

# Sedbergh & District **LOOKAROUND**

May 2022

Issue 409

Donation £1

As I was finishing Lookaround I heard the very sad news of the passing of Alan Clowes. We at Lookaround would like to send our

deepest condolences to Chris and all the family.

Otherwise I'm happy to report another 100 page edition full of the usual variety—enjoy! *Ed.*

## **SEDBERGH GALA**

**Saturday 21st May 2022**

**FREE  
ENTRY**

(Parking available  
on the field  
£5 per car)

**Lupton Field, Back Lane, Sedbergh**

**Parade starts at 11:45am from Maryfell  
This year's theme is the Queen's Platinum Jubilee**

**Sedbergh Gala is back for 2022!**

**A fun day for all the family with lots to see and do including a fell race, craft stalls, shopping, food & drink, children's activities and dog show.**

For more information contact [hello@sedberghgala.org.uk](mailto:hello@sedberghgala.org.uk) or find us on Facebook

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

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

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*Andy Burgess*

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

Wed 4th May - St Andrews

Wed 11th May - St Andrews

Wed 18th May - Christian Aid

Wed 25th May - Ladies N.F.U.

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



# ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

## Advertising Rates

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

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

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

## PAYMENT INFORMATION

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*Cheques Payable to :*  
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INCLUDE THE INVOICE  
NUMBER IN THE  
REFERENCE**

## **SEDBERGH FOOD CLUB AND COMMUNITY CUPBOARD**

### **Zero Waste Sedbergh**

**Suzie, Claire Moore & Team**  
**Exciting Changes for Food Club**

A huge thank you to all our members and volunteers for all the positive feedback, hard work and support of the recent changes we have made to Sedbergh Food Club. On 24th February we opened our doors for the first time and, instead of picking up a bag, we now invite members to choose and pack their own bags of food and, if there is time, to enjoy a brew in our new café space. We have made the decision to meet in term time only, however, the Community Cupboard provision will continue each week for those who

request the extra support. It's been exciting to see how many have enjoyed these changes and taken the opportunity to catch up with friends, and make new ones. It's been lovely to see our very youngest members enjoy playing and colouring in the children's area too! We could have not made these changes without our members and volunteers support, and we would like to reiterate our thanks to each one of them for being willing to develop the food club together. We are planning more ways in which we can enhance this community space further and, please, do feel free to get in touch with your ideas!

We are also really thrilled that in March we welcomed Claire Moore as



our new Food Club co-ordinator. Claire lives in Sedbergh with her young family, and will be working part time to enable the smooth running of the club; also the community cupboard. Welcome Claire!

In light of these changes we thought we'd include some of 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. We do currently have a waiting list and if you would be interested in joining, please get in touch.

### **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, so 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 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, but we really do not know what will be coming until the van arrives at 11am 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 being 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 Community 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.

We then open our doors from 2pm until 6.30pm, supported by two further shifts of volunteers, so that

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every member armed with their own bag, has the opportunity to choose, and pack their own bag. Members are welcomed, membership is paid if they do not already pay online, and they are then free to pack their own bags, and stop for a brew if there's time. We have chosen to extend our opening times so that members can drop by after work if helpful. The cafe space has plenty of room to meet friends, a children's area with activities, and there is a chance to pick up school uniform, should it be needed.

#### **Do we still need volunteers?**

Yes please! We have a brilliant bunch of volunteers who are incredibly supportive but we are always open to welcoming more. The

first shift each Thursday which begins at 11am involves lifting and carrying and checking the delivered food. The two later shifts include a range of opportunities such as welcoming members, helping with stock or serving tea and coffee in our cafe space.

Sedbergh Food Club membership currently stands at 140 households. 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.

## **SPRING CONCERT: SATURDAY 7<sup>th</sup> MAY**



### **St ANDREW'S CHURCH, DENT, 7.30pm**

After a three-year absence enforced by Covid-19, please come and enjoy a "May Medley" with

#### **The Dentdale Choir**

**Special Guest: Peter van Hulle (Welsh National Opera)**

and our friends

**Grievous Bodily Harmony**



We hope that's 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 Sedbergh Food Club go to our website: <https://zerowastesedbergh.com>

### **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 discretely 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.

Telephone 07833534710

### **MARY BARNES**

*Linda Hayes*

Sadly, Mary Barnes died on Monday 11 April, just after her 85th birthday. She lived in Sedbergh from 1991 to 2010, in "the new houses" in Rawthey Gardens, moving there from the Wigan area and then relocating down to Ham, near London, afterwards. She was a member of St Andrew's Church and the Pepperpot Music Society and helped with toddler groups and Age Concern during her time in Sedbergh and also went on many walks with her dog, Emma. Her daughters, Anna and Linda, would visit her along with her grandchildren, Dominic and Madeleine. Her funeral will be at 11am on Friday 6 May at the chapel next to Wigan Crematorium.

---

### **DR HUNT RETIREMENT**

*Dr C Hunt*

I would like to say thanks to all my patients who have sent me cards, gifts and wished me well for my retirement. Tomorrow is my last working day as a Sedbergh GP. I am going to miss my colleagues and patients, but I am looking forward to spending more time in the garden and walking the dogs.

**Scrap Collected**

**Ring Kev**

**07812194311**



## RADICAL CHANGES IN USE OF POSTAGE STAMPS

*Andy Bowden*

In January of 2022, Royal Mail announced its first major shake-up of the use of postage stamps for postal use since decimalisation in 1971. Currently any stamp issued with decimal currency from 1971 onwards is still valid for postal use, on letters and parcels when you send via your post office or pop into a post box. (as long as the correct rate of postage has been used for your letter/parcel).

You may have noticed in recent months and with the Christmas stamps of 2021 that 2D barcodes have started to appear alongside stamps with the Queen's head on (known as Definitives or Machins)

and also Christmas stamps. Royal Mail have stated that the use of these stamps is: -

"The move is part of the Company's extensive and ongoing modernisation drive and will allow the unique barcodes to facilitate operational efficiencies, enable the introduction of added security features and pave the way for innovative services for customers." (Source: Royal Mail Website)

Royal Mail have also stated that the introduction of these stamps is to eliminate the forgery and reuse of stamps.

So, what will happen? well you have until the end of January 2023 to use up your old supplies of stamps which include the above mentioned

## LAND FOR SALE

Sedbergh, Castlehaw and The Hill Farm, Joss Lane

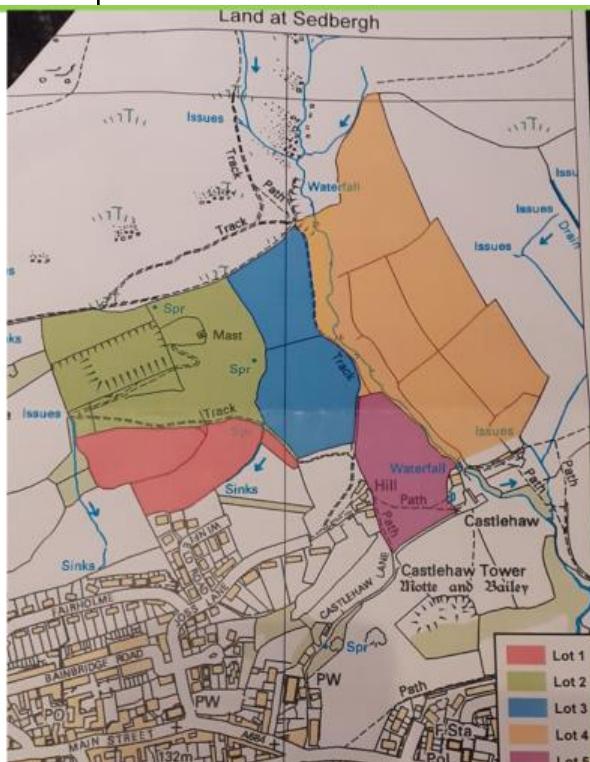
No buildings

Around 50 Acres with fell rights for 399 sheep plus 2 horses. To be sold in lots or as a whole.

Sell date and guide price to be arranged.

If you send me an email headed "**LAND FOR SALE**" I will send you an email with the relevant details, when arranged.

[Jean\\_141@rocketmail.com](mailto:Jean_141@rocketmail.com)



and Christmas stamps that have been issued since 1971. In short, after if the stamp has not got a barcode, it won't be valid and Royal Mail will treat it as an underpaid item. However, if the stamp is a commemorative stamp (with a picture) then these are not affected by the changes. As these are issued as one-off sets or issues then these would still continue to be valid for use on postage.

If you have lots of stamps at home and you can't use them up then Royal Mail do have a swap scheme. This is not available through post offices, and you must approach Royal Mail direct. The link to access the form is here or is available via the Royal Mail Website:

[https://www.royalmail.com/sites/royalmail.com/files/2022-04/Stamp-Swap-Out-Form-under-200-pounds-v1\\_1.pdf](https://www.royalmail.com/sites/royalmail.com/files/2022-04/Stamp-Swap-Out-Form-under-200-pounds-v1_1.pdf)

Further information on this swap out scheme is available from Royal Mail.

## **STAFF VACANCIES**

### **PRIVATE PERSONAL ASSISTANCE Ltd**

We are a Domiciliary care company based in Sedbergh and looking for staff to join our Team.

We cover Sedbergh and the surrounding area and Kirkby Lonsdale and surrounding area.

We have full time and part time positions available in Sedbergh and Kirkby Lonsdale. Experience preferred but not essential as full training will be given.

Driving Licence essential and own car.

For any more information please give us a call on: - 07500695798 OR 015396 34302

Kay Bromfield, Manager.

## **FRIENDS OF FARFIELD**

*Anne Mackinnon*

Things have been quiet for the Friends of Farfield Mill since Covid but now that places are opening up again a small committee has been formed and we're arranging lots of exciting events. On May 1st there will be a trip to Saltaire near Bradford. This is the first of many trips being arranged for the Friends. During this weekend, Saltaire have their annual Arts Trail as well as Salts Mill, so there is plenty to see. Other trips will follow. Some suggestions are Dundee, York, The Hepworth and Quarry Bank Mill but all other ideas are welcome. Even if you're not currently a Friend, you can join us on these trips and there will be posters

**farfieldmill**

around the town to let you know about them. We also have a Plant Sale organised for Sat 21st May and Sunday 22nd May. This is always a popular event, when we have a huge variety of seedlings and plants for sale. If you have any plants you would like to donate, please let us know by emailing us at the address at the end of this article. Also, please come along, as this is the perfect time to find some plants to put straight into your garden or allotment. We always welcome new ideas and of course new Friends. The annual subscription is £15 and Joint subscription is £25. If you are interested in knowing more, please contact us on [friends@farfieldmill.org](mailto:friends@farfieldmill.org) or telephone Farfield Mill on 015396 21958.



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## ARTISAN MARKETS AND INFORMATION CENTRE NEWS

*Debbie Wilson*

The first Artisan Market of 2022 is on Saturday May 28th, located as always on Main Street. The market will run from 9.30am, there are already a large number of stalls signed up for May. We are looking forward to welcoming back returning stallholders but are delighted to have a number of stalls attending for the first time. As always, the markets will offer a good range of local crafts and produce as well as the popular food stalls. Hopefully, you will be able to come along on the day to support this local event, but if you cannot come,

please keep your fingers crossed for a dry calm day!

Whilst the Information Centre is here to offer information and assistance to visitors to the area, we also serve and support the local community and organisations. We are currently selling tickets for the upcoming Music Festival at St Andrews. The Loving Earth Project, which runs until the end of May and features prominently in local shop windows, has produced a number of quiz trail sheets for children, and these are available at the Centre.

Parking Permits for both local car parks are now available at the reduced rate of £25 valid until 31st August. The Centre is open between



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

**2022**

Thursday 12th May  
Wednesday 15th June  
Thursday 14th July



10 and 4pm daily and takes card payments.

The Centre also stocks a range of gifts and cards, alongside the popular second-hand bookshop, and if you are looking for a souvenir to mark The Platinum Jubilee in June, we do have a limited number of Sedbergh Jubilee mugs.

If you have an event or group to advertise do remember to let us know at the Centre, by email [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk) or ring on 20125 and we will put your event on our weekly What's On guide and list the event or group on the [sedbergh.org.uk](http://sedbergh.org.uk) website.

## **MILLTHROP DEFIBRILLATOR UPDATE**

*Garth Steadman*

Towards the end of 2021 residents of Millthrop generously subscribed enough money to purchase and install a defibrillator in the now redundant red telephone box in our Hamlet

We now have a group of fully trained operators who are converse with the use and application of a defibrillator but unfortunately there

has been technical hitches and Covid related illness that have caused delays to the installation.

It turns out that a special unit had to be ordered to be installed in a telephone box due to health and safety and the one that was ordered was not of that type.

This is causing the delay but I'm pleased to say that the new unit is now ordered and will be installed in the not too distant future.

---

## **B.H.S. VOLUNTEERS Volunteers Needed To Help Local Bridleways**

*Charlotte Ditchburn*

My name is Charlotte, and I am the Access Field Officer for the British Horse Society covering the North Region and North West Region.

We are undertaking work to record legal rights, and to preserve and reinstate routes. We are currently looking to recruit Historical Research Volunteers in Cumbria.

We are also looking for anyone interested in becoming an Access and Bridleways Officer to support out work in the area within your parish and surrounding area.

If you are interested please contact me for role descriptions for both of these opportunities, the application process and more details can be found at [Become A Volunteer | Support Us | British Horse Society \(bhs.org.uk\)](https://www.bhs.org.uk/volunteer).

For further information please contact me  
[charlotte.ditchburn@bhs.org.uk](mailto:charlotte.ditchburn@bhs.org.uk)  
02476840745



## **SEDBERGH MUSIC FESTIVAL**

**15 – 26 June**

*Tony Reed Screen*

After two cancellations the Festival is back for another musical banquet. The programme takes us from well-known ensembles, some of whom are wielding shawms and crumhorns, then on to Bach and Beethoven to G&S; and from roof raising choral groups to the widely celebrated and internationally famous. The whole programme presents us with the excitement of established soloists, and young ensembles setting out to be the stars of our musical future, all rubbing shoulders with our toe capping Town Band and the Sedbergh Symphony Orchestra.

Topping the bill are the national close harmony champions, the

Cottontown Chorus, who brought the house down in 2014, and the exciting baroque ensemble, Red Priest, who gave us a wonderful concert in 2018.

There's lots more and brochures are available in the Information and Book Centre and will be delivered to all houses in Sedbergh this month.

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## **CANARY GIRLS**

*Sandra Gold-Wood.*

The Canary Girls Memorial Project is still very well supported, and we are actually getting noticed outside Cumbria. The whole thing is very exciting and I am privileged to be a part of it.

The only negative item I have to report is that unfortunately we have hit a large lump of Red Tape in



# **Sedbergh Parish Council**

**would like to invite you to the**

## **Annual Parish Meeting**

**To be held at the Committee Room, The People's Hall, Howgill Lane,  
Sedbergh on Thursday 12<sup>th</sup> May at 7.00pm.**

This is **YOUR** meeting and an opportunity to come along and discuss what has been done in recent times by your Parish Council.

It is also a chance to have your say on what you might like to see happening in our community in the future.

**Including input on potential future aspirations, for Sedbergh Parish Council, as the Local Government Reorganisation progresses into 2023.**

This meeting will be followed by the formal Annual Meeting of the Parish Council and the normal monthly May meeting of the Parish Council.

relation to the Charity Commission. However, the Trustees are taking another look at the details of the application form, and its upward and onward. Yes, it is disappointing, but who can expect anything official to be straightforward these days, even if we were told it would be.

On the more positive side the Val Welti and I are keeping up the speaker engagements and have bookings right through the year and into next. Word is certainly continuing to spread.

In April I gave a talk to Carnforth Rotary club which was very well received. In May we have three more engagements. Plus, on May 25 the trustees will be laying a wreath of yellow poppies at the war memorial in Rickerby Park to mark the anniversary of its building. With luck this will bring some more publicity.

If you happen to buy or read the May edition of Cumbria Life magazine than you will see on page 50 to 53 an excellent article, written by Roger Lytollis, in support of our Canary Girls Memorial project.

Both the article in Cumbria Life and the Wreath laying event have been instigated by former MP Eric Martlew who is an extremely helpful supporter

Also this month the CGMP will be continuing to spread the word from a stall in the Artisans Market on May 28. The Canary Girls will be on the grassy knoll beside the Information Centre. Donations of cakes or small items of bric-a-brac would be most acceptable especially if they are yellow. And there is a new Canary Girls Quiz sheet too!



## DENT GALA

*Laura Thornley*

Summer is on its way, which may mean warmer weather and sunshine but for the Dent Memorial Hall Committee it means we are starting to plan for our main fundraising event of the year, Dent Gala. This Dent tradition will take place as always on August Bank Holiday Monday (29th).

The Gala is a great day out for all the family and will feature a Car Boot Sale from 8am (sellers to arrive at 7am), bouncy castle, children's entertainer, live music, BBQ, plenty of stalls, games and much more. Further details will be announced closer to the day.

### Can you help?

As with all events, to make the Gala a success we need volunteers. If you can spare some time before, during or after the event, it would be very much appreciated.

