes built in the area and has been pretty successful but the growth in second homes and holiday lets, in no small part driven by the Government's Stamp Duty holiday scheme, means that despite their efforts the situation is getting worse.

As a result I am calling on the Government to change planning laws so that people have to get approval to turn homes into holiday lets or a second home. This doesn't seem unreasonable so I have launched a petition calling for this to happen, if you want to support it just Google "Tim Farron second homes petition".

Finally, as many of you may know, I enjoy running. In an unguarded moment I have been persuaded to enter the London Marathon this year as part of the Brathay Trust team. Brathay Trust is a rather amazing charity, based in Ambleside, that supports young people, often those with fewer opportunities than they should have, it would be brilliant if you could sponsor me and help raise a bit of money to support their work. Please go to the Just Giving website and search on Tim Farron.

As ever, if there is anything I can do to help you, please drop me an email at tim@timfarron.co.uk or give us a call on 01539 723 403.

Thanks for your support, Tim.

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SEDBERGH PARISH COUNCIL Janey Hassan



The Council held their normal monthly meeting, commencing at 7.30pm, on Thursday 12th August 2021 at the People's Hall, Sedbergh. Their next scheduled meeting is on Thursday 9th September 2021 at 7.30pm. Due to any ongoing Covid regulations (at the time of writing) please contact the Clerk for any up-to-date information on public participation.

Parking tariffs with effect 1st April 2022, Joss Lane and Loftus Hill car parks

Members discussed the current rates and agreed the following charges would come into effect from 1st April 2022. Up to ½ an hour £0.50, 1 hour, £1.20, 2 hours £2.20, 3 hours £3.20, 5 hours £5.00 and All day £6.00. Weekly tickets would no longer be available.

Howgill Playing Field

Members progressed the proposal to create a path along Howgill Lane (within the boundary edge of the playing field) with a further meeting scheduled with Cumbria County Council Highways.

Other matters/Correspondence

Members heard from B4RN in regard to the gigabit scheme and the Friends of Queen's Garden/Queen's Garden Committee in regard to the proposal for a bandstand in the garden. Planning matters were discussed, along with Finance, Amenities and ongoing matters,

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including support for a continuation of 'Late Night Opening' where feasible, including provision of additional festive lights.

Members also discussed correspondence that had been received in respect of a local trader's disappointment at the arrival of a mobile catering van at the People's Hall car parking area. Members were sympathetic but also mindful that it allowed additional provision for residents and visitors of Sedbergh. The reasoning being, if the Parish Council disallowed one lawful trader, where would it draw the line for any future approach. Correspondence also included a proposal to install a defibrillator at the former phone box at Millthrop.

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

The School is pleased with its record breaking A Level results with 73% A*-B, and 50% A*-A. There were some outstanding individual results, including George Welch's four A*, three pupils gaining three A* and an A, and Natasha Cookson (the girl who won the Wilson Run) gaining three D* in her BTEC. Ninety-seven percent of the GCSE pupils gained grades 9-4, with an average of 9 passes grade 4 or over. Two pupils gained 11 grade 9s. Local pupils, Sophie Engel, Ben Starling and Katie Wood achieved grades 8 and 9. These results are a tribute to the hard work put in teaching remotely over the last 18 months.

On 16th July Jon Lidiard, former Housemaster of Evans, and Ben Collins, Old Sedberghian Club Secretary attempted the gruelling Bob Graham round:42 hills over a 68 mile course with 27,000 feet elevation (roughly the height of Everest. Ben unfortunately had to retire with cramp in both legs, but Jon completed the course within the 24 hours standard.

Three weeks of Sedbergh Summer Courses took place in July and August and were well attended. The strange markings on the Lupton field were explained by a very efficient method of dealing with the cars registering and delivering their children for these courses.

About 50 children from the Hells Fells weekend benefited from sailing training at Killington using the School's boats and equipment.

Two girls, Maddy and Emily, completed the Three Peaks in memory of Joelle Welsh who left

school last year and died in July aged 18.

Running - The Wilson Run Global event 5 day event with hundreds of Old Sedberghians, former and current staff and parents taking part. The hashtag reached a total audience of more than 287,400.

