

# Sedbergh & District **LOOKAROUND**

February 2021

Issue 395

Donation £1

So it's back to lockdown, the Covid Support Group ad on the front page (because there are no events to feature), and a list of other phone numbers, which we hope will be of some help, as the first feature article. By the time we get to the next issue

Spring should be on the way, even if the Spring Show has been cancelled.

All there is to do is try and keep warm, happy and safe, and be grateful as we can be that we live in such a great community, in such beautiful part of the country. *Ed.*

## **SEDBERGH & DISTRICT COVID 19 SUPPORT**

**A VOLUNTARY SUPPORT GROUP FOR PEOPLE WHO ARE  
SELF ISOLATING DUE TO COVID-19.  
WE CAN HELP WITH :-**

**PRACTICAL HELP AND ADVICE**

**A FRIENDLY PHONE CALL**

**COLLECTING PRESCRIPTIONS**

**SHOPPING**

**NEWSPAPER AND MAGAZINE DELIVERY**

**IF YOU NEED HELP PLEASE CONTACT US ON**

**07872 017730**

**OR**

**CVSG@SEDBERGH.ORG.UK**

**USE OUR FACEBOOK GROUP - SEDBERGH & DISTRICT COVID 19 SUPPORT**

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

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

**Mobile: 07464 - 895425**

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

# Articles

A Howgill Lane Walk	10
A Perfect Friend: The Life Of Cumbrian Plant Hunter	62
A View From the Fells (Cartoon)	29
B4RN Into Sedbergh Town	18
Chamber Of Trade And Business	15
Christmas In Sedbergh	25
Covid Crisis Information	5
Dealing With Debt	7
December Weather	45
Dentdale Christian Fellowship	41
Dentdale Memorial Hall	27
Family Musings.	43
Fifty Years Ago	61
Gabriel's Mission	72
Garsdale School Water Supply	65
Happily Married!	68
Hardship Fund	9
How Many Miles Have I Trundled	11
Howgills Accommodation - An Update	17
Italian Class	28
Michael's Yard	67
Millthrop Musings	46
Nancy Recipe	76
New From The Pews	40
November Weather	44
Rangers Repair Ravenstonedale Footbridge	20
Robin Redbreasts	70

Royal British Legion – News Update 2020	21
Sedbergh And District History Society	54
Sedbergh Community Swifts	69
Sedbergh Ladies N.F.U.	44
Sedbergh Parish Council	31
Sedbergh School News	35
Settlebeck News	34
Sight Advice South Lakes	14
Singing In The Hills	29
Speed And Noise	32
Spring Show 2022	29
Thanks And Dogs	75
The Green's Motor Mower At Sedbergh School	56
The Importance Of Being Well	13
The Reverend David Hall	28
The Unknown Warrior	58
Tim's Column	30
Trouble In Dent	64
Update From The T.I.C.	19
W.I. Dentdale	50
W.I. Killington	53
W.I. Sedbergh	47
Wassailing In Sedbergh Community Orchard	26
Western Dales Mission Community	41
Writing Challenge No. 8	10
Yorkshire Humour	42
Zero Waste Shopping Comes To Sedbergh	15

## Events and Dates

Birthdays	5
Dent Meditation Centre (Feb 6/8/13/14)	6
Grief Share	15
Medical Centre	10
Weekly Coffee Morning (Cancelled)	3

**COVER PHOTO**  
**Castlehaw - Night and Snow**  
*Jonathan Moore*

## Other Information

Advertising In Lookaround	4
Bed & Breakfast	83
Bus Time Tables	87
Car Parking Charges	90
Diary of Events	82
Editorial	77
Groups and Organisations	84
Lookaround Editorial Team	77
Lookaround Information	80
Personal Messages	76/77
Public Information / Telephone Numbers	92
Puzzles (Crossword and Codeword)	78
Religious Information	91
Train Times	89
Useful Telephone Numbers	82

# Advertising

Able Memorials	14
Andrew Allan	62
Bannister Physiotherapist	46
Book Keeping Services	24
Chris Harper Fencing	27
Citizens Advice	5
Cobble Country	17
Covid Support	1
Craig Chamberlain I.T.	44
Cross Keys	37
Cumbria Stoves	42
Dalesway Therapies	63
Dalton Burial Ground	13
Dawsons Fuels	71
Duncan Law Plumber	41
Eva's Organics	39
Fells Kitchen 1	22
Fells Kitchen 2	23
First 4 Home Improvement	59
G.J. Baines	9
Garsdale Design	53
H&M Craftsmen Kitchens	31
Helping Hand	39
Ian Higginbotham	65
J.J. Martin Funeral Director	15
Jeanette's Sewing Repairs and Alterations	27
June Parker Acupuncture	36
K.L. Venning Slaters	55
Kay Whittle	32
Killington Marquees	45
L.D. Taxis	47
Lakes Scaffolding	67
Laura's Loom	50
M.K. Conversions Ltd	73
Matthew Cook Stonemason	76
McGarry Solicitor	56
Middleton Mole Ploughing	60
Mitchells Auctions	19
Motorhome Services	54
Oakmont heating and plumbing	38
Parkin And Jackson	13
Pennine Outdoor Fabrics	28
Penny Black	7
Peoples' Hall	77
Property Maintenance - Tim Foster	43
Red Squirrel	49
Robert Powell Web Design	66
Royal British Legion	21
Ryan Simpson Septic Tanks	58
Rycrofts	12
S.K. Decorating	25
Scott Ostle Services	61
Sedbergh Parish Council	33
Sheila Shuttleworth Dressmaker	51
Smart Design and Print	75
Stephenson And Wilson Builders	18
Steve Hopps Handyman	70
Stramongate Press	68
Temptations Craft Boutique	69
The Zero Pantry	16
Thomson Hayton Winkley Solicitors	35
Three Hares	8
Tilk Wilkinson Builder	66
Tooby's Electrical	64
Treadwell Flooring	26
Valerie Hinde Architect	34
Winder Services Cleaning & Laundry	11
Wools Of Cumbria	40

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

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

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



## Advertising in Lookaround

For advertisers key points to note are as follows :-

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

### CONTACT INFORMATION

Email:

[editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk)

Phone:

**07464 895425**

Address:

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

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

### PAYMENT INFORMATION

CHEQUE

*Cheques Payable to :*

**Sedbergh & District Lookaround**

BACS

*Account:*

**Sedbergh and District Lookaround**

*Account Number:*

**23388557**

*Sort Code:*

**20-55-41**

*Reference:*

**Invoice Number, your name or reference.**

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

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

## Advertising Rates

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

## COVID CRISIS INFORMATION.

Ed Welti

In the current crisis some useful numbers to note are:-

**Sedbergh & District Covid Support** – 07872 017730  
**Cumbria Council Covid Support - 0800 783 1966**  
**Citizens Advice** - 01539 446464

If you are having financial difficulties and live in the Sedbergh Area you may be eligible for help from the Hardship Fund – see page 9.

And for anybody struggling to stock their kitchen cupboards at the moment, the **Sedbergh Community Cupboard** will be able to help. See details on :-

[https://zerowastesebergh.com/  
sedbergh-community-cupboard](https://zerowastesebergh.com/sedbergh-community-cupboard).

The information below comes from the Community Leaders Pack published by the Cumbria Community Resilience Group and gives other helpful phone numbers.

### **Good Sources of Support**

People who are struggling to buy food or essentials because of financial difficulties can contact the Ways to Welfare community support team (<https://www.cumbria.gov.uk/>

# Need Help?

**South Lakes  
Citizens Advice is  
still here for you**

Open for telephone or e-mail advice only

Tel: 03444 111444 or 015394 46464

E-mail: [advice@southlakesca.org.uk](mailto:advice@southlakesca.org.uk) or  
[www.southlakescab.org.uk/contactus](http://www.southlakescab.org.uk/contactus)



South Lakes  
Citizens Advice

welfare/support.asp) via the Cumbria Support Line: 0800 783 1966

Citizens Advice (<http://citizensadvicecumbria.org.uk/>) can provide advice around applying for benefits (and around accessing the additional support available to those on benefits, such as free school meals and support with utility costs/bills), debts, and housing problems. They can also help even if people are simply worried about reduced hours

## February Birthdays

Matthew Brown is 3  
on February 23rd

Happy Birthday Matthew!

or redundancy as the furlough scheme comes to an end. The local phone numbers are:

South Lakes: 03444 111444 (for debt & ongoing enquiries) or 01539 446464 (for new enquiries)

Cumbria Law Centre may be able to provide advice about employment, housing, debt and benefits. You can call 01228 515129 or email [reception@cumbria-law.org.uk](mailto:reception@cumbria-law.org.uk). You can find out more here [www.cumbrialawcentre.org.uk/](http://www.cumbrialawcentre.org.uk/)

People can also get in touch with the National Debtline – online, with webchat and email support options (<https://www.nationaldebtline.org/>) or by phoning 0808 808 4000. Advisors available Monday to Friday 9am -



THE  
MEDITATION  
CENTRE  
be still · be inspired · be free

#### Events from the Meditation Centre in February 2021

We are continuing to offer courses and events online

**Learn to Meditate Session 1**  
Saturday 6<sup>th</sup> 10.00am-12.30pm

**New Moon Meditation Group**  
Monday 8<sup>th</sup> 7.00pm-8.00pm

**Learn to Meditate Session 2**  
Saturday 13<sup>th</sup> 10.00am-12.30pm

**New Moon Yoga**  
Sunday 14<sup>th</sup> 11.00am-1.00pm

To book: email [meditationcentrteam@gmail.com](mailto:meditationcentrteam@gmail.com)  
Telephone 07582 017 396  
The Meditation Centre, Dent, Cumbria LA10 5QR  
[www.meditationcentre.co.uk](http://www.meditationcentre.co.uk)

8pm, and they have a specific webpage for Coronavirus information: <https://www.nationaldebtline.org/Pages/coronavirus-and-your-money.aspx>

#### **Claiming benefits**

People might be able to claim benefits or get more money on their current benefits if their work has been affected by coronavirus.

This might be because they:

- are earning less than usual - including if they're self-employed
- have lost their job, been made redundant or stopped being self-employed
- are self-isolating or shielding

Working out what you can claim can be complicated, because different benefits have different rules. Some benefits are dependent upon having made National Insurance contributions, whilst others are related to your income and/or savings.