Some of the things we need help with are:

- Transport and time to bring the stalls to the field and back
- Setting up and packing away
- Manning a stall
- Floating - from stall to stall to give people a break

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#### **Businesses & Sponsorship**

If you are a business owner and wish to sponsor (£30) the Gala, provide a prize or even both, please get in touch. Your business and logo will be advertised on social media, on our website (soon to be launched) and in our brochure.

Or if you run a community group and you wish to have a stall at the Gala to raise money for your own funds, please also get in touch.

Contact details are  
*laurathornley@me.com* or  
 07779415644.

The committee will be very grateful for any help that people can provide and hope that many of you will be able to make it on the day, whether it's to help or just to enjoy the day!

#### **DENTDALE METHODIST CHAPEL**

*Sarah E Woof*

April has been an eventful month for the congregation of the Chapel, it is also the month our services change from 2pm to 6.30pm for the summer. We kept at 2pm on the first Sunday as our Minister, David Crouchley came and two ladies, a mother and daughter were Christened. This was a very happy occasion and the first such service for many years. Then on the 9th we held Tea & Cake to raise money to support Ukraine refugees, £400 was raised and sent via bank transfer the next day to be put to immediate use by a church in Kendal working out in Romania with the Ukrainian people. On Palm Sunday we joined our

### **Sedbergh and District Lookaround**

### **AUDIO & LARGE PRINT LOOKAROUND**

The Audio Version is supplied FREE on a delivered USB Memory Stick and is played on a FREE Speaker - as illustrated.

The Large Print Version is delivered and supplied for FREE.



If you would like to receive either the Audio or Large Print, or you know of someone that would benefit or appreciate it, please contact Rosemary on Sedbergh 20540, Colin on 20659, or Elspeth on 20677.

# Sedbergh Music Festival 2022

## Carnival of the Animals Competition

Open to all primary aged children

Design your own A4 sized pictures using paint, pens, collage anything you like of one or more of the following:

Lions      Hens & Cockerels      A Wild Jackass      A Tortoise      An Elephant  
A Kangaroo      An Aquarium      Mules      A Cuckoo in the woods      Birds  
Pianists      Fossils      A Swan      Grand Finale page including all of these

Please put your name on the back of your entry with your parent's phone number or email. Entries should be placed in the box at the Tourist Information Centre by May 16th 2022.

The winning entries for each animal will be projected onto the large screen in St Andrew's Church during Sedbergh Orchestra's performance of The Carnival of the Animals - a family friendly concert on Saturday 18th June 2022 at 11am in the church with refreshments at 10.30.

Anglican friends for an United Family service in the morning and then held a more reflective service in the eve. Easter Sat saw our monthly Coffee Morning and through all this our premises continue to be hired by various groups Inc "T aT Two" on 2nd and 4th Thursdays of each month. Both the Chapel and the schoolroom are available for a variety of events, just no alcohol or raffles allowed. Now, we look forward in anticipation to what May has in store.

### TARGET OVARIAN CANCER

Valerie Welti

Thank you to everyone who supported our coffee morning, raffle, cake sale and book sale on Wednesday morning at St Andrew's.

We were able to donate £250 to Target Ovarian Cancer which will go towards GP training, research and support for those with ovarian cancer. Hopefully, all the leaflets taken will

also raise awareness of the subtle signs of this cancer, and perhaps even save a life.

### UKRAINE CHARITY SHOPS

Anne Parratt

Thank you for your support!

A huge thank you to everyone who donated or purchased items for the Support Ukraine campaign which took place between Monday 21st until Saturday 26th March.

The Charity Shop and Clutterbooks bookshop were delighted with the response and a magnificent £1500 was raised by people donating or buying items and putting cash into the donation boxes.

ALL PROCEEDS go to DEC (Disaster Emergency Committee) providing food, water, shelter, healthcare and protection



## **EMILY'S FRIENDSHIP BRACELETS FOR THE UKRAINE**

*Sarah M Syred*

Our 7 year old Granddaughter was moved by the news of the war in the Ukraine, and decided she wanted to try and put a little smile back on the faces of the refugees.

She decided to make friendship bracelets, incorporating the colours of the Ukraine and British flags, adding a personal message; 'We will always be friends. We are a team'.

A wool shop where she lives has supported Emily by donating wool to allow as many as possible to be made. Kits containing all you need to make two bracelets have been made to sell; you keep one and can wear it with pride and then give the other back to be distributed to a Ukrainian

refugee if you wish. All proceeds from the sales of the kits will go to the Ukrainian Refugee fund.

A link has been established with Lidzbark, Poland and the first package of bracelets are in transit, fingers crossed soon to arrive to be worn by refugees registering there.

We are immensely proud of what she is doing and what she's achieved to date. I am selling the packs and supplying materials to make several bracelets, they are easy to make and come with simple instructions.

Emily's story and updates can be found on Facebook  
**@Emilysbraceletsfortheukraine**

Please look out for the packs around Sedbergh or call me, Sarah on 07974733902



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## 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

## CAUTLEY QUEEN'S JUBILEE CELEBRATION

*Judith Bush*

Cautley are planning to hold a 'bring and share' lunch in the churchyard at St Mark's on Sunday 5th June, starting at 12.30pm .

## Finding Faith

"You have made us for yourself,  
O Lord, and our hearts are restless  
until they rest in You"

*St Augustine*

A nine-week course for anyone exploring the big questions in life. Explore the Christian faith and see how it helps us in our search for God.

Meeting at St Andrew's Sedbergh and Cornerstone Community Church

7.30-9pm, Wednesday evenings, beginning Wednesday, 18 May

To find out more visit [westerndales.org.uk/finding-faith](http://westerndales.org.uk/finding-faith)  
or call Revd Andy on 015396 20018



## **SEDBERGH SPRING SHOW 2022**

*Marion Wood*

The sun shone and it was a beautiful warm day for the return of the Spring Show. The committee were delighted at the number and quality of entries after a gap of two

years. Well over 200 people came to visit the show and look at all the exhibits. There were 644 exhibits and 48 new people entered. As ever the entries from Sedbergh Primary School and Settlebeck School were popular. It is a great opportunity for the residents to see what the schools have been working on, art, poetry, making models of puffins, hand stamped jewellery to mention just a few. It was lovely to have the band on stage to entertain us again.

The full results from the show will be on the Sedbergh website.

We have booked the People's Hall for Spring Show 25th March 2023 so put the date in your diary.

Charity No. 231058

## **SPRING SHOW RESULTS**

Handicrafts Cup	Clarissa Bousfield
Flowers and Plants Cup	Margaret Milburn
Garments Cup	Jackie Hooley
Homemade Produce Cup	Barbara Maunder
Art Cup	Angela Dixon
Photography Cup	Michael Baeron
Junior Cup	Lexxi Cottam
Children's Cup	Lily Kelly
W. Milburn & Sons Handwriting Cup	Niamh
Cup for Special Effort	The Brown Family
Roger Underwood Cup for most New Entries	Jessica Milburn
Lookaround cup Best in Show (Adults)	Jackie Hooley
Lookaround cup Best in Show (Children)	Lauren
WI Cup	Sedbergh WI
Shield for Overall Winner of Show	Barbara Maunder

## **SEDBERGH SHOW 1971**

*Colin Cowperthwaite*

Having enjoyed the historical article about the 1996 Sedbergh Show in last month's Lookaround, I came across the following report of the 1971 show from the Westmorland Gazette. Although the show in those days was held in the autumn (this report was dated 3rd September), it was interesting to read about the event and its prize winners.

Sedbergh and District Horticultural Show, held on Saturday in the

People's Hall, was well supported by visitors to the area and although there were fewer entries this year, the standard of exhibits remained high. The show is organised by the Sedbergh and District branch of the British Legion and the Women's Section. The judges were: Flowers and Vegetables: Mr J. Rodgers and his son, Mr M. Rodgers, both of Barnard Castle; Produce: Mrs S.J. Bullman and Mrs G.E. Darran, both of Ambleside; and judges for the Children's Section were Miss Dilys Evans and Miss June Tebay, both of Sedbergh. At the close of the show, donated exhibits were auctioned by Mr R. Harper, the proceeds being in aid of local benevolent work undertaken by the Royal British Legion.

The following special awards were made: Silver cups; most points, flower section - S. Teal; vegetable section - J.W. Park; produce section - Miss E.A. Woof; handicraft section - Mrs D. Hartley; children's section - Peter Bowman; and, for the most points in all sections of the show, Mr J.W. Park.

Trophy medals were awarded to Mrs G. Rowlinson for best exhibit in flower section (bowl of flowers) and, for vegetables, Mr J.W. Park (onions). A year's subscription to the National Dahlia Society was awarded to Mr P. Winn, scorer of most points in the dahlia section.

Many prizes were awarded to those who came first and second in the following categories: Flowers; Horticulture; Children's Section; Produce; and Needlework & Handicraft.



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## DENTDALE CHRISTIAN FELLOWSHIP

*Sarah Woof*

People ask "who is DDCF, what's it all about?" We are a scattered group of people who all love God and seek to share His love with others. As we don't have the responsibility, or expense, of a building, we hire a village Hall or meet in people's homes, we can use the money (donated) to share the gospel.

We have done this in varied ways, 'Real' Advent calendars, Easter eggs with the story of Jesus and Easter, our annual festival and recently live theatre.

How marvellous to see 60+ people of all ages in the Dentdale Memorial Hall on 25th March as the 4 male actors, working for 4front theatre, performed "Fishermen's Tail", showing us the gospel in a fun interactive way. Their warm up routine really got the children and adults engaged, a fantastic night.

We served refreshments for everyone, including the family who travelled from Glasgow as their relative was in the cast.

Following the tidy up we helpers and the cast had supper together and then they went to their B&B. We saw them in the morning before they were off to Windermere to 'mess about in boats' (?) and then head to the Midlands for their next performance.

So, how do we follow that?

Planning is ongoing for the August Festival and a belated Passover celebration. Meantime, we continue to pray for our community and are 'here if needed'. J& SE Woof (015396 25212)



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## Classes & Events

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11am -12 noon Mindful/Beginners Yoga

Healing Herbs for Mind and Body: a 3 weekend course

Saturday May 7th—Sunday May 8th  
10:00am—5:00pm

Exploring Meditation – a follow-on to our Learn to Meditate day

Saturday May 21st  
10:00 am—4:30pm

Sunday morning Monthly Meditation Gathering & Open afternoon  
Sunday May 22nd 10:00am

To book/more info, please call/text  
07775 920079 or visit  
[www.meditationcentre.co.uk](http://www.meditationcentre.co.uk)

## DEEP ROOTS AND TALL BRANCHES

*Andy Burgess*

One of the things I've noticed since moving to the Western Dales are the wonderful trees that border the fields and paths. As I've been making my way along the winding roads to some of our smaller churches, I've started becoming familiar with the different shapes and features of these trees. I'm looking forward to summer, when they will be full of brilliant leaves.

Christianity can be thought of as being like a magnificent old tree. Its roots delve down into the rich soil of the Hebrew religious tradition, but it is also nourished by the thought of the Ancient Greeks. As it springs up out



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with bereavement

Tuesday 3rd May & Tuesday 17th May  
10am - 12 mid-day

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

of the ground, its solid trunk branches out into different boughs. The long history of Christianity means that this is a more complex and expansive tree than many of us realise! We may be familiar with the Western traditions of Catholicism and Protestantism, but there are also rich expressions of the faith in the Eastern and Oriental Orthodox churches, and the Church of the East (historically referred to as the Nestorian Church).

We need to be careful when considering other expressions of the faith. We shouldn't assume that others think the same way as we do, and we should be prepared to listen carefully, and challenge when appropriate. The Russia-Ukraine war has brought to the surface some of the complex and concerning ways in which Christianity can be accommodated to the political regimes of its day. Pressure is being applied to the Russian Orthodox Church to call for a ceasefire, rather than stoking the flames of war.

Despite the many differences between these different churches, there are some things that are held in common. Scripture, the earliest

creeds, and traditional Christian practices such as prayer and worship are some of the foundations that you will find if you visit these different churches today (although it might look quite different to what you would expect!).

If you would like to explore some of these 'foundations of faith' – scripture, the early creeds, and common Christian practices – please do consider attending our 'Finding Faith' sessions that will be running each Wednesday evening from 18 May 2022, at St Andrew's Sedbergh and Cornerstone Community Church. This will be a relaxed environment in which to consider the riches of the Christian tradition, and explore how they help to answer some of the big questions that life throws up. Please call or email me to find out more: 015396 20018 or andy.burgess@westerndales.org.uk. (See P18 for further details on 'Finding Faith')



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## CHRISTIAN AID WEEK

Anne Pitt

*On behalf of the Christian Aid committee representing our local churches*

It's almost time for our activities during Christian Aid Week. This year the Christian Aid Week runs from Sunday the 15th to Saturday the 22nd May. Like last year we are going to try and drop off envelopes from house to house around the district which recipients can return to a convenient drop off point if they would like to support the organization's work. However, if we can't get one to you there will be a good supply in the local churches which you can use. Envelopes can be returned to the churches. Alternatively, some may prefer to donate by other methods which you can find online by going to the website: [www.christianaid.org.uk](http://www.christianaid.org.uk) or use the phone number 020 7523 2269 to donate by telephone.

Apart from the envelopes we'll be holding a coffee morning in St. Andrew's Church room in Sedbergh on Wednesday 18th May from 9.30 a.m. with a cake stall and raffle.

The Christian Aid website, [www.christianaid.org.uk/appeals](http://www.christianaid.org.uk/appeals), has a lot of information about the work Christian Aid does round the world including its involvement in the Ukraine appeal. Here is an excerpt:

"We're working with 3 partner organisations in the ACT Alliance; Hungarian Interchurch Aid (HIA) in Ukraine and Hungary, the Lutheran World Federation (LWF) in Poland, and Swiss Church Aid (HEKS) in Ukraine, Hungary and Romania, to

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offer assistance to internally displaced peoples and to refugees.

So far, HIA have reached 26,187 people with lifesaving aid, shelter, truckloads of food (345 metric tons), water, sanitation and health support, as well as offering vital information for refugees and internally displaced people.

Through the DEC emergency appeal, Christian Aid has donated £1 million for trauma first aid kits and £1 million for urgently needed medical and pharmaceutical equipment, items and supplies, for Ukraine, through our partner Crown Agents. Our partner is working directly with Ukraine's Ministry of Health to supply

## FIREWOOD & SEPTIC TANKS

David Labbate

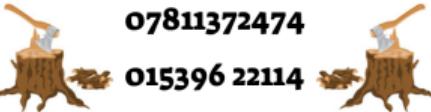
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these kits to those caught up in the fighting."

Some people like to take on a fund raising challenge on their own or with family and/or friends. There are suggestions on the website including a repeat of the 300,000 steps during May challenge which works out at approximately 10,000 steps a day or other options given include perhaps trying to do a sponsored silence or maybe learning 100 words in another language. With so many refugees and the problems of communication the latter seems a very helpful challenge to help people to settle in to a new place and culture.

Our district has always been very generous in its support of Christian Aid and all its work in helping the disadvantaged and dispossessed around our world and we hope we'll be able to continue this tradition in these financially straightened times.

## NEWS FROM THE PEWS

Susan Sharrocks  
Tony Reed Screen  
Churchwardens

Easter, a big milestone in the Christian year will have been celebrated by the time you read May's Lookaround. As is the custom in the Church of England all evidence of adornments is removed for the season of Lent. There are no flowers to be seen; the colourful altar frontals are stored out of sight leaving just the bare wood of the altars on show. This starkness reminds us that Lent is a solemn time.

Today, Holy Saturday, has seen a wonderful transformation inside the church. Not only are the altar frontals and candlesticks etc back in place after being solemnly put away during the Maundy Thursday evening service.

The flower arrangers arrived at various times throughout the day with buckets of flowers, lots of greenery (catkins and forsythia amongst them), snippers, and lots of talent. It is always interesting to see individual arrangements and the ideas that have been formulated and emerge for our delight.

Around the font Lesley depicted the Garden Tomb where Jesus was buried. There is a small stone tomb and a circular stone at the entrance ready to be rolled away on Easter morning.

There is one note of sadness that Vicar Andy will not be presiding at the main Easter Sunday service due to illness in the family. He was so looking forward to this service being his first Easter celebration as Vicar in his new parish.

There has been quite a lot of activity throughout Lent with a Lent course running on Monday afternoons and Wednesday evenings. A successful Easter Trail for children around the church was led by the vicar and his wife, Joy on the Monday in Holy Week.

The weekly Lent Lunches raised the wonderful total of £650.95 which will be split between Manna House in Kendal and St John's Hospice in Lancaster.

Wednesday Coffee Mornings are as popular as ever and a great opportunity for friends to meet and new friends to be made. One Coffee Morning for the Ukrainian refugees made around £500. Thank you to everyone who helped in any way to raise such a large total in under 2hrs.

Lots of visitors are enjoying our town and surroundings and many like to sit in the churchyard which is kept so beautifully by a sterling band of helpers.

Thank you to the unseen people who quietly go about keeping our beautiful church and surroundings in such good order. You are worth your weight in gold and very much appreciated by Tony and me.