Cricket - The week of cricket organised by Lancashire Cricket Club was a great success, despite one of the three planned matches – Lancashire Women v Scotland Women - having to be cancelled. And despite the Westmorland Gazette failing to give it



any publicity. The sun shone, the crowd gathered, food and drink was consumed, and the Royal London Cup Lancashire v Sussex game on the Friday obliged with an exciting finish. Lancashire were 115-7 with a target of 271, but won by two wickets with 6 balls to spare. Tom Aspinall was included in the squad by Lancashire for this game and the previous game in Durham. There were nearly

250,000 views on the live stream.

Henry Brook who left in 2018 has been tipped to break into the England team shortly after his superb performances in The Hundred.

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Matthew Revis (left 2019) and George Hill (left 2020) have also starred in the Royal London Cup for Yorkshire

Rugby - On 24th July a special 20 team Sevens Tournament was played at Hymers College, Hull, in memory of Henry Foster who died aged 20 when at University in the United States. Three Old Sedberghian teams took part, and the final was won by an "On a Roll" team of last year's leavers defeating the official Old Sedberghian team by 3 tries to 2.

Shooting - In the National Rifle Association's Imperial 152nd Schools' Veterans' match the Old Sedberghian team dropped just one point finishing second. Harriet Bramwell who left in 2016 has been appointed vice-captain of the GB U25 Rifle team

Netball - Ella Bowen who left in 2020 has won a place in the U21 English Roses Netball Academy. She was also Netball Performance League's Player of the Season

Future Events - A special game of Old Sedberghians v the Anti-Assassins will be held on Buskholme on 19th September at 2 pm in memory of Henry Foster. Old Sedberghian weekend is set to take place on the weekend of 9th and 10th October and will celebrate 20 years of girls in the School.

Games against the School will include hockey, golf, shooting, running and netball. A dinner will take place in Powell Hall. A lunch hosted by Sarah Hirst will be held for girls who arrived in the Prep and the School in Robertson House. Half term begins on 15th October and ends on 31st October

SETTLEBECK NEWS

Juliet Proctor

On 12 August, students received their GCSE results. Headteacher, Mrs Sarah Campbell said, "This year's GCSE results are about celebrating the achievements of our students. They are a conscientious, hardworking and incredibly caring group of young people and we are so very proud of the fortitude they have shown throughout what has been the most challenging period in schools nationally. Over their time at Settlebeck School, they have grown as individuals and acquired the skills that we hope will help them achieve all their ambitions and dreams. The grades they received are a result of the national standardisation of centre assessed grades we submitted in June.

"I would like to thank all of our amazing staff for their dedication and the way they have adapted during these unprecedented times.

"We wish all our students the very best of luck as they move on to the next chapter in their lives.

"Our students will progress to a wide range of institutions to study a variety of courses from A' levels to Level 2 and 3 courses in engineering, computer science, public services and animal management, and apprenticeships in construction and electrics."



NEWS FROM THE PEWS



*Susan Sharrocks
Tony Reed Screen
Churchwardens*

We are getting there!

Congregations can sing again and we can officially mix and mingle after the services. However, caution remains as hands are sanitized before entering the building and masks donned with socially distanced seating still practised.

For the time being as has been the custom throughout the last year or so communicants receive the bread only during Communion, the officiant alone taking the wine. It is questionable when and if congregations will want to receive the wine at some stage in the future as the practice of drinking from the same cup is definitely not something we can accept at present.

Rev Lindsay Gray baptised one gorgeous smiley little boy who came with his family all the way from the North East to St Andrew's so his great grandmother who lives in Sedbergh could be present at the service. Little Tommie smiled all the way through, not batting an eyelid when water cascaded over his forehead.

Rev Lindsay certainly charms the babies as three-month-old Beth also smiled all the way through her blessing during the Sunday morning service. Travelling all the way from

Norfolk for the occasion with big brother Liam whose blessing was in St Andrew's two years ago. The family are keen to tie the children's roots to Sedbergh where close members of the family live.

It is lovely to share in these special family moments and meet with people who hold such special memories of Sedbergh and the parish church.