People can check what they might be eligible for using online tools by visiting <https://www.gov.uk/benefitscalculators> or if they prefer to talk to someone, they can contact their local Citizens Advice (details above).

If someone hasn't claimed means-tested benefits before, they can find out more about Universal Credit (and make their claim) online <https://www.understandinguniversalcredit.gov.uk/>

They can also contact the Citizens Advice "Help to Claim" service on 0800 144 8 444

#### **Credit Unions**

Credit Unions help people to save money and can also provide loans at

**We wish to inform you that as from Monday 25 January 2021 the Post Office will be open on the following days only;**

**Monday, Wednesday, Friday and Saturday.**

**On Tuesday and Thursday, we will be open, for Newspapers only, from 08:30 until 10:30.**

***Helping people to Stay Home and Save Lives***

low interest rates. Anyone who lives or works in the area a Credit Union serves can use them. They are an alternative to payday lenders and 'loan sharks' and can help you avoid getting into problem debt – we know that people across Cumbria are already beginning to receive leaflets and phone calls from lenders offering loans at extremely high interest rates.

There are 4 Credit Unions in Cumbria, the one that covers our area is :-

Affinity Credit Union covers the whole of Cumbria and has (part time) offices in Cleator Moor, Workington, Penrith and Kendal. There's more info on their website: <https://www.affinitycu.co.uk>. Their phone number is 01946 817508.

#### **DEALING WITH DEBT**

*Karen Evans*

I've fallen behind on my bills and the debts are building up. Where do I start?

You've already taken a great first step by asking for help, and it's important to know you don't need to face this alone. You can contact South Lakes Citizens Advice for help.

In the meantime, here are four steps you can take to get started:

- Work out how much you owe - Make a list of whom you owe money to and add up how much you need to pay each month. If you don't have your most recent statements, contact your creditor to find out what you owe. Some creditors will have special

arrangements for people with Covid-related arrears.

- Prioritise your debts - Your rent or mortgage, energy and council tax are called priority debts as there can be serious consequences if you don't pay them. Separate these and work out how much you owe. Again, you can ask the companies or council what support might be available during the pandemic.

- Work out how much you can pay - Create a budget by adding up your essential living costs, such as food and housing, and taking these away from your income. The Citizens Advice budgeting tool can help.

Any money you have spare can be put towards your debts, starting with the priority debts first.

If you have any money left after paying priority debts, but not enough to make your usual payments on other debts, consider getting advice on the best way for you to start getting on top of them. Or contact your creditors and offer them what you can afford to pay.

- If you can't pay your debts - If you've got little or no money spare to pay your priority debts or other debts, such as credit cards and loans, just contact us. It's easy, just call us 015394 46464, Adviceline: 03444 111 444

or post an online request to us [www.southlakescab.org.uk](http://www.southlakescab.org.uk)

Again, if you are struggling to pay for basics like food, seek help immediately from us. We know it can

## THREE HARES

Café ~ Bistro ~ Bakery

57 Main Street, Sedbergh ~ 015396 21058

[www.threeharedeli.co.uk](http://www.threeharedeli.co.uk)

*Open throughout lockdown Tues-Sat 10am-4pm*

*Fresh Artisan bread baked Wed & Sat weekly  
Ready Meals fresh & frozen daily*

*We also provide a range of farmhouse cheeses, charcuterie,  
homemade condiments, craft beer, organic, biodynamic &  
conventional wine, local craft produce and much, much more.*

*Orders welcome  
Also the shop is available online*

*Thanks for your support in such challenging times, James, Nina,  
Ernest and the teams from the Three Hares & Black Bull Inn*

feel very daunting to deal with debt, but having a plan really helps and our team will be here to help you each step of the way.

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

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

How to access:

- Call 015394 46464 - this is being staffed from 9:30 – 2pm
- Adviceline: 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

### **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](mailto:a865@btinternet.com) or 015396 21081)

or

**GJBaines**  
building contractors

plant hire • ground works • plant sales

- **Project Management**
- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Drains**

Unblocked/Cleaned/Repaired

*Contact George on:*

*Tel: 015396 21287*

*Mob: 07977514229*

*Email: [info@gjbainesandson.co.uk](mailto:info@gjbainesandson.co.uk)*

*Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)*

John Sykes

([jmsykes100@gmail.com](mailto:jmsykes100@gmail.com) or 07786 384917)

All applications will be treated in confidence.

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

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

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

**2021**

Weds 10th February 2021



### A HOWGILL LANE WALK

*Maggie Scott*

Once again, we are in Lockdown  
wonder when things will turnaround  
we wander the long winding lane  
afternoon opens before us  
trees, all but naked  
give tarmac an autumn colour splash  
starlings gather, begin their ballet  
M u r m u r a t i o n S p e c t a c u l a r  
squabble of rooks, startled, lift  
skywards

the farmer we meet, is  
my friend tells me  
one of the last real Cumbrian  
countrymen  
wrestling, sheep breeding, hedge  
laying  
dry stone walling  
among his various skills.  
Their talk is of shepherding  
the merits of Swales, of Herdwicks, of  
Roughs  
rivalry and neighbour helping  
neighbour  
*Don't really understand sheep, never  
will: my friend*  
*Thou knows th' tails and backs  
though*  
Farmer replies with twink-eyed grin.

Conversation runs on  
turns to past inhabitants of Grizedale  
*back then kids carried their shoes  
put them on when nearing school.*  
*Had to be tough  
living out yon place*  
we take our leave, walk on

now, Howgills' sleeping elephants  
surrender their daytime greening  
to evening grey  
in crooks of valleys and folds of fells  
yellow-glow halos appear  
as we cross the over-spill beck  
making for the last hill before the farm  
a bat zig zags through the fading  
and disappears into a thicket.

---

### WRITING CHALLENGE NO. 8 FEBRUARY 2021

*Carole Nelson*

Sedbergh Literary Trust is  
challenging YOU to write a piece  
about your experience and life in and  
around Sedbergh.

When we started we did not know  
anything about Lockdowns and face  
masks but now all the events of the  
last months have certainly given  
everyone new experiences to write  
about. We are now promised that 'the  
end is in sight'! .....but on  
New Year's Eve we were back in  
Lockdown.

There will be several on-line places  
(Sedbergh Community Forum,  
Booktown website, Lookaround  
website) where the writing will be  
displayed (no contact details will  
appear), so your work will be  
available to everyone to read.

Contributions over 2020 and now in  
this last Lockdown (we hope) are ALL  
being included in a book which will be

## Winder Services

Cleaning & Laundry

Help with Living

Local business based in Sedbergh

07935 824222 / 015396 20719

info@winderservices.co.uk

www.winderservices.co.uk

 WinderServicesSedbergh



published by about April, so this is your very last chance to participate.

The New Year Challenge is to write a Poem which is an Acrostic. This means you choose a word here are 3 suggestions:

V A C C I N A T I O N  
R E S C U E  
C E L E B R A T E

Each line starts with the letters of the word in order so if you read down the first column Your Word is clear.

If this idea does not appeal please write something either poem or prose which describes this last year in some way, but please try to make it something which has some connection to our community of Sedbergh and district.

EMAIL your entry to  
[booktown@sedbergh.org.uk](mailto:booktown@sedbergh.org.uk) by the end of February 2021

Or Print it out or write it out very neatly, add your name and a contact number and/or email on the back and post it through the door of Sleepy Elephant, 41 Main Street, Sedbergh.



## HOW MANY MILES HAVE I TRUNDLED SINCE THIS STRANGE WORLD BEGAN?

wendy7713

So many new words and phrases have entered our world since Covid began.....and I've never trundled so much, not because I haven't wanted to, I simply haven't had the luxury of spare time....until now – an unexpected bonus...

After the initial trauma that lockdown brought, of the change in routine, of not knowing what to do, how to organise my days, I began to use walking as part of a set routine to give structure to my day. But I needed something more; I needed a purpose for my trundles and that's where my camera came into being, it gave me a reason to trundle, to capture what I saw....

I did wonder what on earth I could find different from one day to the next, taking the same routes around the village. However, I soon realised that you never know what you will see each day. Walking not only is good for you, it gets you outside, you meet people and animals along the way and if you take your camera, you collect wonderful memories.....

Each day is different even if the route is the same. The sky is different, the weather different, the light different. No two days are the same, the beauty of nature is that it gifts us surprises each and every day.

One day, when I just didn't want to stay inside, I clocked up 20,000 steps, around 10 miles in real money and it got me thinking just how far I'd walked since lock down has started back in March 2020. I like to do at

# J B RYCROFT LTD

ESTABLISHED 1936



A TRADITIONAL HARDWARE  
STORE WITH:

- PET SUPPLIES
- ANIMAL FEEDS
- IRONMONGERY
- DRY CLEANING SERVICE
- HOMEWARE PRODUCTS
- HOUSEHOLD PRODUCTS
- CALOR GAS

TEL: 015396 20420

89-91 MAIN ST  
SEDBERGH LA10 5AD

## OPENING TIMES

M-FR 9AM—5PM

SAT 9AM—1PM

SUN: CLOSED

least 10,000 steps per day and love the buzzing sound my Fitbit makes on my wrist when the amount is reached. I'm not saying I do that as a minimum each and every day. Some days my head just needs to remain inside. It's safer there and some days my body and brain just tell me one short walk is enough. But on most days I do either a long walk or 2 or 3 short walks simply to be outside in the fresh air.

I know I'm lucky, I live in a beautiful place and hadn't realised just how beautiful until lockdown came so I never get bored with the same walks and of course I have my feathered friends to feed and the weather creates a different walk each time.

But just how far have my legs taken me in this last 10 months? Well luckily my Fitbit records and keeps all the data and I added each week's steps from 1st March 2020 3rd Jan 2021.... I was so staggered that I redid it.... 2,621,600 steps... converted to miles it is roughly 1146.61 miles. That's on average 26 miles per week, a marathon per week but then per day comes down to 3.7 miles which on average is about right. So it shows how little per day you have to do to clock up the miles and have a surprise round every corner.