## CHARITY BEGINS AT HOME?

*Martin Dodds*

The way the word 'Charity' is usually understood today seems to be something along these lines:-

'the generous giving of money, goods, time or other resources, to or for people or causes in greater need than ourselves'.

If you hear the words 'Charity begins at home', how do you respond? It may be used in a defensive way as a reason not to support an appeal, and is perhaps code for 'Me and my home are more important'. It may sometimes be said in support of arguments against giving aid overseas. 'Let's get our own country's problems sorted out before we bother about other places'. I feel both these reactions come from a misunderstanding of the intention behind the words. 'Charity begins at Home', is not a principle, but an observation. Children learn to be charitable in the home environment. Self-centred homes, or nations, for that matter, will not help to produce charitable offspring or charitable citizens.

British people quite properly take pride in the way individuals and

### ROYAL BRITISH LEGION

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

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

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

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



## Jumble Sale

Saturday 28th May 2pm  
Cornerstone Church Hall  
(*NOT People's Hall as previously advertised*)

Refreshments

Proceeds to the  
**Ukraine humanitarian appeal**

Please support us with donations of jumble which are welcome on the day from 10am or call Sandra on 07815069394 to arrange a collection.

communities respond generously to charitable appeals especially in times of disaster. The current situation in Ukraine and the national response by ordinary citizens is a fine case. This suggests to me that charity is indeed being taught, probably chiefly by example, in most British homes and communities. Yet this is in a time when our elected Government has cut our national commitment to Overseas Aid.

The idea that any individual, community, or country somehow has the right to claim absolute personal ownership of as much of the world's resources as he, she or they can get hold of, is clearly moral nonsense in a single, physically and environmentally inter-related and inter-connected planet.

Big Charities, such as Christian Aid and Oxfam, appear to work in at least three different ways:-

- Direct emergency relief in times of crisis.
- Long term projects to help people out of poverty
- Campaigning against the causes of poverty and disaster.

Disaster emergencies seem to be the situations which arouse the

greatest response, because the images we see on the news are so direct, and the need is clearly so immediate and urgent. Often also, Charities are able to respond faster than Governments. But it is probably the other two strands that are the most important for the future of global society. At present, long-term aid projects seem to have less appeal, possibly because they do not produce instant results, and our modern culture has become very intolerant of having to wait. Some charities have imaginative schemes like send a cow or toilet twinning, which are easy for donors to relate to. Another reason may be that long-term projects imply a degree of administrative costs, and donors prefer to think all their giving goes to the front-line need. A third reason may be that long-term projects suggest long-term commitment, and this may make us think twice.

It is also true, that sometimes not all the money given to charities, whether for relief or for long-term projects, reaches the place it is supposed to go. We live in a flawed world, and every community has its share of corrupt individuals. [We have just learned recently of bogus appeals being made for Ukraine.] This however, is not a justification not to respond, since the real need still exists, and reputable Charities do their best to ensure that their support goes where it is needed. But no system can be perfect, especially in a crisis.

Campaigning against the causes of poverty and suffering cannot help verging on the political with a small 'p'. This however alarms some

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people. Are we afraid that we may be asked to re-think our own prejudices? I recall once when I was collecting for Christian Aid many years ago, being asked, 'Christian Aid is not giving money to the wrong side in South Africa is it?' Fortunately for me, the gentleman did not specify which he thought was the 'wrong' side. Charity fatigue is a very real factor in this age of mass communication. Constant bombardment of individuals with appeals for money for a range of causes can cause some people real distress. We may all remember the story a few years ago of the death of the kind hearted pensioner who could no longer face the constant demands. It has to be said also, that

assertive appeals may be felt as moral blackmail, and in the end can be counterproductive. I think this lesson is being learned.

Some organisations with 'charitable status' may have objectives which seem to benefit the already privileged, and may not really meet our understanding of the word. Ideally, the ultimate aim for many charitable organisations should be to work themselves out of existence. In a fair world, most charity should be unnecessary. Sadly, I do not see that time arriving very soon, so our generous support for charities will continue to be needed.

Let us understand however, that charity is not a substitute for justice. I



recall a Christian Aid slogan from many years ago which still rings true, 'Don't buy my harvest cheap and then offer me Charity'.

Charity may sometimes give us as donors an inflated sense of our own goodness. It can feed feelings of superiority and self-righteousness. Charity may also soothe our consciences in the face of other people's hardships compared to our own comforts.

Charity can feel demeaning to the recipient. Most of us will have known and sympathised with people whose pride is offended by the offer of help. 'I don't want your charity!' Similarly, respectful giving will not attempt to dictate to the recipients how best to use the money given.

Another example from Christian Aid:-

A meeting of major commercial European donors was being invited to understand the need to take

account of the self-respect of aid recipients. A rather irritated person stood and asked 'Do you want our money or not?' To which the speaker thoughtfully replied, 'if you really think it is your money, keep it'.

That answer may need a little thought to work it out, but I think it is worth the effort.

Despite the fact that some aspects of 'Charity' may reflect some flaws in both donors and recipients, and despite the fact that the need for charity at all, probably reflects the flaws of an unjust world, the best Charities do provide us all with a means of making a heartfelt response to the problematic realities of our fellow humans and those of the planet itself.

So informed and caring Charitable giving very much continues to be needed.

So can we agree that;-  
'Charity begins at, and expands, from Home'

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## **SEDBERGH PARISH COUNCIL**

*Janey Hassam, Clerk*

The Council held its monthly meeting on 14th April 2022 at the Committee Room, The People's Hall, Sedbergh. The next scheduled meetings are on Thursday 12th May 2022, commencing at 7.00pm with the Annual Parish Meeting, followed by (approx. 7.30pm) the Annual Meeting of the Parish Council and concluded with the normal monthly meeting.

### **Local Government Reorganisation and Parish Council Elections**

The Statement of Persons Nominated was published on 6th April 2022, with an Uncontested Election result for Sedbergh Parish Council. All ten existing Parish Councillors will continue with a new term, with one vacancy, following the Election date 5th May 2022. The Council will be looking to co-opt in June. Anyone interested in helping

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the local community, and joining the Parish Council, should contact the Clerk for further information.

### **Queen' Garden and Sedbergh Bowling Club**

Members noted the Bowling Club's aspiration to improve their Clubhouse/pavilion and will look forward to further information as their plans progress.

The Bandstand proposal will be considered further, however, given the desired size/cost implications now known Members may consider preparing a level surface, sufficient in size, for performances to take place (theatre and town band etc) as an alternative.

### **Town Twinning**

Members welcomed representation from Sedbergh Town Twinning, in particular noting the perilous position they are currently in due to dwindling numbers. It is hoped that the Parish Council can facilitate them attending the next Sedbergh Economic Partnership meeting to discuss potential plans for the future.

### **Other matters/Correspondence**

Planning matters were discussed, along with Amenities and Finance

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Committee updates. Also discussed, were general Highways matters, including the proposed path at the playing field, Joss Lane car park and continued hopes for EV parking in the town. Continued problematic parking on Station Road/Long Lane/ Castlegarth/Thorns Lane areas and various other correspondence. Thanks were noted to Shell International, after a recent volunteer mini project at the People's Hall garden area.

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

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

## TIM'S COLUMN

*Tim Farron MP*

Although I did take the opportunity to press ministers on a few issues before the start of the Easter parliamentary recess, and don't worry I will tell you about them shortly, I want to use most of this column to make sure that you use your votes in the elections for our new unitary council on May 5th (or earlier if you have a postal vote).

I still think that the Government's decision to completely change the structure of our local councils in the midst of a pandemic when so many people are needing support was particularly stupid and uncaring. However, they have decided that from next year the functions performed by both South Lakeland and Cumbria County councils will be delivered by a single council called Westmorland and Furness and we simply have to go with this. As a result the election in May is really really important. The council we elect will have a lot of power to decide so much of what goes on around here. Everything from rubbish collection, recycling and social care to planning, public transport and our fire services will be controlled by this council. And then on top of this the elections to this council will only take place every four years. So no pressure.

There is every sign that it will be very close between the Liberal Democrats and the Conservatives as to who will control the new council. In Sedbergh and Dent you are electing two councillors to represent you on the new council. Who you elect could

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well determine the services we all get around here for quite some time to come.

I try to avoid being party political in these columns and I don't plan to change this now. You will have two votes in the election, please think carefully about who you feel will do the best job for your community and use them wisely.

That's the end of the plea for you to use your vote.

Before the Easter recess I had couple of opportunities to press ministers on issues that are important to us here. Firstly, during a debate on the Ukraine war I asked the Foreign Secretary to put a stop to the Government's stupid plan to reduce

the support payments they make to our farmers. For me the most worrying aspect of this plan is the risk it will push even more farmers out of the business and force us to rely even more on other countries to provide our food. Surely, if there is one thing we have learned from this horrible war is that this is a very risky strategy.

I also raised the plight of our small rural schools with the Education Minister. I suggested he investigate allowing councils to increase the tax paid by second homes owners to provide more money for rural schools. His response made it clear that he really wasn't at all interested in the problems faced by these

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schools, even as they try to catch up with lessons missed over the past two years.

Sadly, this is not uncommon with this Government. Another thing that depressed me the other day was learning that not only had the Government halved the funding for improving bus services the Prime Minister announced last year but that Cumbria was not getting any of the remaining money.

As ever if I can help you with anything please email me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or give us a call on 01539 723403.

Thanks for your support and please use both your votes.

## **MARCH WEATHER**

*Brian Wright*

March weather: In the 60 years I have been recording weather data I have never recorded a drier March with 45mm (17") precipitation. Temperatures were around normal with a maximum 9.95C (49.8F) and a minimum of -4.0C (24.8F). Winds were variable with a maximum wind speed 39.4mph (63.4kph) down to average of 39.2mph (63kph).

The highlight of the month was very surprising visitor to the bird table, a parakeet!! I don't know if it was one of the Kirkby Stephen residents or an escapee. I haven't seen any more activity around the owl box lately. We have had a few

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sightings but more calling. We have had a very good show of flowering bulbs around the garden from the early snowdrops, snowdrop varieties through crocuses on to various daffodils.

We have rabbits around at the moment. They seem to come and go as if myxomatosis flairs up when numbers increase. Badgers have been ripping up a patch of grass in the field. They first did it last year and I tried to tidy it up but last week they had another go. Everywhere is greening up as new leaves burst.

### FAMILY MUSINGS.

*Sarah Woof*

Did you manage to kid anyone on April 1st? My Dad always caught my Mum out and always with the same thing, 'there's sheep in the garden', out she went to find herself fooled! I know someone who told her children that all the teachers were ill and the

parents/grandparents were to do the lessons. It backfired as they were so excited and couldn't wait to get to school!

Dad also did 'May Gosling' on May 1st. I was sharing this with friends in a local cafe and they didn't believe such a day existed. But a look on Google revealed that it does, especially up north ie Cumberland, Westmorland and Yorkshire. I do know what I am talking about... sometimes. So, if you missed fooling someone on 1st April try on 1st May and don't blame me if they don't believe you!

As I write this the warm sunny weather has passed and once again we have rain, yet how beautiful is the countryside with the daffs and the blossom. I am keeping a close eye on my fruit bushes and trees waiting for signs of life, only one Grape Vine seems to be springing to life so far in

the Green House but I live in hope for the other.

The last 2 years with their restrictions meant no annual Easter egg hunt in our garden, it will happen this year and how wonderful it will be to hear and see the little children having such fun hunting eggs, rolling eggs and having great fun.

Having fun at the allotments too as I have taken on a second one, many digging days ahead, thank goodness the grandchildren love to help. Enjoy your gardens everyone be it digging or sitting with a glass of something looking out over someone else's work. Bye for now. :)

---

### EMERALD WEDDING ANNIVERSARY

*Colin Cowperthwaite*

I recently came across the following article in the Westmorland Gazette from 1967, advising that 18th May 2022 will mark the 55th (Emerald) wedding anniversary of well-known local couple, Mary and William Airey of Waterside Farm, Firbank. Many congratulations to them both!

Garsdale Bride given away by her Mother

Miss Mary Bracken, younger daughter of Mrs and the late Mr J. Bracken of The Firs, Garsdale, was married at Garsdale Street Methodist Chapel, on Thursday last week to Mr William Airey, second son of Mrs M.E. and the late Mr J.W. Airey, of Low Greenside Farm, Ravenstonedale. The ceremony was conducted by the Rev. E.C. Nixon, and the organist was Mrs T.R. Peacock. The bride, who was given

away by her mother, wore a full-length gown of white embossed nylon with a shoulder-length veil. Her bouquet was of pink and white rosebuds. The bridesmaid, Miss Jane M. Capstick, niece of the bride, was in a full-length dress of fiesta orange brocade with a fresh-flower headdress. She carried a bouquet of white rosebuds. Mr Lionel Airey, uncle of the bridegroom, was best man, and Mr Michael Airey, brother of the bridegroom and Mr Thomas B. Capstick, nephew of the bride, were ushers. After the wedding the couple left for a honeymoon touring Scotland. Their home is to be at Low Greenside Farm, Ravenstonedale.



*Photo: K. Shepherd.*

*Mary and William Airey*

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## MOOR PEAT

*Victoria Benn*

### More Carbon Storage, More Wildlife...

Yorkshire Dales environmental campaigning charity, Friends of the Dales launches its new Peatlands Campaign, #MoorPeat this month. Covering 42% of the National Park and of national and international importance for its fauna, flora and carbon - stored in the form of peat, our peatlands are heavily degraded. This campaign aims to support 'sister' organisations such as Yorkshire Peat Partnership in its restoration work as well as working to raise awareness of the issues which continue to adversely affect the

peatlands. As part of this campaign the charity has organised two events which will enable you to learn more about peat and the wildlife it sustains, as well as offering a unique opportunity to get out into the moorland to see the degradation first hand - and most importantly, the restoration work being undertaken.

#### Peat and Poetry Event 21 May

Incorporating a walk of 5-6 miles with an optional three mile extension, you will be guided across the peatlands above Ilkley by Peak District moorland ranger, Jody Vallance. You will gain insight into the effect of peatland erosion on wildlife, carbon and water storage, along with how the national park is working to



remediate the area. The walk will also include recitals of two of Poet Laureate, Simon Armitage's famous Stanza Stones and include a visit to the Poetry Postbox. We will be encouraging participants to bring along their own peatland poem to post in the box – a selection of which will be published in the Yorkshire Dales Review. The Peat and Poetry event is free for all to join and starts at Ilkley at 10am on 21 May with the extended version finishing at 4.30pm. No dogs except RAD.

### Digital Talk - Give Peat a Chance 2022

Jenny Sharman from Yorkshire Peat Partnership returns on 18 May at 7.30pm to tell the story of the restoration of three moors that are close to her heart. What might have caused them to degrade and decline? What were the likely consequences of this to the wildlife, the carbon store, local flood risk and water quality? What has been done to rewet, replant and restore them? Through these examples, the enormous undertaking to restore all of Yorkshire's upland peatlands by March 2035 will be brought to life.

Email  
[victoria.benn@friendsofthedales.org.uk](mailto:victoria.benn@friendsofthedales.org.uk) to book your place/s.

## SEDBERGH COMMUNITY SWIFTS

*Edmund and Tanya Hoare*

By the 10th May we hope that our anxious wait for the return of the first swifts will be over. Hearing their screaming calls is a real herald of spring and a sign that summer is not far away. This year a Swift was actually spotted on 11th April in Dorset, according to Birdguides, which gives the latest sightings and bird reports around the UK.

Hirundines arrive earlier than swifts: in our area swallows were welcomed back on April 11th to our friend's garage in Mansergh where they breed each year, and to a barn at a farm in Lowgill on the 12th. Sand martins are the earliest to return, however, although at the time of writing (11th April) they still had not come back to the bank on the river Lune where they nest near Lincoln's Inn bridge. Five years ago the RSPB at Leighton Moss built a large wooden sand martin 'nest box', out on the reserve, in the hope of getting them to breed. Although there are lots of sand martins feeding for insects over the marsh, the reserve has no sand banks which are their natural nest habitat. To try and encourage them, this year a micro-caller playing sand martin calls has been added. It was made by the same local enthusiast who makes the swift attraction call players that we use here.

It is often their screaming calls, making us look skywards, that first alert us to the swifts return. The breeding swifts are first ones to arrive, flying straight back in to the

exact same site that they occupied for previous years. At the end of May or so they will be joined by younger swifts, the non-breeders - birds aged 2 - 4 years old that are not yet mature enough to breed. These are the birds who we hope will find a partner and nest site for life.

One of the most incredible facts about breeding pairs, which has been established by the use of tiny geolocators, is that, although swift pairs are faithful to their nest sites and form faithful breeding pairs, they do not migrate together, nor do they spend the winter together in Africa. Just how they can live separate lives for the 9 months of each year that they are away, including the travelling to and from Africa, yet return to their same nest site over here, remains a mystery to this day.

Towards the end of May is when we see screaming parties of swifts, flying close to buildings and rooftops. Watching the exhilarating fly pasts of the screaming swifts is a wonderful sight. Screaming parties are an indication that swifts are nesting nearby and we suspect that it is a bonding activity, as swifts are colonial birds, encouraging others to join them.

This lovely stamp depicting a swift is one in a set of commemorative stamps featuring migrating birds, produced by the Royal Mail in April. Hurry if you'd like to get some, as they won't be available for long.