Smiles all the way on Wednesday mornings are guaranteed since the weekly Coffee Mornings have restarted. Different groups have booked the church room for their Wednesday Coffee Mornings which is good as it shows life is returning in some measure to how it used to be pre virus. People are smiling and happy to be out and sharing news and views over coffee and biscuits.

The bellringers are going to hold their long awaited first practice on Tuesday 7th September at 6pm. It is hoped we shall be able to have more than one or two bells ringing on Sunday mornings very soon. Our ringing team numbers need a boost. If bellringing intrigues you or has been something you have long wanted to try, come and have a go.

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DENTDALE CHRISTIAN FELLOWSHIP FESTIVAL

Sarah Woof

Meeting in person has for many organisations been hard for a long time and like many we used zoom. But we were determined that if at all possible, we would hold our annual Christian Festival this August. This year was our 8th, first we hired the local Hall for a couple of years then purchased a big tent and met in our garden. It helps we have a large garden! Around 25 to 30 people of all ages met to enjoy being together and being in God's presence. There were 11 children aged 2 to 11 and 4 families camped in the garden. We did our best to support local businesses and our guest rooms were full.

We were delighted to welcome Mrs Liz Nightingale from Southport, Debbie, to tell stories and Becca to play music on the drive, along with many more who took part.

And now? Hopefully meeting in person, celebrating Tabernacles, alternative to Halloween something at Christmas and beginning to plan Festival 2022. As always everyone is welcome. God Bless.

WHAT IS SOCIAL PRESCRIBING?

NHS UK

Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated or lonely. Or they might be stressed out by work, money and housing problems. Sometimes it's the stress of managing different long-term conditions.

That's where social prescribing comes in. It starts with a conversation. It might be the conversation you've just had with your doctor. Or with another person in the practice team. They will refer you to a social prescribing link worker.

The link worker is there to listen to you, and put you in touch with the people and activities that might help you to feel better.

Your link worker might introduce you to a community group, a new activity or a local club. Or they might help you find legal advice or debt counselling. They might just help you find information and guidance: a bit of inside knowledge on your situation or what local resources there are. They could even support you to create something new such as a gardening

ROYAL BRITISH LEGION

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

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

Membership costs £18.00 - call 20964
email: dmparratt@gmail.com for a form.

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



club, a fishing group, a 'men's shed' or knit and knatter group.

Social prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

"I thought I was just nothing. Now I feel really good. Every morning I wake up with a smile. I think I've got a bright future as well." - AS – on her experience of social prescribing

Studies show that people get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more – including here in this area.

For more information about social prescribing visit www.england.nhs.uk/personalisedcare/social-prescribing/

DEMENTIA RISK CALCULATOR

Myles Ripley

Several media outlets have recently reported on an online calculator that can tell you what your risk of getting Dementia is. But how accurate is it?

Working out a person's chance of developing dementia is usually done by healthcare professionals, because it involves complex techniques like genetic testing and assessment of other risk factors.

Researchers in Canada wanted to make it easier and quicker for people to find out their risk. Their calculator uses information such as age, ethnicity and how active someone is, to give over 55s their risk of



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developing dementia in the next five years.

Clare Jonas, Research Communications Officer at the Alzheimer's Society, said, "Risk Calculators like this are becoming more and more accurate as our understanding improves. However this calculator can't predict risk perfectly and there's still no sure fire way to predict whether someone will go on to develop the conditions. It doesn't include all the different factors that can affect your risk level, and it's based on whether the people who took part were diagnosed with dementia, not whether they had it."

"This is a problem because not everyone with dementia will get a diagnosis, so the calculator may underestimate the risk. If you're concerned about your risk level you should always speak to your GP, so that they can offer you more help and information."

For the Alzheimer's Society "Reducing your risk" booklet go to alzheimers.org.uk/publications



SIGHT ADVICE SOUTH LAKES

Dennis J Whicker

The two monthly meetings of the Sedbergh Group by phone on 1st & 3rd Tuesday has been continuing but now, with coming out of Lockdown, we are looking at returning to Meetings in the People's Hall from 2pm on Tuesday 21st September.

There was not going to be any presentation but James Carey, the Services Manager of SASL is keen to visit Sedbergh and meet the Group, which is open to anyone with sight issues.