*Wendy7713 is a lady who lives with Dementia in W. Yorkshire*

## THE IMPORTANCE OF BEING WELL

Fritz Hrynyk

Ordinary is still there but it is a new ordinary now, brought on by the changes that everyone has to deal with. What was once taken for granted is, at the moment, now a luxury that everyone talks about, to their friends, family, and loved ones and to themselves. The difference between what was once everyday and what is now so far away can lead to feelings of loneliness, isolation, confusion, anger, frustration, worry, upset, stress and fear. These feelings are a natural way of coping with a very difficult situation but they can also cause people problems, headaches, tension, upset, lassitude, exhaustion, fatigue, weariness, desperation. The head is telling the body to do many different things and the body is trying to do what it can to keep going because it knows that it has to.

A CranioSacral Therapy treatment can begin to help bridge the gap between what the head and body is doing together by bringing a sense of calm and balance back into a day that is now not quite the same as it was a

## PARKIN & JACKSON MONUMENTAL MASON

14 Appleby Road Kendal LA9 6ES

Tel 01539 722838



- New Memorials
- 2nd Inscriptions
- Cleaning and Repainting
- Renovations
- Memorials designed to your personal specifications

Visit our showroom  
or phone for a brochure

[parkinandjackson@btinternet.com](mailto:parkinandjackson@btinternet.com)

[www.parkinandjackson.com](http://www.parkinandjackson.com)

Contact KEVIN BATEMAN

year ago. This calmness and balance can then stay with you throughout the day to help to give a more encouraging outlook on life. It is also a time to give yourself a deserved break from a busy, difficult or stressful day by letting go of everything for an hour.

Given the very strict guidelines that therapists are working under at the moment in order to keep clients, their families and the therapists safe, it is still possible to offer treatments if people are feeling that they are reaching the end of their ability to weather this storm physically and emotionally and need help to attempt to make sense of things. Full Covid guidelines are followed.

Call Fritz on 07817 665662 or email him on [daleswaytherapies@gmail.com](mailto:daleswaytherapies@gmail.com) for more information. Also take a look at [www.upledger.co.uk](http://www.upledger.co.uk).

See the advert on page 63.

## DALTON WOODLAND BURIAL GROUND

 Natural Woodland Burial Ground

*"Return to the Earth, naturally"*

[www.daltonwoodlandburial.co.uk](http://www.daltonwoodlandburial.co.uk)  
Burton-in-Kendal: 01524 782442

## **SIGHT ADVICE SOUTH LAKES**

*Dennis Whicker*

At 2pm on the first and third Tuesday of every month, the Sedbergh Sight Advice Group has a Telephone Group Meeting.

There are no complications and anyone with a landline phone can join in. The system is that at 2pm, the phone rings, you answer it as a normal call and when requested, press the hash # key. That's it. Cost? Nowt, it's free.

This is ideal for anyone in Lockdown mode, which is basically everyone. If not you, do you have a relative or friend that would appreciate talking and listening to others on a fortnightly basis? It really couldn't be any easier. Meetings

usually last for about an hour so a fully charged phone is required.

During the Meeting, everyone has the chance to say something which could be just to say 'hello', relate a story, recite a poem, take part in an occasional fun quiz or listen to a Guest Speaker. The Meeting on 5th January included many tales about the wildlife in our area with the red squirrels, owls and various birds which impressed a Guest from Southend, Essex, who is looking at setting up a similar Group Meeting.

With that, would anyone like to join us and give a talk on their subject matter for about 15 minutes in any of the Meetings?

Please contact me if you or anyone wants to join in or would like to give a short talk.

# **ABLE MEMORIALS**

Monumental and Architectural Masons

New Memorials and Additional Inscriptions

Showroom with over 30 Memorials on display at

**3 Wildman Street, Kendal**

Please call for a brochure or free estimate

**on 01539 735583**

**or 07779 025745**

Home visits available by local mason Edward Waller

## CHAMBER OF TRADE AND BUSINESS

James Ratcliffe

Dear All,

Happy New year to you all, and hope you are all keeping well under the circumstances.

Christmas was a little different this year and we weren't able to have the usual Late Night Opening that the Sedbergh Chamber of Trade organises, with support from others. However, this year we were able to help organise and contribute towards some wonderful lighting. Funding was raised from the Chamber, Parish Council, Community Trust, St Andrew's Church, Sedbergh School and individual businesses to light up the town. Odana Services (Ian Hutt) installed and maintained (despite the rain) the lighting throughout and the town look better than ever.

The Chamber would like to thank all those involved, and we hope the residents of Sedbergh enjoyed them.

The Chamber of Trade is available for any business or trade to join and add their voice. Why not get involved? The more members we have involved, the greater the impact we can have for all businesses of Sedbergh. The aim of the Chamber is



07498  
870267

*Tuesday drop in coffee mornings are currently suspended.*

*In the meantime we will be offering a telephone service; please call the Grief Share number above if we can help*

to support and improve business for Sedbergh. If you're not involved, we don't know how we can help and move business forward.

Regards,

James Ratcliffe (Chair) 07989 564837

## ZERO WASTE SHOPPING COMES TO SEDBERGH

Kim Bradshaw

On the 1st December 2020 Sedbergh welcomed The Zero Pantry onto their high street and what a warm welcome it was!

Based at 6 Finkle Street, when entering you will be greeted with an array of dry pantry goods offering anything from pasta, flours, grains, beans, dried fruit and nuts to a large selection of herbs and spices; as well as vinegars and oils. Alongside the food there is also everything you need to clean your home with a selection of environmentally friendly cleaning utensils as well as refillable cleaning products and plastic free personal items.

Recently we have all been encouraged to reduce the single use plastic in our homes but this can be

## J J MARTIN

Funeral Directors  
Established 1869

Long Lane, Sedbergh



Brian Goad 015396 25334  
Edward Waller 015396 20130

Complete Funeral Service  
Day or Night

Chapel of Rest

difficult in rural communities when options are limited. It can also be a little overwhelming to go plastic free in one go - just count how many plastic bottles are in your bathroom right now. With The Zero Pantry there is now the option to shop local, support local and reduce plastic all in one shop - one item at a time.

How does it work? It's easy, fun, cost effective and plastic free!

Step 1: You can bring your own containers if you want but we do have FREE paper bags and jars on offer. If you are using a container you have to weigh this first on the scales and print a label which will be the weight of the container.

2. Fill your container or bag with as much or as little as you like. This helps eliminate food waste as you are

only buying what you need - even as little as 1tsp to fulfil a recipe!

3. Take your container or bag back to the scales and re-weigh, scanning the original label to deduct the weight of the container.

4. Take your goods to the checkout and pay. It's as easy as that! Liquids are purchased by volume so you can either bring a container in with the quantity already indicated on the bottle or use one of the measuring jugs provided to get the correct amount. Bottles are also available for sale in store. So why shop at The Zero Pantry?

- No Packaging: It allows you to source all your household dry goods and cleaning products plastic free
- Environmentally friendly products: All cleaning products are

The Zero Pantry

LOCKDOWN HOURS

Monday 10am - 3pm

Tuesday 10am - 3pm

Wednesday 10am - 3pm

Thursday 10am - 3pm

Friday 10am - 3pm

Saturday 10am - 3pm

Sunday - CLOSED

plastic free shopping that not  
only saves the planet but saves  
the pennies as well

6 FINKLE STREET, SEDBERGH, LA10 5BZ

TEL: 015242 59233

septic tank friendly and kind on the skin.

- Supporting local: We source many of our items locally so by supporting The Zero Pantry you are also supporting smaller, local companies.

- Cost effective: With many of our items being cheaper than the leading supermarkets it is also cost effective.

- Less food waste: Purchase only what you need, eliminating food waste.

To find out more why not call in and take a look; any member of the Zero Crew would be more than happy to answer any questions.

Kim Bradshaw

The Zero Pantry, Sedbergh & Kirkby Lonsdale. T: 015242 59233

## HOWGILLS ACCOMMODATION - AN UPDATE

Dawn Wells

Firstly I'd like to begin by wishing everyone a 'Happy New Year.' Like most, we're hoping that 2021 will be a more positive year and as always we're making plans for a time when we'll be able to safely re-open.

Many of our weekends from spring 2021 are already booked across our three accommodation properties; Howgills Barn, Howgills House and Howgills Apartments. We're really looking forward to a time when (fingers crossed for the new Covid vaccine) our lives can become a little more normal and we can safely welcome visitors back to our beautiful town again. We work hard to promote Sedbergh and its amenities to our

## COBBLE COUNTRY

### WE NEED YOUR PROPERTY!

Thinking of selling or letting your property?

Properties are selling on average within 21 Days of coming onto the market.

We offer a diverse range of marketing, covering Rightmove, On The Market, Zoopla, Facebook, and Instagram.

Contact us today for your instant **FREE** no obligation Valuation.

T- 015396 21000

E- [sedbergh@cobblecountry.co.uk](mailto:sedbergh@cobblecountry.co.uk)

guests (website, emails and guest literature) and we believe the growth of our business will go hand in hand with the welfare and economic success of our town.

This year we will be focusing on a relatively new audience to attract to our properties as we offer our accommodation and services to businesses for team training days/events during the week. If you work for a local business and are interested in hosting an event with us, please get in touch as we'd be delighted to offer you a discount.

You can save up to 50% on a midweek booking with us and our team will be on hand to take away the headache and hassles of the event for you. Our group accommodation properties are large enough that you will have lots of space to work safely and being in a different environment can provide an inspirational boost! B4RN high speed internet also provides an invaluable resource.

Please enquire for more details on 0800 8 32 16 32 or email [info@howgillsaccommodation.co.uk](mailto:info@howgillsaccommodation.co.uk)



*Dawn and Nigel are looking forward to better times and playing a game of pool in the sun again!*

## Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

## General Builders

Plastering ~ Roofing ~ Extensions  
Fire Places Fitted

Paul Stephenson

015396 21557

07810 595543



Tom Wilson

015396 20954

07790 946578

## B4RN INTO SEDBERGH TOWN

*Douglas Thomson*

Towards the end of 2020 B4RN received approval for £1,000,000 of government funding to connect Sedbergh in a radically different way to its usual 'rural' approach. The new method is more like a traditional telecoms build-in that the installation is by digging down pavements. The field to field method is very difficult to deliver in more built-up areas. The Government and B4RN have recognised this and have teamed up to fund this new approach. This isn't new for B4RN as it is currently building networks in Halton and Levens like this, but it is a big development for Sedbergh.