Swallows are one of the other birds in the set.

At the end of May we will be going to the 6th International Common Swift conference in Segovia, Spain. It has had to be postponed for the past 2 years and we can't wait to meet up with all our fellow swift friends once more. Three days of lectures and talks giving the latest swift information, as well as swapping news – great fun.

It's never too late to put up nest boxes, and please get in touch if you'd like any help or advice.

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

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### **THE CHILDREN'S WOOD A Sedbergh Primary School and Sedbergh Environment Network Initiative**

*Barbara Hartley*

The Children's Wood is now in its fourth year and has planted over 3000 trees at various locations around Sedbergh. This has only been possible because of an enthusiastic group of tree planters under the guidance of Peter Apps. This group of up to 20 or so volunteers meet up most Wednesdays between 11.00am and 1.00pm planting anything up to 200 trees in a morning session. The main planting season is between October and March when the trees are dormant with the rest of the year taken up by weeding and maintenance of the young trees.

Most of the trees have come through the Woodland Trust initiative of free trees for schools but sadly in 2020 the Woodland Trust system was

hacked and the organisation could not provide any trees for the 2020/2021 season. Luckily for our initiative we had been given almost a 1000 trees from another organisation, so trees continued to be planted. We have also started growing our own trees from seeds sourced within Cumbria and some of the larger of these trees have already found a home in a Sedbergh field.

This spring the volunteers as well as children from the Primary School were asked to help the Millennium Trust in their tree planting work and have planted trees at both Low Branthwaites in Frostrow and at Murthwaite.

The big project this year is to create a garden as part of the

Queens Canopy and the Platinum Jubilee. An area of land will be landscaped to include some smaller tree species within a carpet of spring bulbs and wild flowers. Sedbergh Primary School will help plant the container grown trees in the summer and later in the year will be planting bulbs for spring and early summer flowering. Watch this space to find out where the garden will be.

If you would like to join the volunteer tree group or you would like some trees planting in your garden or on your land you can contact Peter Apps ([peterapps51@gmail.com](mailto:peterapps51@gmail.com)) or Barbara Hartley ([barbara@garsdaledesign.co.uk](mailto:barbara@garsdaledesign.co.uk)) No area is too small or too large.

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## **WILDFLOWERS**

*Roger Moore*

Wildflowers can be found in any month of the year, but they are usually at their best during May and June. Normally you might expect to look for them in fields and woodland. There are many to be seen, though, along roadside verges and in hedge banks. For a plant there are some benefits in these sites, not the least of which is freedom from being eaten by sheep. Thus, you will find many plants thriving on verges, out of reach of grazing animals and unaffected by agricultural chemicals.

As you walk, you have an opportunity to observe and record what you see. Which flowers come out first? Many plants flower earlier

than they did in the past. Are the numbers of common plants, like primroses, increasing year by year? Are others threatened or declining in number? Are there particularly local or uncommon species that should be preserved or protected? You can add to the pleasure of your walk and maybe do something for nature conservation by looking for answers to these questions.

Now that it is so easy to photograph wildflowers you may like to make a photographic collection of what you see. Most digital cameras have a special setting for flowers, but even the automatic setting will often give good results, as will many smartphones. At least flowers, unlike birds, stay still! By making a record in

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this way you may be able to identify unknown or rare species.

You may like to pass on information to the Cumbria Wildlife Trust to add to local records- a note could be left at the Community Office. The Trust has an agreement with the Highways Department to delay cutting of hedge banks so that wildflowers can set seed. This ensures a good display in future years. Maintaining variety (for instance there are well over 100 different flowering plants along Howgill Lane alone) preserves a good diversity of plant and animal life. Insects often feed on a particular plant; they in turn provide food for birds.

Traditionally managed hay meadows are rare now. By spreading hay from the remaining meadows on species poor grassland seed from the naturally occurring wildflowers may grow again. You can also help by sowing wildflower seed in your garden, either bought or collected

Finally, do leave the flowers you see in place for others to appreciate.

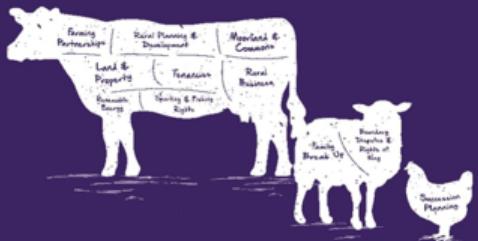
## SEDBERGH RED SQUIRREL GROUP

*Karen Hopps*

The good news, red squirrels are holding their own in the Sedbergh area, according to a YDNP report. This is down to the hard work, not only of the squirrel group, but many individuals who feed the reds,

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Squirrelise their gardens and trap greys. Thank you.

It's that time of year when everything is beginning to burst into life both plants and animals. So, keep your eyes peeled for ...

#### Juvenile Squirrels

Witnessing the very tiny kits emerging from the drey for the first time requires a keen eye. Venturing out from around mid-April onwards, at around seven weeks old, they remain close to the nest and are usually accompanied by their mother. They take their first steps along the branch, test their balance, and begin to investigate the world. Around now they also start trying solid food, the first step to becoming fully weaned by 10 weeks.

Squirrels frequently don't stray far from the maternal drey for much of the summer but the majority of juveniles will have dispersed by autumn. It is estimated that only 15-25% will survive their first winter.

Red squirrels reach sexual maturity by 9-10 months of age, so with sufficient food supplies and good body condition, survivors can produce their own offspring in their first year.

Please report any sightings (red or grey) to us at [sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)

Or join us to help conserve your local reds.



## ADVICE FOR PEOPLE LIVING WITH DEMENTIA

### Cost Of Living Crisis

Dementia UK

The increase in energy bills from April will affect electricity, gas and perhaps other services like water suppliers.

We understand that this is a challenging time for families affected by dementia who are already in a financially vulnerable position. Worries around household finances can be exacerbated due to a family member having to leave their job because of a diagnosis of dementia, or caring responsibilities. Families may also face processing delays, in addition to inconsistencies in decision-making, around applications to financial support for day-to-day living; this can include Attendance Allowance, Personal Independent Payments and Carers Allowance. The current energy crisis is compounding these worries.

As a result, Dementia UK has compiled some advice around how families can better manage their finances at this time as well as how to navigate conversations with customer vulnerability teams at energy suppliers.

To help raise awareness of the unprecedented financial hardship that many carers are facing, we have signed Carers UK's open letter to the Chancellor, calling for greater financial support for carers in light of the UK's cost of living crisis.

#### 1) Simplify finances

Looking to simplify as much of this as possible may help reduce some of the stress around navigating the

changes. Setting up direct debits at the bank is a good start and can lead to cheaper bills.

If you have Lasting Power of Attorney for Finance for a family member who has dementia and they are struggling with energy bills, we suggest you contact the provider on their behalf. Supplying the proof of LPA can allow you to manage the handling of the person with dementia's energy account.

If your local banking branch has closed and you are unable to travel to a branch, ask your local Post Office if you can do your banking from there, including paying in and arranging direct debits. Many Post Offices now have this facility. You could also look at telephone banking options.

2) Talk to customer vulnerability teams and/or ask to be put on the Priority Services Register

Many providers have 'customer vulnerability teams', where you can register the entire household affected by dementia as requiring support to navigate any future changes. They can also talk through any options to support you with payments, such as grants. If the supplier doesn't have these, you can ask for the number of a specific salesperson to call you back at a time that works for you.

Preparing for the call:

- have a pen and paper
- have your bill account details ready and any supporting documents like LPAs
- have some uninterrupted time

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- think about what style of communication works best for you when talking to the supplier, perhaps large text format on letters, documents, screen or live chat may be useful. Some webpages have the ability for you to amend this yourself – but ask the customer service representative from the company to help with this. For anyone with any challenges around processing information, for example you may live with PCA – a subtype of dementia which affects visual processing – this can be a useful consideration
- have an idea of what outcome you want from the conversation (eg the supplier recording that you are a carer of someone with dementia, or someone diagnosed, and clear

- signposting to support services to allow you to manage your bills more easily)
- ask to be put on the Priority Services Register with your electricity network. They can then pass this through to your energy supplier. Priority services are applicable for anyone classed as ‘vulnerable’ so people living with a disability or long-term health condition, which should include dementia. As a vulnerable person or family, you can ask them to come up with a plan to support payment of bills
  - enquire with your provider about the benefits of having a smart meter installed. Having this installed may be of more benefit to people with dementia as they don’t have to

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- you could also ask about a water meter – if you have less people in the house than bedrooms, a water meter tends to be more efficient on cost
- if the call is proving to be overwhelming, enquire about the possibility of the supplier calling you back to prevent a cost to you, if they don't have a free phone line
- ask the supplier to send a summary email or letter of what has been agreed; this may be beneficial for anyone who is hard of hearing or finds it challenging to process information due to cognitive issues

### 3) Access local support

We know that families can face significant mental health issues due to dementia. Anxiety and depression are common experiences and any issues around managing finances, including energy payments, can add to these worries.

Dementia UK's Admiral Nurse Dementia Helpline supports families facing mental health issues and can provide coping strategies to help reframe perspectives.

The Helpline can also provide an overview of dementia-specific support groups or local agencies in your area. Citizens Advice Bureau and your Local Authority can provide more general support around managing finances.

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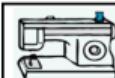
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Some employment charities may help with hardship grants, such as civil service, Chartered Accounts Benevolent Fund, Fire Service or military charities like RBL or SSAFA.

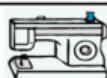
You may also be eligible for other one-off payments to help you pay for energy payments. With the Winter Fuel Payment for example, anyone who was born on or before 26th September 1955 is eligible which would include many people diagnosed with dementia. For further information around how to access this, please visit: [gov.uk/winter-fuel-payment/how-to-claim](http://gov.uk/winter-fuel-payment/how-to-claim).

For more information around financial and legal support for families with dementia visit: [dementiauk.org/get-support/legal-and-financial-information/sources-of-support-and-advice/](http://dementiauk.org/get-support/legal-and-financial-information/sources-of-support-and-advice/).

If you need advice or support around dementia, please contact Dementia UK's Admiral Nurse Dementia Helpline on 0800 888 6678 or [helpline@dementiauk.org](mailto:helpline@dementiauk.org)



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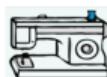
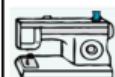
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## DEMENTIA ACTION WEEK

*Myles Ripley*

Dementia Action Week is an awareness raising campaign. Each year, we work with individuals and organisations across the UK to encourage people to 'act on dementia'.

This year's campaign will run from 16-22 May and focus on the theme of diagnosis.

Why have Alzheimer's Society chosen diagnosis as this year's theme?

With a sustained drop in dementia diagnosis rates for the first time ever, we undertook research to understand the key barriers and benefits to getting a diagnosis.

As well as the misconception around memory loss just being part of getting old, our research found being in denial, and referral times to specialists, are big barriers for those experiencing symptoms to seek a diagnosis.

This Dementia Action Week, we want to encourage those who might be living with, or close to someone who might be living with, with undiagnosed dementia to:

- be able to understand and recognise potential dementia symptoms
- come to us for guidance and support
- feel empowered to take the next step
- improve the diagnosis process for both them and healthcare professionals.

What will be happening during Dementia Action Week?

# Sedbergh Music Festival

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St Andrew's Parish Church

Information, brochures and tickets from  
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or

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We'll be encouraging those who are concerned they or a loved one may be experiencing signs of dementia to come to us for support and guidance.

We'll offer practical advice and information on what next steps to take, what to expect during and after the diagnosis process, and what support Alzheimer's Society can offer throughout. Because we believe it's better to know.

Find out more at the Alzheimers website [www.alzheimers.org.uk](http://www.alzheimers.org.uk)



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## 50 YEARS AGO

*Colin Cowperthwaite*

A selection of news items from local newspapers dating from May 1972. Sedbergh Changes

### BBC tells Sedbergh: Better TV in 1980

Replying to complaints about poor television reception in the Sedbergh area, the BBC has said it will only be able to deal with the problem "about 1980", a meeting of Sedbergh and District Chamber of Trade was told on Monday. Mr G. Mounsey said he had made strenuous efforts to induce the BBC to improve television reception in the area, but that was the reply he had been given. Members of the Chamber spoke

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about delay in getting medical attention and the ambulance to a recent accident victim, and the secretary, Mr H.W. Eastham, was instructed to write to the ambulance authorities at Settle. A request is to be made for Sedbergh to have direct telephone access to the locally based ambulance unit. At present, 999 calls are routed via Kendal to Settle and back to Sedbergh. Members were unanimous in praise for the work done by the local ambulance team and the GPO telephonists, but they agreed that where minutes could be vital, it was essential for the public to have direct contact with the Sedbergh ambulance.

## **Garsdale keeps its Women Wardens**

Two women churchwardens have just completed 44 years' service between them at the parish church of St John the Baptist, Garsdale. Mrs Alice Mason, of Pinfold House, and Mrs Annie Cameron, of Crosthwaite, Garsdale, have served the church for 19 and 25 years respectively. The office of churchwarden is a yearly appointment and both Mrs Mason and Mrs Cameron have been asked to continue for another year. They have both agreed. Mrs Mason is a native of Garsdale and her family has a long record of public service in the village. Mrs Cameron's mother-in-law was a churchwarden at St John's before her.

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## Lorry ban 'could strangle Sedbergh'

It would be very wrong of Westmorland County Council to make an order banning certain types of traffic from the roads if such an order was not tolerable to the people of Sedbergh. This was the view expressed by Councillor Edward Frankland (Ravenstonedale) at the annual meeting of the council on Friday, when members were asked to approve a Roads and Bridges Committee recommendation to make an order banning articulated lorries from the A683, A684 and A685 roads, which link the Kirkby Stephen and Brough areas with the M6 motorway near Tebay and Killington. The order is to be made jointly by Westmorland

and the West Riding County Councils. Sedbergh Rural and Parish Councils have objected to the proposals. Sedbergh had already lost several of its industries, said Councillor Frankland. "Now we are proposing to strangle the place by restricting traffic". He added that for years there had been talk of a replacement for Lincoln's Inn Bridge, but all that had been done lately was to build a new parapet. The West Riding Council had spent about 100k on improving one of the three roads which would be affected by the order, and this would be wasted money if the road was still said to be unsuitable for through traffic. Councillor Frankland said "I hope before anything is done we will take account of the feelings of Sedbergh Parish and Rural Councils". In reply, Alderman W.P. Dobson said "I would be the last man to take on Sedbergh Rural Council or Sedbergh Parish Council. It is an experimental order for six months that we are proposing. The scheme will stand or fall on that six months".

## Sedbergh Church celebrates its Centenary

Special services to mark the centenary of the present Congregational Church in Sedbergh were conducted in the Main Street church on Sunday by the Rev Allan Christie of Cockerham. In 1872 the Congregationalists of Sedbergh moved into the present building, an extension of premises they had used for some years. But the religion first came into the village in 1826 when early worshippers attended services at the balconied cottage in Railton

Yard, which is still standing today. Congregationalism has never been particularly strong in Sedbergh, although the number of worshippers has remained steady over the years. So about five years ago, the Sedbergh Church joined with the Zion Church in Kendal and the Carver Church in Windermere. Since then the three groups have gathered together regularly on special occasions for worship. At the anniversary on Sunday there were two services, the first at 2.30pm being conducted by the Rev. Christie, with Mr Victor Brook as the organist. At the 6.30pm service, Mr J. Coupland of the Zion Church was the organist, and afterwards there was a social party.

### Daring Young Men - and what Flying Machines!

Some daring young men in their flying machines stole the show at the Westmorland Young Farmers' rally at Sedbergh on Saturday. A man-powered flight competition attracted an assortment of contraptions, and although "flight" might not have been the operative word, the event was the highlight of the day. Entries ranged from a hot-air balloon 72 feet wide and 22 feet tall, to a wasp-like construction with the somewhat ambitious name of "Concord 001 1/2"! Presenting the prizes, the judge, Mr J. Shiels of the Provincial Insurance Co Ltd., said that awarding the 10 pound prize for the Most Spectacular Flop (donated by the Provincial Insurance Company) was a most difficult task as nearly all the entries qualified! The prize was eventually awarded to the hot-air

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balloon entered by Milnthorpe Secondary School which developed a leak and never left the ground. A modified version, comprising a large pair of wings attached to a runner, met a similar fate. The crowd was the biggest ever to attend a Westmorland YFC rally. A profit of about 60 pounds was made. Overall club winner this year was Crosthwaite, with a total of 3284 marks. In second place was Crook with 3270, and third was Sedbergh with 3247. First prize in the fell race went to J. Bennett of Grayrigg. The prizes were presented at a Dad's Army fancy dress ball in the People's Hall in the evening. The trophies were presented by Commander R.S. Young.



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## THE HISTORY OF MAPS Sedbergh And District History Society

Julie Leigh

Our Autumn/Winter programme concluded with a beautifully illustrated lecture on the history and development of maps. Dr Bill Shannon, a nationally recognized map expert, opened his talk with the statement 'People have been making maps for ever'. Then he proceeded to show examples of how maps had changed over time, as they fulfilled the needs of changing and developing societies. The most generally accepted earliest example of a topographical map was found on a clay tablet in Babylonia (present-

day Iraq), and another map which was estimated at 10,000 years old was found on a tablet in a Turkish village cave.