At the first Meeting, we will be having an Afternoon Tea and a catch up so if you would like to attend and join us, please let myself or Susan know on 20613 as we need to put an order in.

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The next Meeting on 19th October, we have invited Dr Myles Ripley to give a small presentation on one of his specialist subjects.

The November Meeting has always been traditional to have a Christmas Lunch so more information about that in due course.

The telephone Meetings on the first Tuesday each month will continue as long as it is required to keep everyone in touch with each other.

To assist with SASL Fundraising, a fun Quiz Sheet is available from Green Door and Zero Pantry for just £1. There are fifty questions, and it is a real challenge. Please support it.

If you would like any more information, please contact Susan or myself.

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ACCIDENTAL REUNIONS

Sandra Gold-Wood

Joanne pushed her shopping trolley toward the supermarket checkout having filled it with all the usual items of everyday life. Snacks for her teenage children, flowers for her Mum, and a birthday card for her friend Tina. As she waited in the queue she thought about Tina. Lucky Tina, with her neat semi in Canvey Sands and her own hairdressing business. Sometimes, she did envy her friend. It wasn't the house or even the business she envied, it was that Tina had a husband; with someone to talk through her troubles and share a joke. Someone to help organise the childcare, even someone to argue with; in fact, all the things that couples do.

Joanne's husband, Marcus, had been killed in Afghanistan seven years before. Over the years her friends and even her family had tried to fix her up with a new man; she really didn't want anyone at first, but now she was wondering if she should have taken her chances with one or two of the men her friends had lined up for her.

Checking her watch, she could see that time was ticking by and she wished the woman in front would hurry up. Doing her best to stay patient Joanne distracted herself with thoughts about her days at school with Tina and the fun they had together. It had been a while since they'd spoken; she really should get down to see her. Thinking about this she remembered that her mother-in-law kept a caravan at Canvey Sands. Perhaps she could borrow it for the

weekend; the more she thought about a break away the better she felt.

Back at home Joanne packed away the shopping and chatted to her children, Rebecca, 14 and Jason 16. After they had eaten and were settled at the table with a cuppa. Joanne, instead of asking them about their homework, she told them of her idea of a weekend at Canvey Sands in their Nan's caravan. From the looks on their faces she had a pretty good idea what their answer was going to be. Jason spoke first.

'Nice idea Mum, when were you thinking of going, only I'm away camping with Danny and the boys this weekend and then I'm working with Mr Holdness at the 'Dig' at Grindstone Manor, after that I think I have a geography field trip, plus there's football training.'

Joanne held up her hands and said 'Ok' she got the message and turned her attention to her daughter, 'What about you then Rebecca?'

'Well, I'm going to be staying over at Emma's, most weekends, I'll be helping her with the horses, I don't want to let her down as she may not ask me again.'

Joanne looked at her horse-mad daughter and shrugged her shoulders. 'Oh well, would you mind if I went on my own then?'

'Of course, not Mum', they chorused.

So, it was settled that Joanne would go to the caravan at Canvey Sands, while Jason and Rebecca got on with their youthful lives. It was only 45 miles to Canvey Sands and it did not take Joanne long to get there. As



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she turned into the caravan park she felt a sense of peace.

Joanne had forgotten how nice the caravan was, with all its handy spaces and she soon settled in. After eating the simple meal, she had prepared for herself she sat down on to the sofa to watch TV.

Waking with a start; she was surprised to find that she had slept there the whole night. Getting up she peered out of the caravan window and saw that it was almost dawn. The world outside the caravan looked inviting. There was a stillness in the air and the morning light was pure gold, and all was quiet. Lovely, thought Joanne, as she set off for a walk thinking she would make her way down to the beach.

The cliffs were steep and the steps down to the beach not as friendly as Joanne remembered them. Still, she managed to get down to the beach and now she stood at the water's edge, her trainers in her hand as she dared the sea to wet her feet. She laughed out loud and felt her spirit lift within her. Paddling further out and not caring about how wet she got, Joanne watched as the sun came up

warming everything it touched. After a while she lay down on the small beach to dry off. The tide was beginning to turn, and she was feeling quite hungry. 'Time to go back to the caravan' announced Joanne to the beach as she made her way to the steps and began to ascend. The noisy seagulls began to quarrel above her. Joanne looked up as they came uncomfortably close. She waved her arms to frighten them off, lost her balance and fell.