Access to this funding is dependent on enough people wanting to take the B4RN service – without that demand we can't access the funds and build the network.

Having a really fast broadband service in the town will not only attract and retain businesses but will benefit residential properties as well. Homes will benefit because people increasingly need good broadband speed due to our changing world. Increasingly, people are working from

home, controlling their house via the internet, receiving increased films and other media via the internet, and children (mostly) wanting to play more and more complicated video games. Households without fast broadband will increasingly find they are unable to do everything they want on the internet.

A leaflet explaining the position for the town is now being delivered to all properties. The new installation method of trenching down pavements allows B4RN's service to be available to all properties in the town. This provides a great opportunity for Sedbergh to have a first-class broadband service.

This opportunity can only happen if sufficient people sign up to take B4RN's service by mid-March this year. These conditions of the Government's grant are unfortunate, but for success we have to manage this project within the terms of it.

Please read the leaflet and express your interest in having B4RN's service by going to the 'Get B4RN' page on the B4RN website. This way we can secure Sedbergh's economic future in this increasingly digital world.

## UPDATE FROM THE T.I.C.

Laura King

We firstly wanted to say thank you to everyone for popping into the TIC before Christmas to purchase the Charity Christmas Cards and Calendars. With final sales counted for the Christmas Cards I am delighted to say that the community has raised over £1600 for the charities that Cards for Good Causes represents. We still have some calendars left of local scenes taking by our great local photographers. If we are still in lockdown and anyone would like to purchase a calendar, I am sure we can find a way to get them to you. Email [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk) with your contact details.

2020 has been an incredibly strange and difficult year for lot of business. We are only able to run with the help of a wonderful team of volunteers. So we also want to say a big thank you to all of our volunteers that helped out through 2020. Even if it was just for a few weeks during the summer or throughout the whole or part of the year. Your help allowed us to remain open seven days a week during our trading period which

**Mitchells** SINCE 1873  
ANTIQUES & FINE ART AUCTIONEERS & VALUERS

Cumbria's Leading Auctioneers

For a Preferential  
Rate Quote SL 1

Vintage and Antique  
**TOY & MODEL SALE**  
**TIMED AUCTION**  
29th Jan - 11th Feb



**INTERIORS**  
**TIMED SALE**  
18th - 28th Feb



To view & bid go to [www.the-saleroom.com/Mitchells](http://www.the-saleroom.com/Mitchells). Entries invited for all future sales.  
01900 827800 • [www.mitchellsantiques.co.uk](http://www.mitchellsantiques.co.uk) • @MitchellsAuctioneers

frankly is rather incredible with everything that has happened.

Finally, even though we are in lockdown, we continue to use this time productively where we can. We had a fresh lick of paint in the information area in November and this lockdown we are having a good refresh of all the information that we offer – So when we reopen, be sure to pop by to have a look!

Thank you for your support in 2020 and we will look forward to seeing you again very soon.

---

### RANGERS REPAIR RAVENSTONEDALE FOOTBRIDGE

*Mark Sadler YDNPA*

A short, popular walk in the Westmorland Dales can be enjoyed once again after a footbridge close to Scandal Beck was put back into place. Flood waters ripped the footbridge from its abutments earlier this year and left the structure against a field wall. The footbridge was a key part of a circular walk out of Ravenstonedale village to Bowber Head and back by Low Lane or via Ash Fell.

The ranger service obtained consent from Cumbria County Council for works on 'ordinary watercourses', carrying out an ecological impact assessment. A local contractor then built mortared stone walls either side of the stream and laid concrete pads, before the wooden bridge was repaired and lifted into place.

Member Champion for Recreation Management at the Yorkshire Dales National Park Authority, Nick Cotton, said: "Keeping public rights of way

open, well maintained and easy to use on behalf of Cumbria County Council, and helping landowners with stiles and gates, is our bread and butter. It's been just over four years now since the National Park was extended to include the 'Westmorland Dales' and it's been great to see how rangers have gone about improving the state of the rights of way network and building relationships with local farmers and landowners.

"In the west area of the National Park, reaching from Kirkby Lonsdale in the south to Sedbergh and beyond to the Westmorland Dales, there are 339 footbridges. This one crossed a tributary only a few metres away from Scandal Beck, just upstream from Ravenstonedale village. As is typical in the Dales, innocent little streams can become pretty vicious after heavy rainfall and the footbridge couldn't withstand the force of the water. Rangers have put back the bridge slightly higher than before and carried out some landscaping. I'm glad to see it looking well again. Ravenstonedale is a beautiful part of the world and a quiet place to see wildlife such as red squirrels and kestrels."



## **ROYAL BRITISH LEGION SEDBERGH & DISTRICT BRANCH – NEWS UPDATE 2020**

*David Parrat*

Sadly, some members have passed away during the year. These include Arthur Bramham and Jane Collison.

Keith Wood and Sandra Gold-Wood stood down as Committee members after several years of sterling service to the branch. A few new members were recruited, including Nigel Whiting who became a Committee member at the AGM in October. The branch strength at present is 125, of which 70 are full members and 55 are affiliated members from Sedbergh School. There is a need to recruit additional members.

Branch Officers and Committee Members are as follows: President:

Tony

Reed Screen

Chairman:

Nick Cross

Treasurer:

Martin Gray

Secretary:

David Parratt

Membership Secretary:

David Parratt

Poppy Appeal Organiser:

Nick Cross

Standard Bearer:

Nick Cross

Committee Members:

John Pease, Rose Pease, Myles Ripley, Dennis Whicker, Keith Birbeck, Nigel Whiting.

Various fund-raising and social events were planned for 2020. Regrettably, the global outbreak of the Covid 19 virus and the subsequent pandemic from March onwards resulted in the cancellation or postponement of these events. These included: a Talk on military history – ‘Stalingrad’ on 27th March, a full programme of VE Day celebrations on 8th May, the combined service in St Andrews for dedicating the new branch Standard and the laying up of the old one on 10th May, the branch annual dinner on 15th May and various coffee mornings. It was possible however to mark the VE Day event in a limited way with the community, allowing for covid restrictions, with socially distanced street parties. A team of judges toured the parties and Castle Garth won the trophy for the best

### **ROYAL BRITISH LEGION**

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

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

Membership costs £17.00 - call 20964

email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

For more information, visit our website:

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



street. There was also a restricted event for VJ Day.

In February, Brian Capstick provided an update to branch members on the 'Rawthey Project', a veteran's rehabilitation programme which Brian had set up since leaving the Army as a warrant officer. The branch continues to support this project and branch funds have been raised as appropriate to provide emergency grants for veterans in need. The Rawthey Project has now been in existence for 4 years. Sadly, it was reported that there are over 4,000 veterans in prison and 45 per cent of those re-offend within 18 months of release. With regard to PTSD (Post Traumatic Stress Disorder), it can be up to 14 years

before this manifests itself. It was the intention to make the Legion aware at County level of how best to support cases of this nature. Good work was being done at branch level and community support in Sedbergh over the Christmas period 2019/2020 for several veterans and their families which has been much appreciated. It was emphasised that community support was vital and does not necessarily have to be financial. The subsequent effects of the Covid 19 virus will inevitably result in many more veteran welfare cases requiring urgent support around the country. It was hoped that a Mental Health First Aid awareness course could be arranged for the branch as soon as possible.

## Fells Kitchen

### Burgers

#### Fells Kitchen Galloway Burger with Fried Onions & Cheese: £8.50

Our signature Galloway beefburger is the rugged epitome of the howgill fells (Ravenstonedale Common) the beef is born and reared on.

#### Minted Fell Lamb Burger £8.00

A blend of our native breed rough fell lamb with minted herbs gives a hearty flavour of the howgill fells.

#### Pork & Apple (ham) Burger £8.00

Rare breed Berkshire Pork, born & reared in Sedbergh, blended with our own apple recipe.

#### Fells Fried Chicken Burger £8.00

Our own unique recipe of the family favorite chicken burger.

#### Piper Hole Mediterranean Goat Burger £8.00

The perfect alternative for those with stomach ailments. Produced at Piper Hole Farm, Ravenstonedale, these flavours blend the provenance of the howgill fells with the seasoning of the Mediterranean.

#### Halloumi & Med Vegie Burger £7.50

A tasty vegetarian option prepared and fried separately.

All burgers are served as a meal with fries, sauce as requested, a tray and fork.

## Fells Kitchen

### Fells Fried Chicken

#### Sharing & Boneless Buckets:

4 pieces of chicken & 2 fries	£9.99
8 pieces of chicken & 4 fries	£12.99
16 pieces of chicken & 8 fries	£14.99

#### Meals for One:

Rice box with chicken fillet	£8.00
Bucket for One	£8.00
4 Piece Fell Meal	£7.50

#### Burgers & Wraps:

South Lakes Fried Chicken Burger	£5.50
Popcorn Chicken Wrap	£5.50
Spicy Chicken Burger	£6.00

#### Snacks & Extras:

Regular Fries	£2.00
Popcorn Chicken Bites	£3.00
Hot Wings	£3.00
Mac & Cheese	£4.00
Coleslaw	£2.00
Cajun Beans	£2.00
Corn of the Cob	£2.00
Cold Drinks	£1.00
South Lakes Fried Gravy	£2.00

#### Deserts:

Doughnuts & Chocolate Sauce	£4.50
-----------------------------	-------

## Fells Kitchen

### Chef's Corner

#### Burrito's:

Chilli Beef	£6.00
Pulled Pork	£5.00
Salt & Pepper Chicken	£5.50
Chilli Med Veg	£4.50

#### Wraps:

Chilli Beef Wrap & Chips	£8.00
Pulled Pork Wrap	£5.50
Popcorn Chicken Wrap	£5.50
Salt & Pepper Beef Strips	£5.50
Haloumi & Sweet Chilli	£5.50

#### Specials:

Posh Kebab (The Bobby Dazzler)	£9.00
(Prime cut beef strips, homemade flat bread with chilli sauce)	

#### Beef Strip Rice Box

(Lean sirloin strips on a bed of rice) £8.00

#### Chilli Chicken Wings & Fries

(A spicy and tasteful favourite) £7.50

#### Children:

Kids Sausage, Chips, Beans & Drink	£4.50
Chicken Nuggets, Chips, Beans & Drink	£4.50

#### Extra's

Chips	£2.50
Salt & Pepper Chips	£3.00
Cans	£1.00

Local Meat ~ Qualified Chef ~ Delivered to Your Door ~ Mobile Catering ~ Restaurant Quality ~ Street Food Prices

A 'Hells Fells' event was held between 10th – 14th August organised by Brian Capstick and supported by the branch. This was an event for disadvantaged children and veterans' families who need support and rehabilitation, providing adventure training experience and mental awareness. Activities included farm experience, hill walking, ghyll scrambling, sailing, pony trekking and mountain biking. This provided a platform for outreach and a pathway out of social exclusion. The greatest success was bringing together civilian, veteran and serving communities. Funds raised at the event went towards Rawthey Projects and rehabilitation programmes.