Bill reminded us that even the early map makers had known that the world was round. He showed us the oldest surviving map of Britain, the Anglo-Saxon Mappa Mundi, which had been created in Canterbury between 1025 and 1050. It contains the earliest known, relatively realistic description of the British Isles. It depicts the provinces of the Roman Empire (including Britannia) and it is orientated with East at the top, as is the case in other early maps. Chief towns and the courses of three southern rivers are included, as well



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as all the islands surrounding the British coast. Another early map was the one drawn by Matthew Paris, a thirteenth century monk. Conjecture has it that he did not travel far from his monastery since his geographical knowledge of the country seems limited. However, his most famous map shows 250 named places and the two Roman walls.

The next map mentioned by Bill was the 1390 Evesham Mappa Mundi – described as ‘A Late Medieval English View of God and the World’. However, the Hereford Mappa Mundi which dates from about 1300 is the most spectacular of these ‘world’ maps, with its copious references to legends, bible stories

and the inclusion of numerous towns and cities.

The Gough Map which was drawn with pen and ink in the 1370s is called the oldest ‘road map’ of England, because it seems to show government interest in the distances between towns for administrative purposes. For the first time, numerous places in North West England are mentioned and in 1400 the first mention of Sedbergh occurred on a map. Bill reminded us that although maps of mediaeval England began to suggest travel routes, there were no actual roads.

He mentioned that, in the reign of Henry VIII, there was a development in the production of maps of small

local areas, which would have been useful in the investigation which preceded the dissolution of abbeys and monasteries. When Elizabeth I was on the throne in the sixteenth century, her chief adviser, William Cecil, developed an interest in mapping the parts of North America which were being colonized by British emigrants.

Bill studied the life and work of a sixteenth century Lancastrian, Laurence Nowell. Nowell had a deep interest in Anglo-Saxon language and, in the 1560s, he began to compile a large-scale Atlas of Anglo-Saxon Britain which he never completed. He also contributed to a book written by his friend William Lambarde, by producing a woodcut map depicting the seven kingdoms of Anglo-Saxon England – ‘very probably, the first map of any sort to have been designed, printed and published in England.’

In the 17th century, John Speed’s County Maps were the first to include roads and the Post Office Act set up Post Roads. As an era of travel developed, distances of journeys became major concerns and Bill showed examples of how topography developed as an important part of many maps. Tourist maps could be folded up and taken on a journey.

Bill completed his full, very interesting and informative survey of the history of mapmaking by considering the history of Ordnance Survey and its principle of triangulation – a process which has produced 6 inch to the mile maps, showing contours and great details of town and countryside.

## LANGUAGE OF THE LANDSCAPE Sedbergh And District History Society

*Robert Fox*

It was a pleasure, as always, to welcome Angus Winchester, Emeritus Professor of Local and Landscape History at Lancaster University, to our meeting in St Andrew’s Church on 9 February 2022. Professor Winchester’s talk, on “Language of the Landscape”, explored the history that is embedded in the terrain of our rural north-west and our ways of mapping and naming its features. As a source of historical understanding, landscape presents challenges as well as rewards. Its language is complex, fashioned

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partly by geology and the timeless features of rock, plain, and mountain but also by an accretion of events and human memories, and experience going back to the earliest settlements in our region, centuries before the Anglo-Saxon and Viking ages. It is this long, multi-faceted past that gives landscape the character of an historical archive and, through the process of naming, lends social and cultural significance to what might otherwise be a blank environment. In Professor Winchester's words, it turns "space into place".

The "lexicon" of landscape that we have inherited has an administrative dimension too. The place names on today's maps are essentially those recorded by the Ordnance Survey, when the large-scale mapping of Britain was undertaken in the mid-nineteenth century. Mapping entailed not only surveying (for the first series of 25-inch plans covering parishes across the country), but also systematic enquiries into local names and their variants. We are fortunate in the four northern countries, as in Scotland, that the "Name Books", in which surveyors recorded their investigations, have survived; all the other books, except those for Hampshire, were destroyed in a fire in Southampton during the second world war. While local names, especially field names, survive to this day in informal usage, the names on our maps are almost all those regularized by the Victorian Survey. The naming of "Innominate Tarn" (the eventual destination for Wainwright's ashes, near the summit of

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Haystacks), at the suggestion of the champion of Lakeland climbs, Dick Hall, in the 1930s, was very much the exception. The norm has always been a process of gradual, almost organic evolution, bred of the interplay between people and their material environment over the centuries.

Professor Winchester's roots in the valley of the River Cocker from Cockermouth through Lorton and Loweswater to the heights above Buttermere gave what, he said, a personal dimension that also emerges in his captivating book, *The Language of Landscape. A Journey into Lake District History* (Dent: Handstand Press, 2019). He spent most of his childhood in the catchment area of the Cocker, and (to pursue the metaphor of language) his interactions with the landscape of the valley are those of a "native speaker". But both his talk and his book offer perspectives that go far beyond the local. His way of listening to a landscape that got under his skin as a boy has echoes for us all, wherever we live.

## NOTES FROM DENT STATION

*John Carey*

After the exceedingly warm spell in March, winter certainly came back to bite for a short while and some of the outside jobs at the station needed to be put on hold. Fortunately, our guests still keep coming whatever the weather has to offer and it is just as well. The heating costs are soaring and we have considerable sympathies with those in the rural communities who are off-grid and reliant oil and gas deliveries. It is certainly not going to be an easy time but hopefully things will improve before next winter.

Outside the station the view rarely disappoints with Blea Moor, Whernside, Great Coum, Middleton Fell and Rise Hill normally all in sight on a clear day. Just as the Snowdrops disappeared, we were delighted to see an array of Daffodils which had previously been smothered in the dense undergrowth cleared back by our local Dent volunteer at the end of last year. We didn't know they were there!

Whilst the station building has been out of railway use for many years we occasionally get the odd person at the front door asking for the waiting room and facilities. Indeed, it was only a few days ago that guests heard noises only to find that a group of walkers had taken shelter in the porch having walked past the 'private' sign displayed on the gate and opened the front door to let themselves in. I suppose it is not an unreasonable expectation of a railway station and, after all, this is exactly what happens at Ribblehead.

Having read about Dent hospitality our guests invited them in and made them a hot drink! Perhaps there is scope for a side-line here? And yes, as you might have guessed, we frequently get visitors stepping off the train and asking 'which way to the village?'

The new rail timetable on the Settle-Carlisle line commences on 15th May however, in truth, passengers will see little change. Whilst some other lines have suffered severe cutbacks it is some comfort that our line has not been similarly affected but it is nevertheless disheartening that our requests for improvement have gone unheeded. We think that the problems are largely down to Network Rail and the reluctance to move existing freight train paths. This is indeed symptomatic of a rail industry which does not always listen to the passenger although our relations with the operator remain cordial. Any progress is tedious but, hopefully, tenacity will pay off in the long run. At the very least we will see a slight increase in the carriages deployed on the line as from mid-May.

The short-term problems in the rail industry continue with high staff absence, in addition to which, the





train operator has the added problem of the withdrawal of rest-day working by one of the unions as part of a pay negotiation. The Friends monitor train services on a day-to-day basis and over a three-month period from January this year we counted 44 short-notice cancellations, these mainly due to crew shortages, and 141 early terminations at Skipton or Appleby due to crew shortages, weather or the unavoidable engineering works. This is disappointing and we have, naturally, addressed these concerns with Northern Trains who, we hope, will take note. It seems unacceptable that the railway system should be reliant upon voluntary working at overtime rates in this day and age. Additional staff urgently need to be recruited and trained.

As regular readers will be aware, the Friends concern ourselves with all aspects of public transport in the vicinity of the line including the local bus services. However, in the last few days we have heard the disappointing news that the Cumbria Bus Service Improvement Plan has been turned down by the DfT. Disappointing yes but surprising no. The requirements set out by the DfT were for the plans to be ambitious in

their delivery of actual bus services. The Cumbria plan was, however, lacking in any ambition focusing on infrastructure rather than services, notably the Carlisle busway. It is an opportunity missed and no doubt the council were nervous about gaining funding for revenue projects i.e., new bus services, which might be at risk of withdrawal after the period of funding ceased. Cumbria are not alone as the North Yorkshire bid also failed.

The main beneficiaries would appear to be the urban areas and in the south of the country. Furthermore, the original figure of £5 billion trumpeted at the start of 'Bus Back Better' reflected £2 billion towards sustainable transport and £3 billion for buses. Even that figure appears to have been scaled back to a little over £1 billion across the whole of the country with the result that many of the successful projects have been downsized. Bluntly, this is not good news for rural areas and the north. Whatever happened to levelling up?

Whilst the Sedbergh area was never going to see any significant benefit under the plan, let us hope that the changes in local authority might bring about a rethink in how



rural services are delivered. Perhaps there is a need for a strategic bus authority with ring-fenced funding for public transport services? It is not entirely the fault of the councils as they have many other calls upon their finances.

We recently attended the inaugural meeting of a transport audit in nearby Kirkby Stephen from which it was useful to hear first-hand about the problems of local connectivity. Not surprisingly the issues of work, college and hospital journeys rank highly. Also, the absence of printed railway timetables has been highlighted. The assumption seems to be that everybody these days has a smart phone and access to an internet connection. Actually, most of



the stations don't even have wi-fi and any internet connection is variable at best. Similar concerns of local connectivity will no doubt be just as relevant for the Sedbergh area.

On a brighter note the Friends have a longstanding association with Western Dales Bus which, of course, serves our very own Dent Station and



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it is worth mentioning that the WDB summer timetable is now in operation. It is possible enjoy a Saturday trip to Skipton, Leeds or Carlisle by catching the S1 bus from outside Sedbergh post office at 0958, connecting with the trains at Dent Station and returning via the 1947 bus which meets the trains from either direction (depart Leeds 1818 or Carlisle 1824). This makes for an excellent day out and the later bus runs until the end of British Summer Time. As always, we would be more than happy to assist with any local transport matter whether bus or rail via the e mail below.

Friends of the Settle Carlisle Line  
[john.carey@settle-carlisle.com](mailto:john.carey@settle-carlisle.com)

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It has been a long two years or so, but the committee are very pleased to announce that we will be resuming our meetings from June this year, to be held, as in the past, in the Dent Memorial Hall at 14:00.

Any adult living in Dentdale can come to our meetings and we will be starting with our perennial favourite "Fizz and Fruits" meeting on June 10th so that we do not clash with the Queen's Platinum Jubilee weekend the week before.

On July 8th we have an outing planned to go to Masham via Jervaulx Abbey, where those who wish can undertake the Theakston's Brewery tour (self-organised rather run by DDHF, details for this later).

There is no meeting in August.

On September 2nd we have a talk by local Shepherdess Alison O'Neil, with proceeds to be sent to Ukraine.

The October and November meetings are in process of organisation and our December 2nd meeting will be the usual Christmas Jacob's Join.

Many will be happy to know that the Dentdale Over 60's Christmas Lunch is restarting again on December 10th, so do come and join us again!



**KILLINGTON W.I.**  
**The afternoon W.I. for the Entire District**  
*Wendy Fraser-Urquhart*

In a recent discussion we all agreed that we could not remember a speaker whose presentation we had not enjoyed. However, when the speaker is one of our own members we know that we are on for something really good. Today our speaker was the Reverend Doctor Lindsay Gray. Doesn't that sound grand. The title of Lindsay's talk was, "Life in the Community of Scargill House" and it turned out that several of our members already had a nodding acquaintance with the House. To me it was an unknown quantity. My only association with the

name "Scargill" was Arthur Scargill, the leader of the National Miner's Union back in the Thatcher days of the 1980s miners' strikes. Lindsay later said that it is a common name in parts of Yorkshire, derived from Scar, meaning outcrop of rock, and gill, meaning stream. But I digress.

Scargill House is near Kettlewell in Upper Wharfedale – an area almost as beautiful as here. It is a Christian, ecumenical, Conference and Retreat centre, welcoming visitors and residents of all denominations. Some people stay there for several years and others for just a few days. Some residents are elderly and others much younger. Many are emerging from troubled times. While there, they take part in a wide range of activities



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

from walking, through many crafts and thoughtful discussions, and periods of worship.

From 2003 to 2006, in the days before she was ordained, Lindsay was there as a Team Leader, while her husband commuted regularly to his job in Leeds. Her experiences gave her time to think about her own life and she shared her ideas with us. It was thought provoking and most enjoyable. After a period of questions and exchange of views, Lindsay was warmly thanked.

Then it was tea time and today it was a special birthday cake day, to celebrate a birthday mid-way between 70 and 90. Time really does fly when you are having fun so it is unbelievable when you get there so

soon! Warm, celebratory wishes were for Maggie I'Anson who is a Past President of Killington WI and who has also served on the WI Federation Council.

Susan Sharrocks then led us through our 'business meeting'. We discussed participation in the forthcoming Gala, another Sedbergh happening which we are delighted to welcome back. We complimented the Sedbergh Spring Show organisers on their splendid achievements. We made plans for the group meeting in Barbon on 17th May .and for other federation activities. We were happy to welcome Christine Drury as a visitor and prospective member. The raffle was won by Susan Sharrocks



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and Barbara Mauder won the competition with a witty limerick.

We meet again at the People's Hall, at 2-00pm on Tuesday 10th May, when we will consider the resolution to be presented to the National WI conference in June. This will be followed by friendly entertainment entitled "Learn about your friends". Do come and join us. I'm sure you have nothing better to do!

### **SEDBERGH W.I.**

*Moira Folks*

Firstly, I would like to thank Karen Bruce Lockhart who published an article on page 67 of the April Lookaround in reply to my request on page 42 of the same edition for more information about the visit to Sedbergh of the Sultan of Zanzibar, which she had mentioned to us at our March meeting, causing great hilarity and disbelief. This story was incredible enough, but Karen went on to quote local historian Freda Trott's description of a subsequent event in 1933 when Sedbergh School held a Grand Gala Fete to raise money for the Bradford Boys' Club, which was

opened by His Exalted Highness the Maharajah of Bong! If you missed this article, I refer you back to the April Lookaround!

From 20th century Sedbergh events we move swiftly forward to more recent ones involving Sedbergh WI. 'Sandra Kemp led the WI walk on March 17th,' writes Anne Pitt. 'We started from Burneside and followed the path on the east side of the River Kent going north, and using the Dales Way progressed towards near Staveley, crossing the river on the way but then circling back through Bowston on the Western side. After re-crossing the river, we retraced our path to Burneside, covering about 6.5 miles. The forecasted light cloud turned out to be an increasing drizzle, but it dried up by the time we stopped for lunch, matching our undampened spirits and a brighter outlook for the rest of the walk.'

The Sedbergh Spring Show made a welcome return on March 26th after two years' absence due to Covid, with splendid support from the whole Sedbergh community, led by Marion Wood and her band of helpers. Our WI members were encouraged to enter as many classes as possible for the WI Cup award, which we were delighted to win again. Special congratulations go to Angela Dixon, who won the Art Cup with several prize-winning contributions; to Sandra Gold Wood and Anne Symons who entered many varied classes; and finally, to all our other members who entered as many as they could!

On 30th April, Lynda Briggs and Valerie Welti organised a coffee

morning in St Andrew's to raise funds for Target Ovarian Cancer, a cause highlighted by the WI nationally. This is because the symptoms of ovarian cancer can be mistaken for more common ailments and can therefore be left untreated until it's too late.

LADIES: Don't hesitate to see your doctor if you experience the following symptoms: Persistent bloating; Feeling full quickly and/or loss of appetite; Pain in your tummy or below it; Needing to wee more urgently, or more often than usual. You should also tell your doctor if two or more members in your close family have had ovarian or breast cancer.

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WORD! Many thanks to all who supported the coffee morning, raising £250 to train GPs to recognise the signs of ovarian cancer. (Please note that the smear test does not pick up the symptoms of ovarian cancer!)

Valerie's Craft and Chat afternoon on 7th April was fun, as usual, and reminded me of my children's playgroup activities a long time ago! Several of us produced Easter cards with a chick with an opening beak on the inside fold: I hope that mine will amuse my grandchildren!

The speaker at our WI meeting on 13th April was Richard Evans, who has been a volunteer for the RSPB since he was a teenager. He spoke to us about the role of the Royal Society for the Protection of Birds in the 21st



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Century. As in many organisations, older members are not being replaced by younger volunteers to carry on the good work – a story we all know well! Bird species have declined drastically in the past century. Following the two world wars, farming was scaled up to ensure food shortages would not recur as they did in wartime, to such an extent that the environment was wrecked for wildlife; habitat has also been destroyed through building homes, factories, roads and motorways and destroying hedges and woodland. A red list has been drawn up of birds which have seen a decline of more than 50% in the last 50 years: these include puffins, nightingales, turtle doves,



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yellowhammers, cirl buntings, whinchats and cuckoos. The amber list birds have shown a decline of 25 to 50% in 50 years. ‘Citizen scientists’ – volunteers who record and photograph endangered birds – help keep track. Geolocators – tiny apparatus attached to a bird’s back – are also used to track migrations, for example, so we can get to know where our migrant birds go: the Sedbergh Community Swifts organisation knows a lot about this! Most of our summer visitors here spend most of their lives in Africa. Nature reserves, especially in wetlands, are good for protecting bird species. Areas of Natural Beauty and National Parks are specifically managed for landscape and appearance, not wildlife. There are some hopeful signs like in Ramsay Island off the Welsh coast which was overrun by rats until the RSPB eradicated them, so puffins and Manx shearwaters are now thriving there: all this is very expensive of course, so if we want to save our bird species, the RSPB is an excellent organisation to support!