On the cliff top Ewan Edwards was walking his dog. He always did this early in the morning when no one was around, it allowed him time to think before going to work. Since returning from overseas where he worked with the Red Cross he'd taken up a post in the local hospital. It was strange to be back in his hometown, bumping into old school friends as well as finding memories around every corner. Looking out across the sea he sometimes felt a deep longing to be sailing away. He'd nothing to keep him on land. Feeling a little sad he recalled his past relationships and how he'd let them slip away. Ewan had never been able to forget his first love. Of course, all his friends were married or divorced, the married ones couldn't go sailing and the divorced ones were too busy trying to find new loves. Hearing a commotion, he looked over the cliff edge. The noise was coming from a bunch of scrapping seagulls. What had stirred them up he wondered. Venturing closer to the cliff edge he looked over. Just at that moment the seagulls flew up and Ewan lost his balance and ended up flat on his

back. Cursing to himself he brushed himself off and got to his feet. However, something below had caught his eye; he couldn't make out what it was, so he tied his dog to a post and made his way down the steps to the beach. The tide was coming in fast and anyone who was still on the beach could be in trouble.

'Good God', he said to the wind as he got toward the bottom of the steps. There on the sand was a woman laying quite still with water lapping at her clothes and moving her this way and that. Ewan ran toward where she lay, worried that a wave might drag her out to sea at any moment. Wading into the sea water he caught hold of the woman's coat and drew her toward him. She was unconscious but alive; he needed to get her off the beach and up the steps. He wasn't at all sure he had the strength to carry her. The climb was steep, and the lapping waves had made the steps slippery.

Looking up in the hope that someone else was out dog walking he called out.

'Help, down here, help!' but his voice was whipped away by the strengthening wind. There was nothing else he could do; he'd just have to carry her up. As gently as he could he heaved her across his shoulders and began the climb. Ewan considered himself to be in reasonable shape; after all he popped to the gym now and again, played golf and there was all the dog walking. So, taking a deep breath, he took the first step and began to climb. About halfway up his legs began to tremble, and he leant against the rock

to the side of the steps to help him regain his strength. It was then he heard his dog barking. The only reason his Fin would bark was because someone was walking by. Ewan shouted, 'Help' as loudly as he could, hope filled his being.

'What's the problem mate', came a voice from the cliff top.

'Down here, help please,' shouted Ewan with a deep sigh of relief.

Two young men skipped easily down the steps. One took the woman and the other helped Ewan up the rest of the steps.

Later that day Joanne came round and found herself in a hospital bed. Shocked, she asked the nurse what had happened. The nurse didn't have much detail; all the nurse knew was that she'd been found on the beach. Joanne realised that the nurse had used her name. How could that be she thought as she had nothing on her to identify her. Just then a doctor arrived his smile beaming. Joanne could not hide her excited surprise,

'Ewan, what are you doing here, I mean, how', exclaimed Joanne, 'I haven't seen you.' 'Since school', finished Ewan, he nodded to the nurse indicating she could leave.

'Now I know how come the nurse knew my name, oh it's great to see you, gosh, do you know what happened to me?'

Ewan sat down on the bed and explained that she had fallen from the steps and had knocked herself out and had suffered other mild concussion but she was going to be fine.

'As a matter of fact it was me who rescued you'.

'Oh my, did you, thank you so much. Goodness knows what would have happened if you hadn't,' said Joanne reaching for his hand.

Ewan, said he had contacted Tina, their mutual school friend. While they waited they chatted about old times. Ewan said she was okay to go home with Tina as long as she rested up.

Joanne enjoyed resting at Tina's where she was waited on and look after so kindly and it was good to have time to think. The thing she thought about most was Ewan, all those years at school they had always been together, he had been her first love and, when he left for University, it had cost her many tears and lonely nights. After a while the letters stopped and Joanne guessed that Ewan had met someone new. Things drifted along as they do and

LOOKAROUND DIARY

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

If it's in your diary make sure it's in ours.