As part of Branch Community Support, the branch has been maintaining contact particularly during the lockdown periods with elderly widows and widowers of Legion members in Sedbergh to check that they are receiving sufficient support either from family, neighbours or the Covid 19 Sedbergh & District local support group.

The Sedbergh branch wishes to thank everyone that has been involved in helping with the Poppy Appeal collection and the public for their continued support. Approximately £3,500 has been collected to date during the 2020 Poppy Appeal. The final figure will be confirmed in due course. The Appeal was very much restricted by the

## Fells Kitchen

### Weekends at New Bridge Sedbergh

(10am to 2pm Every Sat & Sun to Easter)

#### Breakfast Menu:

All Day Full English Breakfast	£8.00
Full English Breakfast Burrito	£6.50
Breakfast Barm (Bacon, Sausage, Egg):	
• 1 Item	£3.00
• 2 Items	£3.50
• 3 Items	£4.00
Poached Egg & Avocado on Toast	£4.50
Omelet's (ham, cheese, onion, tomato, spinach)	£4.50

#### Lunch Menu:

Soup of the Day	£2.50
Fells Kitchen Galloway Burger & Chips	£8.00
Minted Fell Lamb Burger & Chips	£8.00
Fells Fried Chicken Burger & Chips	£8.00
Chilli Beef Burrito	£5.50
Pulled Pork Wrap	£5.50
Salt & Pepper Beef Strips Burrito	£5.50
Salt & Pepper Chips	£3.00
Chips	£2.50

## Fells Kitchen



Chef Paul Jones

"I don't accept that good food has got to be expensive, we just need to think differently."

Our farms and fells produce some of the best food in the world, so why look any further?

It took me 6 years to train as a chef, I went on to earn 2 AA rosettes before I was 30, and now I want to tackle the covid challenge.

We need to drive operating costs down, improve covid security and provide healthy, affordable variety to families who are seeing their household budgets cut.

The combination of mobile catering, doorstep delivery, shortened supply chains, local produce and innovative menus are my solution.

Please come and join us. If it's not on the menu, please ask, I love a challenge."

## Fells Kitchen



#### Opening Hours

##### Mornings:

Wed (Sedbergh Market): 9am to 1pm  
Thu & Fri (New Bridge): 9am to 1pm

Evening (free) Deliveries  
(7 days a week): 5pm to 10pm

##### Weekends (Sat/Sun/Bank Holidays):

New Bridge Sedbergh 10am to 2pm

Telephone orders for collection or delivery:

**07928 148 510**

Facebook: @FellsKitchen

Website: [www.farmandfell.co.uk/fells-kitchen](http://www.farmandfell.co.uk/fells-kitchen)

Local Meat ~ Qualified Chef ~ Delivered to Your Door ~ Mobile Catering ~ Restaurant Quality ~ Street Food Prices

Covid virus. We were unable to use Killington Services which in previous years has brought in up to £4K and various outlets in the town were unable to take part as usual.

The Remembrance period was also restricted. The Festival of Remembrance in the Royal Albert Hall on 7th November was a pre-recorded programme broadcast on television. The Cenotaph Ceremony, the annual national service of remembrance was held in Whitehall on 8th November with smaller numbers of participants and spectators. With regard to Remembrance Sunday in Sedbergh on 8th November, a limited outdoor service was held at the town war memorial in St Andrews churchyard, led by Reverend David Crouchley, with a two-minute silence at 1100, followed by the laying of wreaths during which a Lament was played by a Piper from the Town Band.

Towards the end of the year, all branches received information drawing attention to the Legion's centenary on 15th May 2021, providing an opportunity to reflect on our past and prepare for the future. Branches were asked for their thoughts and ideas and what were considered the biggest challenges for the Legion and for the Armed Forces community in the years ahead. The Legion is intending to mark its

centenary, covid restrictions allowing, by:

- ◆ Planning a range of centenary-themed events and activities during 2021
- ◆ Creating and curating a Legion historical archive. This will be a free-to-use, fully searchable, user-friendly database, which will also serve as a digital repository library and will be made available to both members and the general public
- ◆ Providing an opportunity to examine and review the Legion's aims and objectives moving forward

The Branch Centenary is due on 11th December 2022. Consideration will need to be given in due course to explore the most appropriate way of commemorating this milestone, including whether to focus on events leading up to the Remembrance period. It was also considered that community engagement and raising awareness of the Legion were important issues.

The Sedbergh Branch was founded in 1922 and needs to continue to recruit volunteers and new members to keep up its good work. If you would like to become a member or learn more about the Legion, please contact David Parratt on 015396 20964 or email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for an application form. You do not need to have served in the Armed Forces to be a member. For more information, visit our website: [http://www.branches.britishlegion.org.uk/branches/sedbergh](http://www.branches.britishlegion.org.uk/) The National website is: <http://www.britishlegion.org.uk>

## CHRISTMAS IN SEDBERGH

*Elspeth Griffiths and others.*

Thanks to all who done have so much for making sure Sedbergh, and its inhabitants got through last year.

At Christmas time the Town Band performed twice in Main Street. It was very enjoyable. Thank you and Andrew Allan who videoed it.

Comments from friends of Sedbergh:

'Thanks - really well done and happy. Made me remember going caroling in the cold and snow - but great fun!'

'I really enjoyed seeing and listening to the carols. Well done, Sedbergh Town Band!'

'How lovely! The acoustics were really good for being outside. I guess having that little alcove (bus shelter?) made the sounded even better. There is something really heartwarming about little groups of carolers and

instrumental groups playing carols. They seem to mean so much more - the simplicity - like the simplicity of the Christ child's situation, that are much more meaningful. Very nostalgic! 'Thank you, it is lovely. I have forwarded it on to Mum who always likes a good brass band.'

'We were thrilled to be in the street at Sedbergh listening to the band play Christmassy music. We remember so fondly the lovely man who used to conduct the Sedbergh school band and, I think, the town band, and who died quite young. You would know who I mean. We met him and heard the band play in the Church once when visiting Sedbergh.'

The lights were excellent and very many congratulations to Ian Hutt for setting them up and taking them down. Also those who made the lights and decorated their houses and



sk

INTERIOR & EXTERIOR

e: [skdecorating@live.co.uk](mailto:skdecorating@live.co.uk)

07971 666785

DECORATING

Stefan Kliszat

01539620524

gardens. In addition, thanks to those who decorated the shop windows and to Dr Hunt, who switched on the lights.

Andrew Allan is be thanked for videoing the lights and with music from the Town Band.

Comments about the lights:

'I just turned on YouTube and up popped Sedbergh & District Christmas Lights. If you know Andrew Allan please thank him for me. It was a real pleasure to see the lights. Few lights are up in my neighborhood this year. Too many shops have closed and the mood is not good in New York.'

But I shall enjoy this video often.'

'We have loved looking at the Sedbergh Christmas video. While towns like Sedbergh exist England will always be crucial in history. It nurtures the old values. Here, Australia is forgetting that part of its past and it is distressing for people like us. We are grateful to have shared Sedbergh's Christmas in the video.'

The Christmas grotto run by Dennis Whicker on Zoom was very popular.

The calendars sold by the TIC and the Post Office with photographs taken by local photographers have proved very popular.

'I particularly like June with the contrasting skies and the flowers being blown in the wind. The ponies in March are lovely. In fact, the whole calendar is really super. It's like all the artistic photographers were out in force. My photos never turn out like that, but I admire people who can make the most basic of scenes so stunning.'

## WASSAILING IN SEDBERGH COMMUNITY ORCHARD

*Ann Parratt*

Did anyone see a wassailing person in the Community Orchard on the 5th January? Hopefully he/she was there, as tradition would have it, on twelve night a ceremony takes place to bless the trees to help produce an abundant crop during the next season.

Slices of bread or toast are laid at the roots and sometimes tied to branches, cider can also be poured over the tree roots. This old tradition, which mainly takes place 'down south' in cider orchards, has been recently revived at the Clevedon Community Orchard, with added entertainment and music from the Bristol Morris Men. Maybe our

*Treadwell Flooring*

*Established Family Business since 1999*



*Contract & Domestic  
Extensive Range of Floor Coverings  
Carpet, Vinyl, LVT and Wood  
Carpet Cleaning Service Available*

*F: 015396 21175 • M: 07795 598 913*

All types of fencing  
undertaken. All  
enquiries welcome

## Chris Harper Fencing

Call on 07957515711 or email  
[charper6020@icloud.com](mailto:charper6020@icloud.com)  
for info

Community Orchard should hold an event like this next year?

Wassailing also involves drinking and singing to the health of the trees in the hope that they will provide a bountiful harvest in the autumn and generally involve a wassail King and Queen leading the assembled group of revellers, in our case it would comprise of COGS members and Sedbergh residents in a procession to the orchard. The wassailers would gather round the biggest and best tree, and as a gift to the tree 'spirits', the Queen would place a piece of wassail (hot mulled cider with spices) soaked toast into its branches.

An old tradition which encourages a great apple crop - what could be better?

Stand fast root, bear well top  
Pray the God send us a howling good crop.

Every twig, apples big.  
Every bough, apples now.  
— 19th century Sussex,  
Surrey  
Apple-tree, apple-tree,  
Bear good fruit,  
Or down with your top  
And up with your root.  
— 19th century S. Hams, Devon

## DENTDALE MEMORIAL HALL

Sarah Woof

A fantastic response to a request for help to decorate the windows at the Hall resulted in a happy time one Saturday morning and really decorated lovely windows to brighten that part of the village. And generosity too in lights etc donated to the DMH. Thank you to all who helped erect the display both inside and out and take it down again. And provide refreshments.