A much-depleted book group met at Valerie’s home the following day to discuss ‘The One-In-a-Million Boy’ by Monica Wood, but we had reviews from five members who were unable to be there, to alternate with the comments of the six who were present. An 11-year-old American boy scout, obsessed with the Guinness Book of Records, is allocated to do odd jobs on Saturdays for a 104-year-old woman (a refugee from Lithuania with her parents when she was just four), in order to gain a merit badge.

They become friends while chatting over a drink and cookies after his chores were done each week, and she agrees to allow him to interview her and record her life story on tape for a school project. In addition, he excitedly suggests that he should find age-related records for her to break to get into the Guinness Book of Records (some lists of these form part of the book). That is just the background for this moving story of a dysfunctional family torn apart by grief, and an old lady whose fascinating life story comes spilling back to her through the boy's intelligent coaxing – and is the root of much of the humour, as well as ultimately binding them all together. Our scores varied between 4 (those who just don't like this kind of book) and 8 and 9/10 from those who appreciated the scene-setting, the dialogue, humour, pathos and interview style as well as the striking imagery and language.

Our next meeting, on May 11th at 7.30pm in the People's Hall committee room, will be a discussion of the WI resolution to be considered at the upcoming National WI Conference, regarding the diagnosis of women and girls with Autistic Spectrum Disorder and Attention-Deficit/Hyperactivity Disorder, which often goes unnoticed in females. New members and guests are always welcome to come to our meetings. For further information, please contact our President, Ellen Morrison, on 07702 919745.



## HOWGILL & FIRBANK W.I.

*Audrey Hoggarth*

The April meeting was held at Firbank church hall. Sarah welcomed members and our visitor Judith Stainton. We proceeded with the business part of the meeting. Sarah gave a report on the council meeting. We were given federation news and updates on Forthcoming events.

We were entertained by three speakers who each gave their stories (after the war) all were moving and interesting. Tom Palmer is a award winning children's author whose book after the war from Auschwitz to Ambleside marks 75 years since the end of WW2 a moving story of hope, friendship, belonging and finding a place of Safety. Robbie Gohtarz settled here with his father after the war. He spoke about his father's experiences and read from some of his memories. A most enjoyable evening.

We were reminded of forthcoming events our coffee morning, and the

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group meeting hosted by Barbon W.I. On a happy note our founder member and dedicated member Mary Stainton is about to celebrate her 90th. A Happy Birthday from all your friends in Howgill / Firbank W.I.

Sarah introduced our speaker Bryony Diamond who gave an excellent talk and demonstrated sign language a natural way to communicate with deaf people, it is a combination of hand gestures , facial expressions and body language. Mary Silva thanked Bryony for a excellent presentation where we learned a lot on this important subject. The competition for an amusing sign was won by Liz Moore. The evening was brought to a close with refreshments and get together.

## WHITE BALLS AND PROMISES

*Adrian Braddon*

In a misheard echo of the late, great Karen Carpenter "Yes, we've just begun". Indeed, the golf season proper at Sedbergh has started. Captains have been driven in and the Seniors' section have held two of its trophy competitions already. Hawes resident, Alan Moore, beat Cowgill's Colin Gardner by a single stroke to lift the Robert Haygarth Trophy and, former Captain, Sam Allinson, shot a net 69 (one under par) to win the Bob Metcalfe Trophy.

For those who prefer a relaxed stroll, rather than the cut and thrust of friendly competition, the Club is developing a group who meet on a Wednesday morning. "Warriors not worriers", according to one of its members. The objective is to accommodate those members, who do not want to play 18 holes of golf,

but enjoy playing a shorter round and getting together with friends, new and old, with the flexibility to simply turn up at 9.30, and be sure others are on hand to partner you or make up a four.

This Wednesday group also seeks to provide encouragement and guidance to those who may be new to the fun and frustrations of golf. As part of this commitment to inclusivity, the Club is holding:

### SEDBERGH GOLF CLUB – AN OPEN EVENING.

This will take place from 6.30 on Thursday 12th May when we hope anyone who may be interested in playing the game will come down to the club and talk to some of the members, hit a few balls on the practice ground and, maybe, even play a hole or two. There will be no cost to the evening's golfing activities. Balls and clubs will be provided and coaching will be available for the inexperienced.

So if you want to give golf at Sedbergh Golf Club a try, the date for your diary is 12th May at 6.30. For further details call Steve Gardner on 015396 21551, or Adrian Braddon 0330 113 8850.

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## SAILING OPEN DAY

*Myles Ripley*

Killington Sailing Association is pleased to be holding an Open day on Sunday May 22nd open to all. We hope to offer taster sessions of about 30 minutes in dinghy sailing, windsurfing, paddleboarding and canoeing. The times are 11am to 3pm and there is a link to a booking form available here <https://tinyurl.com/2p8k6d2r>

You would need to be reasonably able bodied, able to swim and happy to get wet perhaps! The event is free but a donation towards Bendrigg Lodge, our local activity centre for disabled activities is requested.

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## SEDBERGH BOWLING CLUB

*Jean Jones*

I wonder how many people know that we have a bowling club? It is well hidden behind Queen's Gardens as you enter Sedbergh from Kendal, on land donated by the Upton family of Ingmore Hall.

The club is keen to promote its membership. It has much to offer. It is reputed to be the most scenic ground in Cumbria (probably!). The members are very friendly and, as I have discovered, very willing to help novices. It has several sets of bowls so you can practise without buying your own. There is a wide range of skill, from novices like me to those who can somehow put a bowl near

---

## INTEGRATIVE MEDICINE

*Laura-Jane Clare*

Twenty years ago, after more than a decade of teaching local evening yoga classes, I enrolled on what was, at the time, a groundbreaking course with the Yoga Biomedical Trust based at Great Ormond Street Hospital in London. I was taught by some inspirational and pioneering advocates of "Integrative Medicine", medical doctors and educators both from the U.K and from Southern India. The course was designed to

bridge the gap between the Eastern (Ayurvedic) model of health care and the Western (Allopathic) model.

Following two years of general training, I studied for a further two, focussing on my three areas of special interest; mental health, respiratory health, and back pain.

I qualified in 2001 as part of the second cohort of medically trained Yoga Therapists in this country.

Fast forward two decades and this 'wholistic' approach is now much more mainstream. It forms part of an Integrated Health Care System which puts patient choice at the centre of care options, a positive development for everyone.

My practice now also includes Sound Healing using vocal toning and Quartz Crystal 'Singing Bowls' – another cutting edge healing modality that is readily available in the East and in Asia and is slowly gathering interest in the West.

I work with people of all ages and especially enjoy working with young adults, many of whom struggle so much with the constant pressure of social media.

I am very happy for parents to sit in on initial sessions and with younger children. On occasion, both parents and children have begun meditating together as a natural transition from bedtime stories which is a wonderful win-win for families.

If you would like to get in touch my phone number is 015396 – 25061 and my email address is lauraclareyoga@gmail.com

I work principally from a dedicated space in my home just outside Dent.

## CONFESIONS OF A RAILWAY SINGING ADDICT – ALL THE WAY TO SLOVENIA

*David Burbidge*

In the beginning we were just experimenting. We started with a little light railway singing, just a few lines every now and then - singing through the Pennines on the Settle-Carlisle, or along the Soča valley railway in Slovenia. It was harmless harmony - often it inspired us to get off the train and sing on walks through the hills - this was our marching powder. But then it proved so addictive, that we started mainlining - singing along the West Coast railway to London (joining the Tennyson Society to sing Crossing the Bar by Tennyson's tomb in Westminster Abbey, and joining the Slovenian Ambassador at the embassy nearby where we sing many of our Slovenian songs,) and north over the border to Edinburgh to join Scottish choirs.

And now, I've booked our Lakeland Voice choir's Interrail reservations on the Eurostar from the public piano at St Pancras in London to Brussels. And then whole singing compartments to Cologne, carriages full of singers down to the Schwäbische alps and Black Forest, and 10 hours on the Blauer Enzian train to Ljubljana through the Austrian alps to Ljubljana. (Though to be





honest, I'd go anywhere on a train named after a mountain flower!)

We're getting off the train to sing for a week in the Slovenian mountains, buzzing along to sing at a honey farm on World Bee Day, singing among the alpine blooms at the Bohinj Wild Flower festival, and joining Slovenian singers such as the fabulous Jurij Vodovnik choir from our twin town, Zreče. And then back on the train to Munich and Heidelberg (twinned with Cambridge) where we'll spend the weekend singing alongside a Musicians without Borders community choir before our return under the Channel, and back to the Lake District (soon to be twinned with the Triglav National Park,) and Sedbergh.

On the Settle-Carlisle line, we get on at Ribblehead, sing songs about the building of the railway to the passengers on our short journey to Dent – such as Mike Donald's Settle Carlisle song, the Terrible Knitters of Dent, or Dave Goulder's fabulous 1910 - Christmas Eve at Hawes Junction are popular - and then walk back alongside the railway with songs about the life of the navvies in the shanty towns while the railway was being built, the Miner's Lament at Blea Moor tunnel, ending with Ewan MacColl's Joy of Living - our

"farewell to these northern hills, the blue milkwort and the sundew hung with diamonds."

At Christmas, we meet Janet Russel's folk singing choir who come up on the train from Settle to join our singers coming south from Penrith, east from Kendal, and north from Bentham - 100 singers raising our voices in glorious harmony in the snow at Ribblehead station, at the Station Inn, and then on the train back to Settle for an evening singing round the fire in the Red Lion. It's glorious!

One summer we had a choir visiting from Norfolk. On our way to the pub folk singing session in Appleby, we sang some songs on the train which included the Slovenian folk song Pobelelo pole z ovčama (the fields are white with sheep.) We sing this with a three part harmony arrangement, 13 verses and a circle dance, which one of the singers insisted we do on the train – modified to cope with the obvious limitations.

After singing and dancing we sat down, and the ticket inspector, who had been watching us with great delight, said: "You've entertained us - now it's my turn to entertain you." Whereupon he pulled out a pack of cards and did magic tricks.

In Slovenia, on the railway that follows the emerald waters of the Soča river from Bled to the sea, we sing our Slovenian songs, and the passengers join in with these "narodni pesmi" (national folk songs) - often weeping when we sing songs about the Linden tree appearing to be dead in winter but coming to life again with blossom and bird song in



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the spring. It was a popular song of hope during the Nazi occupation.

We have some social workers in our choirs and they take it upon themselves to give hugs to weeping passengers - although one did say once, "I'm not weeping because I'm sad - I'm weeping because I am moved by the beauty of the song."

I love it that most passengers there know our Slovenian songs and will join in - often with some of the harmonies which appear to be universally known.

I'm always ready with an apology if anyone complains – but no one ever does. My prepared defence is, "I am sorry, no one said we weren't allowed to sing," and I'll consider my work is done if on trains alongside the no smoking and Quiet Zone signs, are signs telling people which are the singing compartments.

We try not to disturb our fellow travellers by singing sweetly and sensitively (as opposed to loud and drunkenly in some of the railway inns.) In one pub the landlord told us there was a man in bed upstairs who was doing a long walk through the hills in the morning, and asked us not to disturb him - so our 30 singers sang soft lullabies, and soothing love songs. It was hard not to imagine him in his jammies, lying under the duvet with his hotty, and a nightcap on his head as our songs soothed him to sleep.

And now in a few weeks we are off to Slovenia again on the train – and you are most welcome to join us if you're there between May 19 and 26.

We're celebrating World Bee Day in Slovenia with all our bee songs on

a honey farm near Lake Bled, singing with the Flowers of Triglav women's choir on the ferry across the lake at Bohinj, and leading singing walks with our Slovenian flower songs at the Bohinj Wild Flower festival. Also, with the Waldorf school choir in Ljubljana, who have joined us here on trains in the north of England and Scotland - and once at the Houses of Parliament where the chair of the cross party working group for British/Slovene relationships hosted us - after explaining to fellow MPs that we were a Slovenian choir and not Cornish separatists.

My partner Luzia is German and she didn't want to stay in a Brexit Britain, so went back to her family home in Baden Würtemberg, where she is now paid by the government to help refugees become assimilated into German life. Our teenage daughter finished her primary school here in the English Yorkshire Dales, and then went to join her.

I used to fly, but then felt too guilty about my carbon footprint. I've been going backwards and forwards with Interrail on the train for over 5 years now - most recently in February when I combined a visit to my family in

Rottweil with skating on frozen Swiss lakes, and a trip through the mountains on the fabulous Bernina Express, which we'll sing on when our choir goes to sing in Slovenian Christmas markets in December.

The most important lesson I've learnt is that with train travel, the journey is the destination - it's not the arriving that's important, it's the travelling - and the songs all help to make it memorable.

---

## GOOD THINGS COME IN SMALL PACKAGES

**Sedbergh's latest art exhibition,  
April to the end of May**

*Sally Ingham*

Some of you may have noticed the numerous small art panels in many of our shops and businesses in the centre of Sedbergh. They are just 12 inch square (30cm for those who think in metric) so can be missed and if you have missed them, perhaps look out for them when you are next in Sedbergh.

They can be seen at Leighton's Hairdressers, the Art Gallery and the Zero Pantry, as well as in many windows along Main Street all along to Westwood books.

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These picture panels are some of many produced by the Loving Earth Art Project (see their website if interested). They have produced them to inspire us to value the world around us, and also to engage us with the issues raised by the challenges of climate change.

They are part of a travelling exhibition of textile panels created by people like you and me. Indeed, anyone can produce them now, or in months to come, to add to this growing witness to the beauty, and preciousness of our world. Contact [atyldesley@aol.com](mailto:atyldesley@aol.com) if you would like guidance on this or to organise a free workshop.

If you have time, you might want to collect a quiz from the Tourist

Information Centre; it's suitable for all ages. This will guide you round the panels and ask questions to help you really look at each. You can enter your answers for the chance of a small prize, to be awarded in June, once the panels have moved on to Grange's Victoria Hall. They will be here for the bank holiday weekend at the beginning of June.

There are also alphabet books and cards based on the panels for sale at the Tourist Information Centre and Westwood Books.

If you want to see more of these lovely textile pictures, Farfield Mill just outside Sedbergh, has a larger display in the room next to the ground floor café.



## **WE ARE WHAT WE EAT**

*Kim Bradshaw*

We often hear the term 'we are what we eat' but this also has its benefits. Did you know that certain foods are effective in helping reduce cholesterol, help with digestion and also ease pain? Below are a few common ones that may be able to help you on a day to day basis.

**Ginger:** stimulates digestion; lowers blood pressure; reduces nausea; reduces inflammation; blood-sugar regulator; reduces menstrual pains; positively affects cholesterol. Fresh or ground ginger steeped in tea is great for combating the above ailments. Ginger chews are also a quick relief as well as ginger oil which can be taken internally or rubbed topically to treat pain.

**Turmeric:** eases joint pain; boosts immune system; good for stomach ailments; helps with depression; improves long-term cognitive function. Ground turmeric goes great with eggs or even better in a curry. Mix turmeric, ginger, cinnamon, cloves, cumin, and black pepper with olive oil and toss with chickpeas. Roast at 350°F until crispy (about 20 minutes) and enjoy over a salad or veggie-rich soup.

**Cinnamon:** anti-viral, anti-fungal and anti-bacterial; may be beneficial for the ageing brain; lowers blood sugar. For the majority of people, cinnamon is generally recognised as safe when consumed as a culinary spice and in small amounts – no more than 1 tsp per day is

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**Apple Cider Vinegar:** aids weight loss; improves gut health; good for hair; supports your immune system; improves skin and nail health; fights dandruff. Apple Cider Vinegar can be used in many ways - as a drink, alternative to salt, salad dressing, skin cleanser, hair rinse or a foot soak.

**Sage:** menopause; memory and brain health; may alleviate diarrhea. For centuries women have used sage to help alleviate menopausal symptoms like hot flushes. To make a sage tea just add 1-2 grams of sage per cup of boiling water, steep for 10 minutes and drink up to three times a day.

**Pecan Nuts:** improves digestion; boost immunity; healthy heart (contain monounsaturated fats); excellent source of Vitamin-E, vitamin -A, zinc, folate and phosphorous. Delicious on their own, these nuts are also great when eaten in cereal, cupcakes, ice-cream and other delicious treats.

As always, please take professional medical advice if you have any health concerns.