Marcus came on the scene and the rest is history, as the saying goes.

As soon as she felt up to it Joanne invited all the family, plus Tina and her partner Andy, Ewan and the two young men, James and Luke, who had helped in her rescue, to the George and Dragon at Canvey Sands for a thank you lunch. The group got on so well that they spent the whole afternoon enjoying each other company; Ewan told of his experiences with the Red Cross in Africa and Asia. James and Luke had been on a gap year and were relating the scrapes they had got into during their low budget travelling. While at the end of the table unnoticed by the enthralled diners Ewan and Joanne exchanged memories of just how close they had been during their teenage years. The afternoon inevitably faded to evening and friendly goodbyes were traded and promises to meet again were made. Ewan drove Joanne home.

'Why don't you come in and tell me your life story', laughed Joanne, she looked directly into Ewan's eyes. Ewan followed her inside.

They married in the following spring. Jason was best man and Rebecca the bridesmaid.

EDITORIAL

I don't know if anybody has noticed but I've been experimenting (only slightly) with the way I categorise articles. Up until now I've tried to put items with a similar theme (education, history, nature, environment, political etc) together. Then I invented a calculation which shuffles the categories around in each edition and tries to make sure that the order of the categories is different in each (incidentally I also shuffle the adverts without the categorisation).

However I decided recently that it would be sensible if news and announcement type articles go at the front. I don't think I've got it quite right yet, but I will persist for the time being. It has meant that I've had to move items around part way through compilation. Because of this the Rycrofts ad accidentally disappeared from the last edition, much to my embarrassment (especially as our advertising person had assured Rycrofts it would be in there). I hope the same thing hasn't happened to something else this time!

Ed Welti

PEOPLE'S HALL HIRE RATES

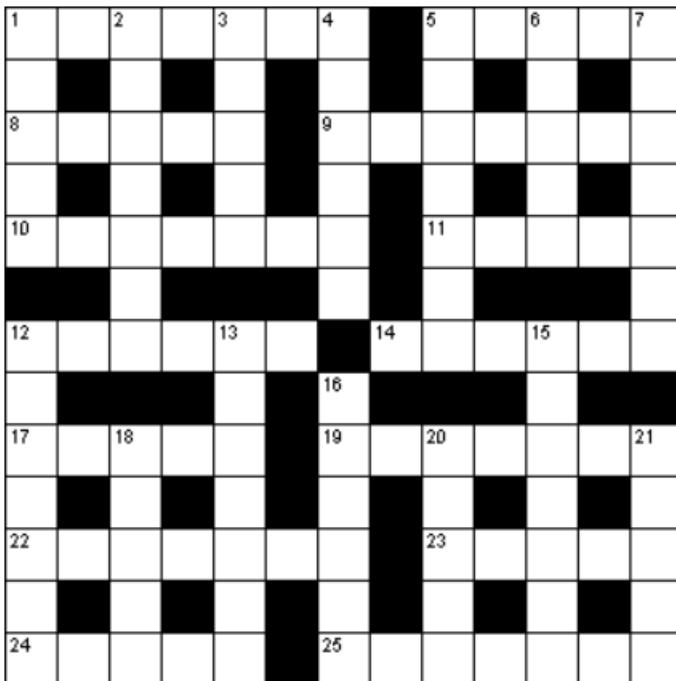
Main Hall

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

Committee Room

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

PUZZLE (SOLUTION ON PAGE 82)



Across

1. Visual and topical for a change (7)
5. Replace start of second class meal with Hungarian feeling (5)
8. Sounds like a plant used in cooking (5)
9. Bill allows pills (7)
10. Mammals formed from bat ribs (7)
11. Subject revealed in the meaning (5)
12. Directs cattle? (6)
14. Gas set to change legs of journey (6)
17. Tailor had aptitude, essentially (5)
19. Look into it carefully, perplex a miner, somewhat (7)
22. Page permitted small book (7)
23. Alternative art is on the move (5)
24. Some more judicious kiwi servings (5)
25. Novel revealed Roman centurion (7)