We closed and then reopened then closed again and then reopened briefly and are once more, in January, closed again! But we are ready to reopen as soon as it is allowed.

The officers meet between the committee meetings and our AGM is in March however it will be held. At this we discuss general matters and fund raising especially the Aug BH Monday event.

The school used the Sedgwick Room as storage which we were pleased to help with but when we can reopen then that space will also be available to hire. And is already booked for local elections in May.

Any enquiries or suggestions do get in touch with me, the Chairman, or for booking the rooms even provisionally contact Anne McClurg. Chairman DMH Sarah E Woof. 015396 25212.

Jeanette's sewing  
repairs and  
alterations

Contact me for a price on email  
or by telephone

Telephone: 01539634652

Email: [Jeanettehanna64@yahoo.co.uk](mailto:Jeanettehanna64@yahoo.co.uk)



## ITALIAN CLASS

*Marigold Carter*

G.D. Handley started his Italian classes in the early 2000s. In these classes he fostered a tremendous love affair with all things Italian and great friendships between the students developed. The sad loss of two of the group, Jane Collison and Ann Heaton from Kirkby Lonsdale occurred just before Christmas. Both excelled at grammar and general understanding of the language. Ann and her husband Brian, and Jane came on nearly all GD's Italian adventures, staying in Fiuggi, a classic Medieval hill town, and spa town famous for its mineral waters which were said to cure kidney stones.

Ann and Brian's son is married to an Italian girl, which is why she took up Italian, though none of the Italian relatives would speak Italian as they wanted to improve their English! Jane had no Italian relatives but recent travels into Italy gave her a love and fascination with the country and all it's wonderful art and food culture and



the lovely Italian people. Both Jane and Ann enriched our classes and we all will remember them with great affection and miss them very much.

## THE REVEREND DAVID HALL

The Rev. David Hall passed away in St Gregory's Care Home on January 14th. He was the Methodist minister in Sedbergh with his wife,

Janet, daughter Judi and son Peter from 1988 - 93 and they have happy memories of their time here. They had previously spent several years in India and some of us remember savouring Janet's Indian meals.

David was a well respected minister and a sincere friend during his time in Sedbergh. Some remember the Bible Study group which he led.

He was a great support to those going through difficult times. His prayers and quiet presence were always a comfort and much appreciated.

A service to celebrate David's life will be held at Beetham Hall Crematorium on a date to be arranged.



## Pennine Outdoor Fabrics Ltd

FABRICS & HABERDASHERY

**Make or Repair your own kit!**

**Waterproof, Breathable, Fleece & Tweed Fabrics  
Buckles, Webbing, Patterns, Zips and Accessories**

**[www.pennineoutdoor.co.uk](http://www.pennineoutdoor.co.uk)**

**sales@pennineoutdoor.co.uk • 015242 63377 • Central Buildings, High Bentham, LA2 7HE**

# A VIEW FROM THE FELLS



## SPRING SHOW 2022

*Marion Wood*

Due to the continuing covid situation in the country we have sadly decided to cancel the Spring Show for 2021. However, we have booked the People's Hall for the 26th March 2022. It should be a wonderful display of entries with strong competition in all the classes. Hopefully, the band will be playing and lots of people will come to enjoy the exhibition and to have tea and cake. The champions' cups will be polished and shiny ready for the next winners to take them home.

## SINGING IN THE HILLS

*Julia Pritchard*

One dark, damp morning in mid-December, on my descent from Winder into Sedbergh, I was met by magnificent choral voices coming from the Sedbergh School Carol Service. O Come All Ye Faithful flowed up the fell to meet me....

A truly wonderful melodic sound in these Covid ridden days.

Thank you staff and students of Sedbergh School, for a perfect start to my day!

## TIM'S COLUMN

*Tim Farron*

I know it is a bit of a while ago now but I hope you had a enjoyable if quiet Christmas and are looking forward to 2021 with a bit of optimism. At least we have the vaccine and people are actually receiving it and I have been working with the NHS to try to ensure that people can vaccinated in as many places around here as possible. I hope by the time you read this Sedbergh will be one of the places where the vaccine is available, but clearly we will still need to remain very vigilant and take extra care to ensure that we keep the spread of the virus to an absolute minimum for quite some time to come.

I am keeping up my pressure on the Government to improve support for all the businesses who have been affected by COVID. The other day I saw some figures from a survey saying that just under half of tourism businesses in Cumbria currently do not expect their business to survive until Easter. That is really scary given how central tourism and visitors are to the economy around here, but the businesses affected are much broader than just tourism. I have been contacted by lots of small businesses like taxi drivers and hairdressers who have not been able to access any support at all during the lockdown. I have written here in the past about the three million people who have not been able to get anything, many of them are in quite desperate straits now and I simply cannot see why the Government is doing nothing to help them.

The other group I have been trying to help are farmers. The Government has still not sorted out how it is going to support farmers. I am seriously worried that unless something happens soon we will see ever more family farms being sold and farms in this country will change, becoming more like the large ranches you see in the United States.

One way the Government could show its support for farming around here would be to find some money to support Newton Rigg agricultural college up near Penrith. As I am sure anyone involved in farming will know that the current owners of the college, Askham Bryam, another college based near York, plan to close the campus and sell the site to make some money to sort out their financial problems. Given how much they want for the site the only way of saving agricultural training in Cumbria will be for the Government to step in with some cash. I am doing all I can to support the groups who are trying to take over the college and keep it going. Newton Rigg is outside this constituency, so I need to be a bit careful, but it is so central to farming around here that I have to do all I can to keep it going and get it onto a more secure financial footing.

So it has been a busy couple of months. The absence of much travel to London and being able to attend meetings without leaving home has freed up quite a bit more time to actually do things.

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

## **SEDBERGH PARISH COUNCIL**

*Janey Hassam – Clerk to the  
Council*

The Council held their online conference meeting on 14th January 2021 at 7.30pm (and previously on 10th December 2020). Their next scheduled meeting is Thursday 11th February 2021 at 7.30pm. Any member of the Public that would like to attend, can be sent an invite to this video meeting. Please contact the Clerk for the joining instructions.

### **Casual Vacancy**

Following the resignation of Cllr K Saunders, a Casual Vacancy had arisen and an advertisement for this position is included in this addition of the Lookaround, the closing date is 27th February 2021.

### **Broadacres Housing Association and South Lakes Housing**

Members discussed the Planning Application for development of Land off Station Road, Sedbergh. Full planning permission for erection of 50 No. dwellings (16 open market, 17 affordable/social tenanted, 17 affordable shared ownership), external works and landscaping. Members discussed the site, and highlighted some areas of concern, including safety at the entrance/junction to Station Road, drainage and historical observations on the site ‘sinking’, additional sewage pressures on the existing station located at Birks, future commitment to South Lakes Housing’s current housing stock in the town and desires to improve access to Queen’s Garden.

### **Parish Council Finance**

The Council wished to highlight, with sincere thanks, the recent legacy received, from the late Mr RN Lord, to

the Parish Council. Funds will be reserved for a) infrastructure and benefit of local people and b) encourage young local talent in areas such as music and the arts and farming and the local economy. Members will consider potential options/projects for the benefaction in the future. Additionally, the Precept for 2021/2022 was agreed by Members, reflecting that this was a difficult time for all residents.

### **Other Matters**

Various other matters were discussed, including Covid Support, the Poverty Emergency declared by South Lakeland District Council, Electric Vehicle charging points proposed at Joss Lane car park and the People’s Hall car park, Planning and the Finance Committee meeting.

The advertisement features the logo 'H & M CRAFTSMEN' in green and grey, followed by 'KITCHENS | BEDROOMS | STUDIES'. Below the text is a photograph of a modern kitchen with light-colored wooden cabinets, a large central island with a white countertop, and two stools. The floor is made of large tiles.

Showroom currently closed BUT we are open for Home Visits & Designs

**Ingleton | North Yorks | LA6 3NU**

**015242 41535**

**kitchensandbedrooms.co.uk**

Various correspondence was also discussed, including a concern raised in relation to erosion to the river bank close to the weir and a query raised in regard to problematic/continual parking at St Andrew's Church. Members wished to remind residents/visitors that parking is restricted to 1 hour at this location.

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)

## CHIROPPODIST

*HCPC Registered*

**Kay Whittle**

MSSCh DipPodMed MBChA MInstChP

Pedi-Care House, Howgill Lane,  
Sedbergh LA10 5AD

**Tel: 015396 22122**



Open 09:00 - 4:30

Please phone for appointments  
Closed on Mondays

*Supplier of  
"Softop" socks*

*Argan oil & cream; Arnica gel & Aloe Vera*

## SPEED AND NOISE

*Hamish Wilson*

We are writing, as a joint parish council group, to express our concern about the disturbance caused to residents in the Yorkshire Dales National Park by weekend motorcyclists.

We need to stress from the outset that we do not wish to 'demonise' the motorcycling community. We want everyone to be able to take full advantage of the beautiful landscape in which we live and many motorcyclists are responsible road-users. However, there is a significant and increasing number who are creating considerable danger and difficulties in the National Park, an area embracing Cumbria, North Yorkshire and Lancashire.

The main problems are caused by speed and noise. Many motorcyclists break the speed limit and cause danger not only to themselves but to other road users. Every year there are injuries and frequent near-misses. Sadly, we have also had over recent years more than our fair share of fatalities. Many also ride at great speed which, besides being highly dangerous, generates high noise levels, breaking the peace and tranquillity of the National Park enjoyed by residents and visitors alike.

The prime motorcycling season runs from spring through the summer months and ends about mid-October. In recent years, the numbers of motorcyclists have steadily increased. This year, there has been a huge spike in 'biker' traffic, especially in the weeks following lockdown and we

have, as parish councillors, received a record number of complaints.

We have seen little or no evidence of police patrols to curb infractions of the speed limit and we feel that the problems are being exacerbated by this apparent absence of policing. We fear a message is being sent out to the motorcyclists that the Yorkshire Dales National Park is a place where they can break speed and noise limits with impunity.

As a group we have identified three main agencies who can help us alleviate what is becoming a rapidly increasing problem: local county councils, the police and parliament.