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## PEOPLE'S HALL

*Dr Gina Barney*

### New Heating System

The new heating system is up and running. We hope hirers will enjoy it. Already we have had praise from our doggie guests who attend classes in the Hall on Thursday that it "nicely took the chill off". The controls are simple: select the time duration of your hire and set the thermostat to the arrow. It takes about 15-20 minutes to warm up and hirers might then like to turn the "stat" down (or up!). Please turn it down, when you leave. The old overhead infrared fires have been removed, together with the money eating meters. In 2013 the Hall started a ten-year plan of improvements. At each stage of the development to move from a wooden hut to a built structure, we added extra insulation. The result is the Hall, even during winter sits at about 10-12C as the result of this insulation and some underfloor heating. At the moment we will see how it goes and not (yet) ask hirers for their £1's in the meter.

### Annual General Meeting

The People's Hall AGM was held on Monday 4 April 2022 and approved the accounts (now on the Charity Commission website) and listened in rapture to the Chair's annual address. The Trustees remain the same as last year, ie: Mr Steve Longlands (Chair), Mrs Sandra Gold Wood (Vice Chair), Dr Gina Barney (Secretary/Treasurer), Mr Chris Wood (Booking Manager) plus Ms Pam Drower Mr Ian Hutt, Mrs Sandra Longlands, Mr Stuart Wetherell, Mr Keith Wood and Mr Bill Lewis (co-

opted). We would welcome some new trustees (especially younger ones!). The duty is to manage the Hall to the benefit of the community. If you are interested, please contact the Secretary (20790). You could be invited to a meeting to see what goes on?

### Hire Fees

Sorry, but we have to talk about these. They were last revised in July 2019. COVID came along and we received government support, which enabled us to maintain the facilities. The new roof and its insulation were planned for 2020, but could not happen until 2021 and the heating system likewise was delayed to 2022.

Over the three-year period the CPI (Consumer Price Index) has

increased by 15.6%. Currently inflation is over 6%. We managed to take out a three electric contract to June 2024 so have avoided that present crisis. Our gas contract runs until January 2023, when hopefully we can get a good price. We have done all we can to keep costs down. Over the Covid period we were able to use the government grants to cover most costs. However, our reserves are nil and we must build them up and deal with all the day to day price rises that are coming, for example, for caretaking, insurance, maintenance, repairs, licenses, etc. We also have further improvements in mind. We are increasing our hire rates from 1 July 2022. All hires already booked will be at the rate



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offered at the time of booking. You can see the new rates on the Hall website, link below.

#### Sensum Project

We mentioned being invited to assist the SENSUM project into landslide and flood prone sites to detect and track hazardous movements. We were to have a presentation on this, but the project has had problems with its equipment. We hope to re-schedule the presentation when these are resolved. <https://georgielbennett.wordpress.com/sensus/>

BOOK the Hall at: <https://www.sedberghpeopleshall.org/> (015396 20790)

#### DENT MEMORIAL HALL

Laura Thornley

#### News

At the AGM in April there was a significant change to the Memorial Hall Committee. After twenty years of dedication to the committee and the hall, Sarah Woof stepped down as Chair with Laura Thornley elected to lead the committee forward.

Sarah first joined the committee in 2002 as secretary and was elected to the chair position in 2009, doing a fantastic job in ensuring that the hall was well maintained and available for community use at all times. Although she has retired as Chair, Sarah will remain on the committee as a trustee on behalf of the Dentdale Christian Fellowship and will continue to help



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and share her vast knowledge of the hall.

Retiring at the same time is Caretaker, John Woof, who has looked after the hall since 2007. Succeeding John is Ian Mitchell who the committee welcomes to the team. Ian will be responsible for the day-to-day cleaning and maintenance of the hall.

The committee would like to wholeheartedly thank Sarah and John for all of their work and devotion over the years and I would personally like to thank Sarah for making the handover as easy as it can possibly be.

### Coming soon

Dates for your diary so far this year include the gala on 29th August and the annual Friends of Dent Promise Auction in November, which we welcome back after a two-year hiatus due to COVID. This is always a fantastic night raising much needed funds for Dent Primary School.

Please see the separate Dent Gala article for more details on the gala and to see how you could help or sponsor the event.

If you have an event coming up at the hall and wish to advertise it, please get in touch.

### Bookings

Just like any community hall, we rely on bookings, whether it be a meeting, party, concert or any other event, to maintain the hall and secure its future for the community. COVID has obviously taken its toll on bookings over the last few years and so we ask anyone who is hosting an event or who has a business, group or club to please consider hiring the hall.

If you wish to book please contact Anne McLurg on 01539625446 or [annemclurg@btinternet.com](mailto:annemclurg@btinternet.com). Or for more details please contact me on 07779415644 or email me on [laurathornley@me.com](mailto:laurathornley@me.com).

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## SEDBERGH VOLUNTARY CAR SCHEME

*Laura Thornley*

I have been working with the voluntary car scheme for the last few months, and in that time, I have realised just how vital the service is to people's lives. Whether it be an appointment at the doctors, hairdressers, or a trip to go shopping, people who don't have transport and those who struggle with mobility really value this amazing service.

From a volunteering perspective, it is so rewarding to be able to support people in getting around and doing the tasks that many of us take for granted. However, the demand for the service has risen and despite the amazing generosity of the four drivers that volunteer, there are now more and more requests

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unfortunately being declined and we are in dire need of more drivers.

Therefore, I have decided to write this piece for the Lookaround, to clarify in a bit more detail, what is involved.

#### Time

This volunteering role can fit into your schedule. Once I get a booking request, you will then get a call or email to see if you are free to do the trip. There is no requirement of how many trips you must do. If you can't do it, there is no problem at all - it fits in with you and your life.

#### Expenses

With the cost of petrol (and living) rising, it's understandable that this would be a concern. The car scheme

does help with these expenses and your mileage is paid to the HMRC rate of 45p per mile. You simply complete your expenses form to get it refunded.

#### Area

Whilst the passengers live in Sedbergh, you don't have to live in Sedbergh to be a driver. If you live in the surrounding areas and are willing to help, then please do get in touch.

#### Requirements

All that is required is access to a private car covered by insurance that is aware of your voluntary driving activity and a valid Driving Licence and MOT.

So, if you are looking to volunteer, want something that can fit into your schedule and live in Sedbergh or the surrounding areas, you could really help with this pivotal role. Simply get in touch with Katy on 07788 396194 or contact me at [laurathornley@me.com](mailto:laurathornley@me.com) or 07779 415644 for more details.

## HELP WITH RISING PRICES

*Citizens' Advice Bureau*

"I am a single parent, with two young children. I am already struggling to stay on top of my household bills, my weekly food shop is getting much more expensive and now my energy bill is going up too. I don't know how I'm going to afford all these price rises. What can I do?"

First of all, you are not alone in this and there's support to help you. It's always worth checking if there are benefits you don't know about that you're eligible for, including support with your energy costs and living costs. On the Citizens Advice website

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Availability calendar and forms online at

**[sedberghpeopleshall.org](http://sedberghpeopleshall.org)**

Or at Sedbergh Information Centre  
72 Main Street

there's a benefits calculator, advice on how to reduce living costs and information on other ways to increase your income.

There's also emergency support that you may have access to, such as food bank vouchers or fuel vouchers. You could contact your local council to see if they could also offer support.

If you're struggling to stay on top of bills, it's really important to understand what money you have coming in and going out each month. Citizens Advice has a budgeting tool on its website that can help with this.

And if you're already behind on bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if they can help you repay your bills sustainably.

We know that times are incredibly tough but please remember, you don't have to face this alone. Contact South Lakes Citizens Advice on 015394 46464 to help you find a way forward.

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

South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice

How to access:

- Call 015394 46464 - this is being staffed from 9:30 - 12 noon (this line will open more in due course)
- Adviceline: 03444 111 444
- email advice via our submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)
- Help to Claim (Universal Support): 0800 144 8 444

## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

The upper School finished the term with a performance of Mozart's Requiem performed by the Choral Society which consists of pupils and staff from the School, and members from the Town. The pupils went home after the concert.

The School intends to build a technical centre ready for the 500th anniversary of the School 2025. This will develop the growing fields of computer sciences and engineering and manufacturing.

The School has once again been awarded the Community Engagement award in the Educate North Awards, which celebrates, recognises and shares best practice and excellence in the education sector in the North



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The Prep School had a fun quiz on 17th March: what is the world's hardest substance, titanium, platinum, diamond - or Mr Gorst?

The School was visited by the Independent School Inspectors in the week beginning 7th March. They sent the parents and pupils questionnaires, listened to the children, scrutinised their work, examined the school's data, watched the staff teach and much more besides. The school was very pleased with the early feedback, though the final report was to take several weeks to come

Before the Wilson Run there was an Old Sedberghian Club dinner in a marquee on Lupton Field. Luckily it was a still warm night although those at one end of the tent were chilly and those at the other end boiled next to the heaters! Lunch was also served to Old Sedberghians and parents in the marquee on the day of the run. As is traditional those who completed the run (171) were clapped onto the stage at the evening concert in the Hirst Centre (instead of Powell Hall



which has become too small with the increased numbers in the School), but with the winner, Fraser Sproul, coming in last instead of first, and to a standing ovation in the light of his breaking the record. This ceremony is traditionally followed by the singing of the Long Run by the runners, and Winder by the whole School.

A memorial service was held in the School chapel for Michael Percy Adams, former Governor and President of the Old Sedberghian Club, who had died aged 88 on 23rd December 2021. Another death was Alf Champniss, former School Director of Music, who died on 7th March 2022.

Two Prep School brothers competed in the Cumbria County Squash Championships, the elder was U13 County Champion and the younger runner up in the U11.

The Prep had a visit from Kim from the Zero Pantry and learned how her products are sourced and made

The Easter Courses took place in the week beginning 4th April and included cricket, athletics, pony camp, hockey, rugby, drama and ultimate adventure.

After the end of term the Prep School had a sports tour to Northern Ireland which included Rugby, Hockey and Netball

OS Imogen Boddy intends to try to run the entire length of the Island of Great Britain in just 22 days (having achieved running 7 marathons in 7 days during Lockdown) in aid of Young Minds, a mental health charity.

The annual Boddy Challenge to raise funds for charity consists of a 10k swim in Lake Windermere, the Windermere marathon course, and cycling back to Sedbergh from Windermere (25 miles) and is named after her.

### Hockey

U12 girls' hockey team won the South Lakes County Championship

### Rugby

The Sedbergh School National Tens were held on the Sunday and Monday following the end of term. Sixteen schools took part from all over the country. Sedbergh hoped to make it four wins in a row, but although they made it to the Final they were soundly beaten by Kirkham. It was a good spectator tournament and a pity there was no publicity.

At the Rosslyn Park Sevens the 1st Seven were unplaced, but the U14 Seven were winners beating George Watson's College, Edinburgh, 22-21.

Year 13 pupil Nicola scored a try for Italy against Scotland in the U18 Six Nations on

### Cricket

The 1st Eleven home fixtures in May are against the Old Sedberghians on 1st May at 11.30, Austin Friars on Wednesday 11th May at 2pm, Bolton Grammar at 11.30 on 21st May, and Myerscough at 1.30 pm on Wednesday 25th May. There will also be a T20 match against Cumbria U18 at 4.30 pm on 27th May. The 1st XI Girls will play St Peter's York at home on 14th May at 1.30 pm. The "Third Eleven" (mixed School, parents, town and staff) will play Burneside on 15th Maynd XI at

home at 2 pm (they usually play on the Akay pitch.)

Harry Brook visited the School on 31st March and was congratulated on his first appearance for England.

### Future Events

The Friends of Sedbergh Prep School are having a Spring Fayre 29 April

A Confirmation service will take place at 11 am on 1st May

There will be a Year 12 entry Open Morning on Monday 2nd May and the Prep School will have an Open Day the same morning

There is to be a Scholars' recital at 3.30 pm on 8th May in the Thornely Studio

A Memorial Service for the former Headmaster Roger Baxter will be held on

Sunday 12th June at 3pm followed by a reception in Queen's Hall

Half term is from 27th May to 5th June

There will be a Year 9 entry Open Morning on Saturday 11th June

There will be a Foundation lunch at the Black Bull on 18th June

Term ends with Speech Day on 2nd July

## Sedbergh Red Squirrel Group

Local conservation  
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Report sightings of  
reds or greys,  
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[sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)

## LOOKAROUND THROUGH 2021.

*Ed Welti*

We're in to our fourth year as an editorial team now, so we've got some figures to compare and judge how we are doing. For example, in terms of numbers of pages, in 2019 an edition averaged 88 pages, in 2020 – lockdown year – it was 96, last year 92. In lockdown year we had more submissions as, I guess, people had more time to write, so in terms of trends this may be an aberration, so we can think of a gradual increase in content rather than a decline in 2020. A sign that we are still getting an increasing quantity of submissions is that over the past five editions, including this one, each has been 100 pages, we've never had a run of four 100 page editions before, let alone five, and in previous years the average number of pages in the first three editions in the year has never been higher than 92.

Much of our content comes from our regular contributors. It seems that our District Councillors are no longer writing for us, although the Parish Council always supplies a report and our MP, Tim Farron, remains one of our most faithful regular contributors.

There are plenty of other excellent regular contributors who provide a good deal of the content, and our thanks go to them, as always for making Lookaround what it is.

In terms of advertising, out of interest I've just gone through and done a check back, and the number of adverts we publish each month has remained surprisingly stable over our three and a bit years, at just over 70 a month. Of course advertisers come and go, some advertise once for a month, and some advertise in every issue. There has been a recent trend towards half page adverts. For example in Oct 2019 we had 14 half page ads, in Oct 2020 there were 19, and in October 2021 there were 28. I noticed this because it began to give me a problem in compilation. With around 70-80 ads and around the same number of pages of supplied content (as opposed to static content – bus timetables etc) I just needed to put an ad on each page. But half page adverts are significant and need to be spaced out. I was finding that I had 20 pages of content left and 20 half page ads left, far too noticeable to the reader!

Big adverts are good, because they tend to be repeat ads (except for events of course), because they are more expensive, and because they are more noticeable to the reader.

The Lookaround format has remained static since we took over, and I wouldn't propose changing the A5 size, the font or two column page. It works well and gives Lookaround its particular character. Within however a few things need review. In the April edition I changed the

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Contents pages to get rid of the tables and divide up the different categories by headings only. I'm pleased with the result. Contents now take up less room, so the font can be bigger, and even with a bigger font there is still some spare space. We're in the middle of reviewing the Groups and Regular Meeting categories, and hope that process will be complete soon. I've also done some work to standardise the headings of the static sections in the front and the end, and reorganised the timetables.

I've also added a couple of sections at the end – Eat and Drink in Sedbergh and Walks around Sedbergh and have an intention of adding more similar tourist friendly information, in an effort to make it more relevant to visitors.

We have recently found some extra proof readers. And Eileen from Settlebeck did some work experience with us last year, and has been helping on most editions since. We have another student booked to do work experience with us in July, and I'm hoping that this contact with Settlebeck will continue for further years. I'm still hoping that one of the students, or somebody else, will be

willing to take over doing compilation from time to time so we have backup, and I can have a break now and then.

Our annual accounts, presented at the A.G.M. at the end of March, shows us how much has money come in and gone out over the previous year. However this does not show how we are doing edition by edition. Where we receive an advert for a single month we can attribute the full amount we made from it to that month to that edition, if all adverts were for one month only it would be easy to see if that edition broke even. But where we receive an advert and payment, for say a full month's advertising, we need to split the amount from it across the oncoming full years editions to work out the profitability of each edition, and see if we are likely to remain solvent across the coming months.

To do this I created a spreadsheet, which does the calculation. The figures are based on the bank statement with each advert matched to its bank statement payment. So the core figures are based on what we have been paid rather than what is owed. The figures for 2021 show

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that although no edition in 2021 lost money (there were a few in 2020 that did), with the exception of the colour December edition which is more expensive to print. However the money we made on the other editions covers that loss, and over the year we have made some money which we can donate to Community events and efforts.

Our A.G.M. decided to make a couple of donations, one to help the relief effort in the Ukraine, and one to help fund the Defibrillator cabinet at Garsdale Village Hall. If you need funding for something within the community please let us know. We may be able to help, though grants made will necessarily be small.

The spreadsheet also shows the effect of our advertising administrator's work on keeping up with payments. We are much better on checking who has paid for their adverts, and we're in a situation now where outstanding debts are under control.

The downside is that we have lost some circulation over the Covid period. We are looking to get a rack to put in Spar (our main outlet) so

Lookaround is more visible, and we're hoping that will increase the numbers that are taken.

If we compare the projection into the future, March this year against March last year, advert income going onwards is much the same as last year. The amount we've already been paid is better than last year but working from the total amount due projected forward it is comparable. If there are no 'shocks' and donations hold up at the current levels we should have at least as good a year this year as last. Lookaround should be around for a while yet.