Down

1. Proposal showing off errors (5)
2. Our belt causes fuss (7)
3. Welsh canine in decor gibe (5)
4. Most recent in flat estate (6)
5. Surroundings concealed in shabbier state (7)
6. Relative found in genie ceramic (5)
7. Ghost essence concealed attendant (7)
12. All show becoming superficial (7)
13. Noisy reptile? (7)
15. Be shiny as if wet, change singlet (7)
16. Middle aged clown joke, make a mistake, almost (6)
18. Accumulate some dream assets (5)
20. Warning device in ideal army (5)
21. Hidden throughout mysterious green prairie (5)

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

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

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

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

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £27.50 for an Annual Subscription, or anywhere in the world for £6.00 per issue.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 20/03/2021
 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.

SEPTEMBER 2021

01	930	Canary Girls Coffee Morning (9)	StAS
02	1000	Experience and Express Meditation (6)	PH
04	900	BR4N Information Display (54)	RR
05		SS Term Begins (Jul)	
05	1030	Rededication RBL Standard (11)	StAS
07	1000	Grief Share (7)	CCCN
07	1800	Bell Ringing Practice (64)	TBA
08	1915	Dentdale WI Owls	DMH
08	1930	Sedbergh WI Devils Porridge (9,36)	PH
09		Westmorland County Show	TBA
11	830	Over 50s Flu Vaccinations (7)	MC
11	1400	Book Launch (11)	CCCN
12		Beyond The Possible - Artybird Ends(Aug)	FM
12	1600	Messy Church (12)	CCCN
14		Swimming Club Re-starts (14)	SS
14	1400	Killington W.I. Meeting (33)	PH
15	930	Killington W.I. Coffee Morning (33)	StAS
15	1300	Medical Centre Early Closing (29)	MC
18	830	Over 50s Flu Vaccinations (7)	MC
18	930	Artisan Market (Jun)	Main Stree
18	1300	NW Air Ambulance Jumble Sale (19)	PH
21	1000	Grief Share (7)	CCCN
21	1400	Sight Advice South Lakes (67)	PH
25	1000	Living in Harmony (26)	MCD
26		Run The Dales Exhibition Ends (Aug)	DCMH
26	930	Full Moon Yoga (26)	MCD
30		Eric Wright Trust Donations Close Date (52)	

OCTOBER 2021

13	1915	Dentdale WI Buttons	DMH
14	1300	Medical Centre Early Closing (29)	MC
19	1400	Sight Advice South Lakes (67)	PH
23		COGS Apple Day (Apr)	

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



LOOKAROUND DIARY

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

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

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



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

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

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

* = Latest Amendments

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive	Day	No	Co	Depart	Arrive	Day	No	Co
0940 (L)	1010	M - F	W1	W	1030	1056 (L)	M - F	W1	W
1015 (L)	1045	Wed	W2	W	1300	1330 (L)	Wed	W2	W
1240 (L)	1310	M - F	W1	W	1330	1356 (L)	M - F	W1	W
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	W3	W	1215	1248 (L)	Thu	W3	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	W2	W	1000	1015 (L)	Wed	W2	W
L = Library					W = Woof's of Sedbergh				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)									

Last Update: July 2021

S1 Saturdays - Kendal Shuttle

Western Dales Bus

Dent Station - Dent - Sedbergh - Oxenholme - Kendal

Trains to Carlisle			1048			1815	1944
Trains to Leeds			1041			1732	1938
Dent Station	1053	1737	1947R
Dent Village	..	0820	1108	..	1505	1752	2002R
Sedbergh Maryfell	..	0835	1123	1315	1520	1807	2017R
Sedbergh Library	..	0837	1125	1317	1522	1809	2019R
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
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 Post Office	0800	0958	1258	1438	1643	1855S	..
Sedbergh Maryfell	..	1000	1300	1440	1645	1857S	..
Dent Village	0815	1015	..	1455	1700	1912S	..
Dent Station	..	1030	1715	1927S	..
Trains to Carlisle		1048			1815	1944	
Trains to Leeds		1041			1732	1938	