We propose our county councils reduce the speed limit through signage. We are however, very much in favour of an average speed system

which would not only reduce but also enforce lower levels of speed.

We propose police motorcyclists patrol the National Park at weekends as a co-ordinated force, representing the three constabularies of Cumbria, North Yorkshire and Lancashire. This should not only cover the necessary ground but share the burden of resources.

We propose that Secretaries of State (Transport/Environment) and local MPs introduce national measures and legislation to curb noise levels. We believe 'noise guns' are currently being trialled in some parts of the UK.

Besides the agencies outlined above, we also seek the help and support of The Yorkshire Dales National Park Authority (YDNPA), the

## Sedbergh Parish Council

### INTERESTED IN HELPING YOUR LOCAL COMMUNITY?



**We currently have a casual vacancy on Sedbergh Parish Council and,  
as no election has been requested, we wish to co-opt a new councillor.**

The Council may co-opt any person who is able to hold such office, and who is willing to serve their community. Provided, they are at least 18 years old, a British citizen, an eligible Commonwealth citizen or a citizen of any member state of the European Union, and they must also meet at least one of the following four qualifying criteria:

- You are, and will continue to be, registered as a local government elector for the parish/community in which you wish to stand from the day of your nomination onwards.
- You have occupied as owner or tenant any land or other premises in the parish/community area during the whole of the 12 months before the day of your nomination and the day of election.
- Your main or only place of work during the 12 months prior to the day of your nomination and the day of election has been in the parish/community area.
- You have lived in the parish/community area or within three miles of it during the whole of the 12 months before the day of your nomination and the day of election.

(Additionally, you cannot apply if, for example, you are the subject of a bankruptcy restriction order or interim order. You have been sentenced to a term of imprisonment of three months or more (including a suspended sentence), without the option of a fine, during the five years before polling day. You have been disqualified under the Representation of the People Act 1983 (which covers corrupt or illegal electoral practices and offences relating to donations).

Written expressions of interest from persons wishing to serve as a Councillor need to be submitted to the Clerk to the Council 72a Main Street, Sedbergh LA10 5AD (or emailed) to be received by Friday 27th February 2021. It would be helpful if your letter (preferably on one side of A4 paper) could provide some details of your background, any experience you feel is relevant, and a statement explaining why you would wish to serve as a Parish Councillor.

Should you be interested in serving as a Councillor you are encouraged to contact the Clerk to the Council who will be able to explain the nature of the role, the time commitment likely to be required and the training which is available for new Councillors. Alternatively, please speak directly with an existing Parish Councillor – these are currently (The Chairman) Kevin Lancaster (Vice Chairman) Ian McPherson, Steve Longlands, Roger Sedgwick, John Capstick, Margaret Brooks, Simon Arnold, Helen Bromley, Ed Welti and Rachel Cowperthwaite. Please visit the Council's website [www.sedberghparishcouncil.org.uk](http://www.sedberghparishcouncil.org.uk) for more information about the work of the Council.

*Janey Hassam, Clerk to the Council (07966 134554)  
Email: clerk@sedberghparishcouncil.org.uk*

Royal Society for the Prevention of Accidents RoSPA and the Driver and Vehicle Standards Agency (DVSA).

We have joined forces as local councils to better create awareness of the situation and to campaign for changes which will allow everyone to enjoy the beauty of the National Park in peace and safety. We have started the campaign this winter with the aim of seeing significant change and benefits by the spring of next year, 2021. We hope we will have your help and support in this matter.

*Hamish Wilson, Acting Chair of Joint Parish Council Group; Garsdale Resident and Garsdale Parish Councillor; email:*

*hamishwilson59@icloud.com*

*Chris Benson (Chair, Casterton PC)*

*Nick Cotton (Cumbria County Councillor, Sedbergh and Kirkby Lonsdale)*

*John Emsley (VC, Ingleton PC)*

*Roger Groves (Chair, Barbon PC)*

*Carol Howard (Councillor, Ireby and Uldale PC)*

*Philip Johns (Clerk, Garsdale PC),*

*Kevin Lancaster (Chair, Sedbergh PC, South Lakeland District Councillor, Sedbergh and Kirby Lonsdale)*

*Howard Lewer (Councillor, Melling with Wrayton PC)*

*Jill McMullon JP (Chair, Hawes and High Abbotside PC, Richmondshire District Councillor, Hawes and Upper Swaledale)*

*Ian McPherson (Councillor, Sedbergh PC)*

*Michael Roberts (Chair, Middleton PC)*

*Andrew Royce (Chair, Burrow with Burrow PC)*

*Edward Waller (Councillor Kirby Lonsdale Town Council)*



**Valerie Hinde**

Chartered architect and designer

New build and extensions

Refurbishments

Conservation

Listed buildings

Planning applications

Building regulations

Community

Commercial

49 Robin Lane, Bentham, LA2 7AG

Tel 07503 731818 015242 61407

[valeriehinde@gmail.com](mailto:valeriehinde@gmail.com)

[www.valerie-hinde.co.uk](http://www.valerie-hinde.co.uk)

## SETTLEBECK NEWS

*Juliet Campbell*

We were not able to hold our much-loved Christmas Market at the end of last term because of Covid restrictions. However, the hugely popular Grand Christmas Draw did still go ahead. We would like to say an enormous thank you to everyone in our community for their generous donations and for buying tickets, particularly at such a difficult time. You bought more than ever before and we raised over £1000 for school funds and community projects. We are looking forward to more normal times when we can, once again, welcome you back to Settlebeck and to join us in community activities.

# Thomson Hayton Winkley & The Rural Law Practice

## Solicitors & Advisors

Helping families, farmers and businesses  
in Sedbergh and the local area



Thomson Hayton Winkley  
114/116 Stricklandate, Kendal, LA9 7DW  
T: 01539 721945 E: info@thwlegal.co.uk

The Rural Law Practice  
J36 Rural Auction Centre, Crooklands, LA7 7TP  
T: 015395 67571 E: info@rurallawpractice.co.uk



[www.thwlegal.co.uk](http://www.thwlegal.co.uk)

THE RURAL LAW PRACTICE  
Thomson Hayton Winkley

Settlebeck School would like to say a huge thank you to Sedbergh and District Community Fund (through Clutterbooks Charity Shops) for their donation of £3500 towards upgrading our Design Department and purchasing a laser cutter. It is a matter of huge pride that our small school can offer facilities that rival our much bigger counterparts, whilst still giving pupils the opportunity for a small, caring school life.

We are planning to run some Computer Aided Design and Manufacturing evening classes for the community when we are able, open to anyone in the area, so watch this space.

## SEDBERGH SCHOOL NEWS

*Karen Bruce-Lockhart*

Following the discovery of pupils testing positive in Sedgwick House, about 53 pupils in four Houses were found to be testing positive, although there were no cases of actual illness. However, the pupils were confined to their Houses while mobile testing units were brought in to test the whole School. It was not known how the virus first entered the School. The results of the mobile testing showed 151 pupils out of 501 and 15 staff out of 239 tested positive.

In the Houses the pupils were kept in year group bubbles for the two weeks and confined to their House and garden, and were taught

# ACUPUNCTURE

BAcC Member  
[www.acupuncture.org.uk](http://www.acupuncture.org.uk)



Experienced practitioner

Acupuncture can be helpful with  
many different conditions

**June M. Parker**

Dip Ac, MBAcc

49 Bainbridge Road, Sedbergh

Tel: 015396 20972

remotely in the same way as they had been at home in the previous term, as were those who had been sent home having tested positive. Various activities were used to occupy the pupils varying from House to House. Examples were interyear group pool, Ping-Pong, an in-House golf course, creating a House allotment, a challenge of pull-ups, push-ups, sit-ups and squats, garden "cross country" and so on

Many of the pupils sent home to isolate returned on Tuesday 1st December though some were delayed by difficulties in getting tests. Ordinary school face to face teaching recommenced on 2nd December although as some pupils were still at home the on line version continued, and the School returned to the Red Zone system.

The School learnt much from a term of using Microsoft Teams to teach remotely, and has consequently

enhanced its regular in-class teaching, for example: all Prep (homework) is set using; notebook with private sections for each pupil; tutorial groups and individuals; running departments; staff training; linking to streaming (internal and external); collaborating on documents; and phoning. And they think they may have only scratched the surface of its use.

In the week beginning 16th November many pupils both in the upper school and the Prep wore un matching socks in support of Anti-Bullying Week

On 19th November the Old Sedberghian Club held a Zoom Quiz which involved people from New Zealand and Canada among others, and in particular a call from a tent in a war zone which involved the use of a generator, and a pseudonym to protect the caller. The winning House, Evans, received a large hamper, the overall winner was Mr Mahon (Winder House staff), and the top OS was Matt Green (Hart House 03-07)

The pupil numbers at the Prep have continued to grow, to the extent that in Year 5 an additional form has had to be formed to keep the numbers in class small.

Mr Vereker at the Prep suffered from covid-19 but recovered well. All the evidence indicated he caught it outside the School environment.

A group of Year 7 & 8 pupils decided to raise money to bring some Christmas cheer for the residents of Brant Howe, and ran an "Adopt a Teddy Bear" stall. The Friends of Sedbergh Prep School, who usually raise their funds mainly from their

Christmas Fair, ran an online auction and raffle. Pupils returning from Isolation brought more contributions to the Morecombe food bank

The Prep School, undaunted by Covid restrictions, produced a video or "A Really Noisy Nativity", and also put their carol service (held in the upper School chapel) on line. The nativity featured with the impressive Grasmere Primary School Nativity on the BBC

In the last full week of term the School ran a Polymath Challenge involving 16 activities: 5-aside badminton, swimming, basketball, tam challenge, quiz, biathlon, chess, Dance, Dodgeball, Drama, football, Hockey, Problem Solving &

Teamwork, Rugby, Running, Singing, volleyball.

OS Geordan Moss returned to the School on 16th December to receive his Lord Lieutenant's Certificate which he was awarded for his tireless work in the Combined Cadet Force

The usual day of charity work at the end of term was somewhat handicapped but did not stop the pupils contributing. Each of the nine Houses made mountains of mince pies and other festive bakes for St John's Hospice. Sami in Year 12 cut off her hair and rapidly approached her £2,500 target for breast cancer. Pupils completed laps of the cross country course Reindeer Run to raise money for Cumbria Family Support. The pupils made and sent individually



### **DELIVER SUE!**

We can offer a delivery service on Fridays & Saturdays if you are willing to cover the cost of fuel thanks to our friend Sue & her partner Paul.