## PERSONAL MESSAGES

### WANTED

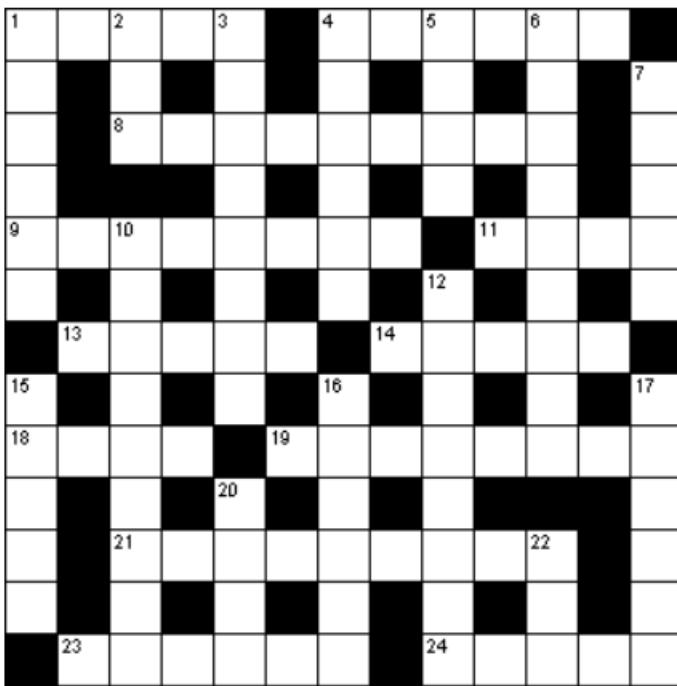
Small plot of land, woodland or rough ground wanted for livestock. Preferably as close to Sedbergh as possible. Willing to buy or rent. Please call 07989 564837 if you have anything available.

### THANK YOU

I would like to thank all the kind people who came to my aid on Monday 11<sup>th</sup> April when I had a bad fall outside the Health Centre. I am most grateful for all the care I received then and for all the messages and offers of help I have had since. Barbara Leigh



## PUZZLE (SOLUTION ON PAGE 97)



### Across

1. Stay clear of what sounds like a vacuum (5)
4. Change planes for Italian city (6)
8. Cool satin for different places (9)
9. Headwear and prank make three in a row (3,5)
11. One time in a million certainly (4)
13. Correspond, sounds correct (5)
14. Extra diode is essentially wireless (5)
18. Animal seen in Mali once (4)
19. Stringed instrument in commando line (8)
21. Grazed and dropped from the race (9)
23. Landed property provides broken tea set (6)
24. Yearns for coniferous trees (5)

### Down

1. Indifference to a way through and journey's end (6)
2. Discovered nocturnal bird in lowlands (3)
3. End of year in short, speak up to embellish (8)
4. Observe poster (6)
5. Secret scheme and small piece of land (4)
6. Crucial reformation, as in steel (9)
7. Spiritual being in strange location (5)
10. Moved toes or sit for herbivorous creatures (9)
12. Tough time or difficult watercraft (8)
15. Sounds like an isolated provision of money (5)
16. Fortress outcast leaps in (6)
17. Noon is rearranged for vegetables (6)
20. Region in Far East (4)
22. Cacophony in Sardinia (3)

## **LOOKAROUND DETAILS**

### **LOOKAROUND INFORMATION**

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

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

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

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

### **ARTICLES**

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

the text of the same email.

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

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

a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

DIARY OF EVENTS		DIARY KEY
Dates are held up to 24/06/2023 Dates in <b>BOLD</b> are start & finish events. Numbers in Brackets indicate Advert/Article on a Page. Month in Bracket relates to issue that details last appeared.		
<b>MAY 2022</b>		
01 900 FFM Friends - Trip to Saltaire (10) 02 6th From Open Morning 03 1000 Grief Share (22) 05 1930 Howgill & Firbank WI Five boxes 06 1845 BBQ 07 1000 Healing Herbs 07 1000 National Mills Open Weekend 07 1930 Dentdale Spring Concert (7) 08 National Mills Open Weekend 08 1600 Messy Church (Oct) 10 1400 WIK - Learn About Your Friends (58) 10 1930 Domino Drive 11 1915 Dent WI Grandma's attic 11 1930 Sedbergh WI Resolutions meeting 12 MC Early Closing (12) 12 1400 Tea aT Two 12 1830 Golf Club Open Evening (64) 12 1900 Sedbergh Council Annual Meet (13) 13 1900 British Legion Annual Dinner (Apr) 14 900 Barbon Antiques Fair 14 2015 John Dawes 15 Christian Aid Week (23) 16 Closing Carnival of Animals Competition (16) 17 1000 Grief Share (22) 17 1930 WI Lune Valley Group Meeting 18 930 Christian Aid Coffee Morning (23) 18 1930 Give Peat a Chance talk (35) 19 1030 Heallleaf 4 exhibition 21 1000 Dentdale Methodist coffee morning 21 1000 Exploring Meditation 21 1000 Peat and Poetry walk (35) 21 1000 Farfield Mill Plant sale (10) 21 1100 Sedbergh Gala (1) 22 Christian Aid Week (23) 22 Farfield Mill Plant sale 22 FFM Friends Plant Sale (10) 22 1000 Monthly Meditation 22 1100 watersports open day (65) 25 1030 Corvids - Stuart Gray 26 1400 Tea aT Two 27 SS Half Term 28 Country Fest 28 930 Artisan Market (28) 28 1000 Ukrainian Jumble Sale (26) 29 Country Fest 30 Loving Earth Art Project (Mar) 30 1900 Jubilee Duck Race 31 1200 Community Drop In (Tu/Th/Sat) Starts	TBA SS CCCN HVH FCH MCD FM StAD FM CCCN PH FCH DMH PH MC DMC Golf Club PH GC Barbon VH TR TBA CCCN BVH StAS online FM DMH MCD Ilkley FM Lupton Fie TBA FM TBA MCD Killington FM DMC SS Westmorlan Main St PH Westmorlan FM HVH SIC	Art Society Sedbergh Bowling Club Brigflatts Barbon Village Hall Cornerstone Community Church, New St Coffee Morning Cumbria Wildlife Trust Dales Countryside Museum, Hawes Dent Car Park Dentdale Chapel Schoolroom Dentdale, Head to Foot Dent Memorial Hall Dent Methodist Chapel Firbank Church Hall Farfield Mill Golf Club Gladstone House Garsdale Village Hall History Society Howgill Village Hall Holy Trinity Howgill Joss Lane Car Park Kirkby Lonsdale Killington Parish Hall Library, Main Street Loftus Hill Car Park Medical Centre Meditation Centre, Dent People's Hall Queens Gardens Rugby Football Club Rawthey Room, 72 Main Street Sight Advice South Lakeland Sedbergh Cricket Club St Andrew's Church, Sedbergh St Andrew's Church, Dent St Johns Church, Cowgill St Johns Church, Garsdale St Mark's Church, Cautley Sedbergh Information Centre, 72 Main St Sedbergh Primary School Sedbergh School Settlebeck School Academy Trust Sedbergh School Library Sedbergh Tennis Courts To Be Announced Thirsty Rambler White Hart Club Women's Institute, Dentdale Women's Institute, Howgill & Firbank Women's Institute, Killington Women's Institute, Sedbergh

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.

## EAT OR DRINK IN SEDBERGH

### AL FORNO ITALIAN KITCHEN

MAIN STREET - 015396 34040

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

### BLACK BULL HOTEL

MAIN STREET - 015396 20264

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

### DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

### HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

### ON A ROLL

MAIN STREET - 07775 893354

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

### THE RED LION

FINKLE STREET - 015396 20433

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

### SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

### SMATTS DUO

MAIN STREET - 015396 20552

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

### THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

### THREE HARES DELI

MAIN STREET - 014396 21058

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

### WAFFLE CONE

MAIN STREET

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

### WEAVERS CAFÉ

FARFIELD MILL, HAWES RD - 015396 21958

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

## PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens

Bruce Loch Nature Area, Busk Lane

Cautley Spout, A683 towards Kirkby Stephen

Community Office, 72 Main Street

Cornerstone Community Church, New Street

Cumbria Wildlife Trust, Community Office

Dent Heritage Centre, Laning, Dent \*

Farfield Mill, A684 Garsdale Road

Friends Quaker Meeting House, Brigflatts

George Fox's Quaker Pulpit, Firbank

Golf Club, Catholes, Sedbergh \*

Information Centre, 72 Main Street

History Society, Community Office

Holy Trinity Church, Howgill

Jubilee Wood Nature Area, Castlehaw Lane

Langstone Fell, A684 Garsdale Foot

Motte & Bailey Castle, Castlehaw Lane

Pepperpot Folly, Busk Lane

Picnic Site, Ghyllas, Cautley Road

Picnic Site, Settlebeck New Bridge

Play Ground, Dent Village

Play Ground, People's Hall

Play Ground, Maryfell

Queen's Gardens, Station Road

St. Andrew's Church, Dent

St. Andrew's Church, Main Street, Sedbergh

St. Gregory's Church, Vale of Lune

St. John's Church, Cowgill

St. John's Church, Firbank

St. John's Church, Garsdale

St. Mark's Church, Cautley

Sedbergh Embroidery, StAS

Tennis Courts, Guldrey Lane \*

Winder Fell, above Sedbergh

\* = Entry Fee Applicable

## SOME WALKS AROUND SEDBERGH

### **WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs**

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

### **THE CALF 8 miles 2600ft 4-5 hrs**

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

### **FARFIELD MILL 3.7-4.4 miles, 2-3 hrs**

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

### **AKAY WOODS 2.3 miles 1 - 1.5 hrs**

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

### **SEDBERGH SCHOOL 45 mins**

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

### **FELL WALL 2.2 miles 1 - 1.3 hrs**

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

### **BRIGGFLATTS 4.2 miles 2- 3 hrs.**

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

### **DENT AND BACK 11.5 miles 1500 ft 4-5 hrs**

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

### **CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs**

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

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

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

### **MILLTHROP AND ABBOT HOLME 5.1 miles**

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

### **DALES WAY AND CRAGGSTONES. 7.5 miles**

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

*For further details of these numbered walks see the Sedbergh Town website. Leaflets describing the walks can also be obtained from Sedbergh Tourist Information Centre for a small donation to cover printing costs.*

## USEFUL TELEPHONE NUMBERS

### **Age UK South Lakeland**

030 300 30003

### **Electricity in any area**

105

### **Medical in any area**

111

### **Pension Service Surgery**

Stricklandgate House every Tuesday

1400 - 1600

01539 795000 or 0845 6060265

### **Police in any area**

101

### **Sight Advice South Lakes**

01539 769055

### **South Lakes Citizens Advice Bureau**

03444 111 444

### **South Lakeland District Council**

01539 733 333

### **Western Dales Community Bus Service**

wdbusops@gmail.com 07541644524

### **Yorkshire Dales National Park**

0300 456 0030

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



## BED & BREAKFAST

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

## CAMPING, CARAVANNING & SELF-CATERING

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

### KEY

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

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	07/18	Helpline	030 300	30003
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Phil Johns	07807 909860	
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	04/22	Kris Baldock	07730659413	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dignity in Dementia *	02/21	Diane Smillie	07771 682378	
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	04/22	reception@farfieldmill.org / 015396		
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Friends of Farfield Mill	04/22	Anne Mackinnon	friends@farfieldmill.org	
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stanton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566	
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	04/22	TBA			
Lunch Club	03/18	Mrs I'Anson	Sed:	21757	
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com			
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	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	04/22	Nicola Cann—drnicolacann@outlook.com			
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Red Squirrel Group - Sedbergh	09/19	Mr Hopps	sedberghredsquirrels100@gmail.com		
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	10/20	Mrs Gold-Wood	Sed:	20147	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sedbergh United Charities	09/19	Mr Sykes	07786	384917	
Senior Golfers	01/20	Mr Braddon	0330	1138850	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Mickleswaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/22	Sedberghswimmingclub@gmail.com			
Swimming Group for Over 50's	12/21	Linda Greensmith	07919	152526	
Tennis Club	04/19	Mr Lewes	Sed:	20052	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	04/22	Garth Steadman	07796164066		
Voluntary Car Scheme	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

## Woofs

*From November 2021*

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

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

*From 28th March 2022*

**S - Services run during Summer Time Only**

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

# **BUS SERVICES**

## **Western Dales Bus**

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

*From 28th March 2022—during British Summer Time only*

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

## **JOSS LANE & LOFTUS HILL CAR PARKING CHARGES**

30 minutes = £0.50	3 hours = £3.20
1 hour = £1.20	5 hours = £5.00
2 hours = £2.20	All day (9 hours) = £6.00
Maximum stay = 24 hours	Annual Resident Permit = £50

Both available from the Information Centre only,  
renewable annually on 1<sup>st</sup> September.

# **BUS SERVICES**

## **Western Dales Bus**

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

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

# **BUS SERVICES**

## **Western Dales Bus**

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

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

# BUS SERVICES

**Western Dales Bus**  
**S6 Tuesdays - Kirkby Stephen—Penrith**  
**Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith**

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

## DENT RAILWAY STATION TIMETABLE

Valid from January 2022

(N) Through train to Leeds, Sheffield and Nottingham

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

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

## PUZZLE SOLUTION



## LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman	Jane Fisher (T)	Proofreading
Susa Ellis (T)	Treasurer	Katie Wood	Proofreading
Philip Johns (T)	Secretary	Ed Welti (T)	Compilation and Vice Chairman
Elspeth Griffiths	Proofreading	Valerie Welti (T)	Advertising Administration
Karen Bruce Lockhart	Proofreading	Eileen Bartlett	Advert Design and Compilation

Editorial Team members annotated with (T) are also Trustees.  
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

## *Religious Services in Sedbergh*

### **CHURCH OF ENGLAND**

#### Sedbergh and Dent

St. Andrew's Parish Church

Sunday 10.30

Wednesday 12.00

*Vicar of Sedbergh and Dent*

**Rev. Andy Burgess Tel: 20018**

[andy.burgess@westerndales.org.uk](mailto:andy.burgess@westerndales.org.uk)

#### *Church Wardens:*

Sedbergh: Tony Reed Screen 21081

& Susan Sharrocks 20754

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

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Inquiries -Tony Reed Screen  
21081

#### Dent & Cowgill

**Rev. Christine Brown Tel: 25418**

Email: [christinelucy2014@gmail.com](mailto:christinelucy2014@gmail.com)

#### *Church Wardens:*

Dent: Janet Skublits 25296

Cowgill: Janice Moorby 07815438662

and Heather Fraser 25727

### **ROMAN CATHOLIC**

St. Andrew's Parish Church

Sunday 12.00

**Parish Priest Kendal**

Tel: 015397 20063

### **SOCIETY OF FRIENDS - QUAKERS**

Brigflatts

Sunday 10.30

**Janet Chetwood (Comms Clerk)**

Tel: 21715

**Sally Ingham (Business Clerk)**

Tel: 07939 569559

### **DENTDALE**

### **CHRISTIAN FELLOWSHIP**

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

### **METHODIST CHURCH**

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

### **PIONEER MINISTER TO THE WESTERN DALES COMMUNITY**

**Becca Gilbert**

Email: [becgilb@gmail.com](mailto:becgilb@gmail.com)

### **UNITARIAN & FREE CHRISTIAN CHAPEL**

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

### **CORNERSTONE COMMUNITY**

#### **CHURCH**

New Street

Sunday 10.30

**Rev. David Crouchley Tel: 20329**

***Combined plans for Western Dales Mission Community - May 2022***

	Time	1 <sup>st</sup>	8 <sup>th</sup>	15 <sup>th</sup>	22 <sup>nd</sup>	29 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	United service HC	HC	HC	HC	HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Contemporary Worship	Service 4pm Messy Church	Service	HC	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP		2.30pm Taize
St. John's, Garsdale LA10	10am	MP		HC		SW
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service	Chapel Anniversary Service
All Saints, Killington LA6 2HA	2pm					
Holy Trinity Howgill LA10 5JD	10.30am		HCx			
St. John's Firbank LA10 5EF	2pm			SW		
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC	Lambing Service			
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	Service	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. 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.	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	Service
	<b>Wednesday</b>	<b>4<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>18<sup>th</sup></b>	<b>25<sup>th</sup></b>	
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19:30	Zoom – contact correspondenc e clerk below.				
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer MP-NC- Morning Prayer Northern Community			BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word			
<b>To be covid safe on numbers at Brigflatts Meeting House please contact correspondence clerk 015396 21715, and for Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063,</b>						

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## **Option 1 - 24hr Prescription line**

### Surgery and Dispensary Opening Hours

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

### **Doctors Clinics**

Monday – Friday

Open Surgery – 8.30am – 10am

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

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

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

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

### **Dent Surgery**

### Currently cancelled due to Covid-19

### **Practice Nurse/Health Care Assistant clinics**

Available to book online or call reception to book

### **Saturday morning clinics**

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

For more information on all clinic times please see  
our website  
[www.sedberghmhp.nhs.uk](http://www.sedberghmhp.nhs.uk)  
for further details.

### Bridging the Gap

First Monday - 1400 - 1600  
Mrs Colpus 01228 595937

### Location of Public Defibrillators

72 Main Street

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

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

## **POLICE**

101 or 999

Crimestoppers 0800 555 111

### Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

## **DENTAL SURGERY**

Main Street 20626

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

Monday to Friday 0900 - 1700

### **SEDBERGH LIBRARY** Main Street 20186

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

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

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

Tuesday 0900 - 1900

Saturday 0900 - 1400

## **SEDBERGH & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125

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

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

## **VETERINARY SURGERY**

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 \*

Monday-Friday Appointment Only 1400 - 1500 \*

## **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

## **POST OFFICE**

Main Street - Phone 20406

## **MARKET DAY**

Wednesday

Last Page Update:

May 2022