BUS SERVICES

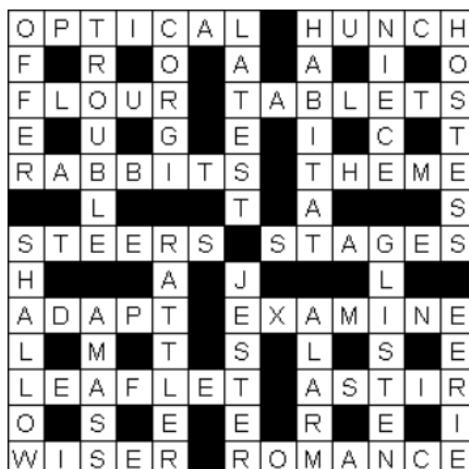
S3 Wednesdays - Hawes Hopper Western Dales Bus

Dent - Sedbergh - Garsdale - Hawes

From Wednesday 2nd June until Wednesday 27th October 2021

Dent Village	..	0942	1144	1421
Sedbergh Spar	..	0958	1200	1437
Sedbergh Post Office	..	0959	1201	1438
Sedbergh Maryfell	..	1001	1203	1440
Farfield Mill entrance	..	1003	1205	1442
Garsdale Street	..	1012	1214	1451
<i>Trains to Carlisle</i>		1054	1222	1448
<i>Trains to Leeds</i>			1205	
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
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
<i>Trains to Carlisle</i>		1054		
<i>Trains to Leeds</i>			1559	
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	..

PUZZLE SOLUTION



BUS SERVICES

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

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

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

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.

BUS SERVICES

S5 Thursdays - Kirkby Stephen Shopper

Western Dales Bus

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

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

Lookaround Editorial Team

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

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

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

BUS SERVICES

S6 Tuesdays - Kirkby Stephen—Penrith

Western Dales Bus

Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith

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

DENT RAILWAY STATION TIMETABLE

Valid until December 11th 2021

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

(N) Through train to Leeds, Sheffield and Nottingham

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 10.30
Wednesday 12.00
Church Wardens:
Tony Reed Screen 21081
& Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

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
Janet Chetwood (Comms Clerk)
Tel: 21715
Sally Ingham (Business Clerk)
Tel:07939 569559

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

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

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CHURCH OF ENGLAND

Cautley & Garsdale
Church Wardens:
Cautley: Judith Bush 20058
& Maureen Hinch 20843
Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723
Firbank: Heidi Holmes
Howgill: Helen Hoggarth 20805
& Pauline Marshall 21651
Killington: Jennifer Thornely 20444
& John Mather 015242 76333
Dent & Cowgill
Rev. Christine Brown Tel: 25418
Email: christinelucy2014@gmail.com

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METHODIST CHURCH

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

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SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

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PIONEER CHURCH

Becca Gilbert
Email: becgilb@gmail.com

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UNITARIAN & FREE CHRISTIAN CHAPEL

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

Combined plans for Western Dales Mission Community - September 2021					
	Time	5 th	12 th	19 th	26 th
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service Dedication of the British Legion	HC	HC	Harvest FS
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service- Contemporary worship	Service 4-6 Messy Church	Harvest Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HCx		2.30pm Harvest	
St. John's, Garsdale LA10	10am	HCx		Harvest	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service
All Saints, Killington LA6 2HA	2pm			Service	
Holy Trinity Howgill LA10 5JD	10.30am		MP		
St. John's Firbank LA10 5EF	2pm				
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	SW	Harvest HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP	
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	Harvest Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
Sedbergh Christian Centre, The People's Hall, Howgill Lane, Sedbergh LA10 5DQ	6pm	Currently meeting live on YouTube	Currently meeting live on YouTube	Currently meeting live on YouTube	Currently meeting live on YouTube
	Wednesday	7 th	14 th	21 st	28 th
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19:30	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer MP-NC- Morning Prayer Northern Community		BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word			

Please note that these services are subject to change due to coronavirus.
For details of Thursday Cornerstone/Anglican worship by zoom please contact Rev. David Crouchley 015396 20329 or Rev. Becca Gilbert 015396 25166,
to be covid safe on numbers at Brigflatts Meeting House please contact Correspondence Clerk 015396 21715, for Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063, and for Sedbergh Christian Centre contact David Hendrickse 015396 28151

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am

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

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

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

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

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

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

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

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

July 2021