## **The Cross Keys Temperance Inn**

**Phone 015396 20284— [crosskeyscautley@outlook.com](mailto:crosskeyscautley@outlook.com)**

**TAKE-AWAYS DURING LOCKDOWN  
FRESHLY PREPARED HERE AT THE CROSS KEYS  
Tuesday to Sunday till 7.00pm**

A prepared meal to collect ready to eat served in recyclable or compostable containers.  
**Phone or email us for our extensive menu** which includes locally sourced ingredients wherever possible Including

- Gammon from Wensleydale,
- Beef from Cumbria,
- Rabbit from Tebay,
- Lamb from Cautley,
- Pheasant – don't ask!

We also have other meals available frozen for you to prepare yourself.

Please phone or email your order giving as much notice as possible.

Regular customers please ask for our new larger menu.

addressed Christmas crafts to Kendal Care Homes. The Houses carried out House Tidies to find items to denote to local clothes and book banks. Two carloads of donations were given to the Morecombe Food bank.

The whole School performed a Jerusalem Dance on the field in front of Powell House. The Prep School supported the Salvation Army present appeal.

At the end of term, in a gap in the weather, the Headmaster held a whole school assembly on top of the Cloisters, and thanked everyone for their cooperation during a difficult term.

The School's Head of Sailing and CCF Officer Commanding, Dr Myles Ripley, won a Community Hero Award

for his work in the Town during the Coronavirus pandemic.

The school has achieved awards in five categories in the @Inspiredschoolm 2020 Brilliance Awards. One of which was Mr Cooling for his spectacular photography – Judge's comments: "These images open up a door to a school that has stories to tell and I'm left asking questions and wanting to discover more".

The Prep School held a carol service in the Senior School Chapel, and the Senior School Choir carol singing was streamed on line.

Music - On 11th December the Chamber Choir performed Benjamin Britten's a Ceremony of Carols and were joined by Anna Kate Pearson,

**OAKMONT**  
PLUMBING - HEATING - ELECTRICAL

Affordable Prices  
Family Run Business  
Fully Insured Services

**SPECIAL OFFER £59.00**

Outside Taps Supplied and Fitted!

Limited Time Offer,  
Terms and Conditions Apply.

**GET IN TOUCH**  
01539 302 304  
info@oakmontplumbingandheating.co.uk  
Oakmontplumbingandheating.co.uk

safe

PLUMBING - HEATING - ELECTRICAL



Harpist. The planned Wild Chapel on top of Winder on 13th December was unable to take place due to bad weather.

Rugby - OS James Botham earned his first cap for Wales and OS Abbie Ward made her 21st appearance for England when England beat France 25-23 at Twickenham.

Cricket - The School has been included in the Cricketer Magazine Top 100 Schools Guide 2021. Although there has been no cricket this year, pupils and staff are working hard to be ready for next year.

LENT TERM - The Schools were well on their way to expecting the pupils back on Sunday with their preparations. However, on 5th January the Government dropped their bombshell, and the School had to do a quick turnaround to remote learning. This was particularly unfortunate for those pupils who had already returned in order to do 10 days' isolation before term started.

Eva's ORGANICS

Now delivering to Sedbergh!

FREE DELIVERY!

Organic Fruit, Vegetables, Apple Juice & Eggs

www.evasorganics.co.uk  
Email: info@evabotanicals.co.uk

## a helping hand

### Linda Greensmith



07919 152526

[lindagreensmith1@aol.com](mailto:lindagreensmith1@aol.com)

A friendly and reliable service  
for older people

Shopping : Transport

Companionship : Home Help

One boy, for instance, had to do an abrupt about turn long journey back to Malaysia, checked into a quarantine hotel & straight into remote learning on his laptop.

The school day starts with a meeting with tutors and other pupils at 7.45 and then 6 periods with two breaks followed by afternoon activities after lunch. For some pupils working in odd places (including a hospital bed) the timing of these events is unusual: in Hong Kong the day will begin at 3.45 pm and in the Americas anything between 4.15 am that morning and 12.45 pm the previous night. Pupils are able to contact and discuss matters with their tutors, teachers and Housemaster on all matters of teaching and pastoral care. The School is concerned to see that there is not too much screen time. Music lessons, art, and drama lessons all continue. Physical activities are encouraged. Each day an email arrives giving any update, setting the activities for the afternoon, and setting challenges such as photography, cooking, sudukos etc. Help and support on IT matters are available.

## NEWS FROM THE PEWS

Susan Sharrocks

Tony Reed Screen

Christmas is a distant memory now the days are lengthening and we look towards the coming of spring but I wanted to share some lovely moments of the season before we move on.

It seemed that everyone made a special effort to decorate their homes, their trees, in some cases their hedges. Indoors and outdoors, brightly lit stars shone brightening the dull, dark, wet days leading up to Christmas. The town looked wonderful and so welcoming, much hard work done for our benefit. The nativity scene in the dentist's window

acted as a reminder of the reason for the season.

The Western Dales Mission Community launched "Follow the Star" at the beginning of December. Pictures of the Christmas story drawn by the Primary School children were seen in the shop windows as were quiz questions on the story. The children are to be congratulated on their pictures, many of which were on display in the church and much admired.

The culmination of "Follow the Star" came on the Saturday before Christmas when children were invited to visit the gaily lit gazebo with the lifelike angel standing by in the churchyard. In exchange for their answers to the quiz they were given a

# CUMBRIA WOOLSHED

## CUMBRIAN WOOL FURNISHINGS COLLECTIVE

An exciting collaboration showcasing the wonderful products of well established local businesses

Laura's Loom

Herdwick  
Limited

Woolly Rug Co.



Amy Bateman  
Photography

Cable & Blake

The Bespoke  
Home Co.

The Gateway Unit, Dockray Hall Ind. Est.,  
Kendal, LA9 4QY

01539 721252

Open: Mon-Fri 9.30~5 & Sat 10~4

pack containing everything (and more besides) needed to make their own Christingle.

So far removed from the joyful sound of church bells on Christmas Eve a solitary ringer stood in the tower ringing one bell calling out to welcome a much smaller than usual congregation for the 11pm service. Two very welcome duty policeman came in from the cold, wet and windy night to join us. We knew they were on duty as voices on their radios could be heard intermittently throughout the service.

Rev David Crouchley and Rev Becca Gilbert led our Christmas morning service. As promised Becca wore her shiny silver high heeled shoes to match in with the shiny silver displayed on the high altar. It was lovely to see all the children joining in, and we got the pleasure of seeing their new toys.

The decision we have made locally to suspend Sunday and Wednesday services in church was not taken lightly. At the present time cases of Coronavirus are escalating, we therefore feel it is better to be safe than sorry by not meeting as we could never forgive ourselves if someone caught the virus as a result of attending one of our services.

In the meantime, Zoom brings us all together to take part in worship on Sunday mornings at 10.30am.

Take care.



## DUNCAN LAW Ltd

### Plumbing & Heating Engineer

Bathroom Suites & Tiling

Central Heating Systems

General Plumbing



Mob: 07796 544596

Tel: 015396 20930

## WESTERN DALES MISSION COMMUNITY

*David Crouchley*

Due to Coronavirus, at the time of printing, no physical services are taking place in the Western Dales. A weekly zoom service will continue on a Sunday morning. If you would like to receive joining details please contact Rev. David Crouchley on 015396 20329 or email [david.crouchley@btopenworld.com](mailto:david.crouchley@btopenworld.com). Please look out for updates on church noticeboards and on Facebook for details of when services restart.

## DENTDALE CHRISTIAN FELLOWSHIP

*Sarah Woof*

We continue with our Sunday eve fellowship on the 4th Sunday of each month meeting over zoom, we also meet on 2nd Thur monthly to study the Bible, at the moment the theme is Worship and led by a friend at Bentham. We gave each child in Dent School and nursery an Advent calendar and plan something a bit more 'crafty' next Christmas.

In December we held what turned out to be absolutely hilarious, a zoom for children including singing and a

story told with puppets! We hope to repeat the experience once we get our breath back.

We also KIT (keep in touch) by letter, email, phone, text and zoom with individuals and families during these challenging times.

If you would like to join in with anything we do or ask for prayer for yourself or someone else, or need some other help then give us a call.

Already we are praying into the annual Festival which this year starts on Fri 6th Aug. God Bless. Jn & SE Woof. Rhumes. Dent.LA10 5QJ.  
01539625212.

---

## **YORKSHIRE HUMOUR**

*Colin Cowperthwaite*

The following 'tall tales' appeared in 'The Dalesman' magazines several decades ago.

At the end of lambing time several shepherds were discussing their results of lambing. An interested listener was the son of one of them. He was aged about seven years. The following Sunday, the Sunday School teacher gave her class a lesson about the Good Shepherd. Just before dismissing them, she asked "Can any of you tell me who the Good Shepherd is?" This little chap put up his hand and said: "Please miss, it'll be Joe Thompson. He's lambed fifty fower yows this time and nobbut lost an odd lamb!"

Wilfred Pickles tells the story of a dales household which received a supply of electricity but used less than a unit during the first quarter. "You're very economical", the meter inspector remarked after jotting down details of the quarter's usage. "Nay, it's not that", the dear old lady of the

house replied. "We nobbut put t'leets on so as to find our way to t'paraffin lamp !"

I remember on my marriage an old Yorkshireman saying to me : "Congratulations, lad. Tha's at 'end o' thi troubles now". "Thank you", I replied. "That's nice to know". "Aye", he said, "T'forend !"

It was time for nature study and the teacher asked her class of six year olds why plants needed to be in the light. Little Robert's hand shot up: "Please miss, so you can see to water 'em !"

A young man was walking across the field carrying a hurricane lamp. He met an old farmer who asked: "Weer's tha going wi' that ?" "Ah'm goin' ta meet mi girlfriend and Ah can't stop. Ah'm late as it is". The farmer said: "Tha doesn't need that lamp. Ah nivver had a leet when I went courtin'". "Ah know", said the lad, "But look what thou got !



**Supply and installation of  
Wood, Multifuel and Gas Stoves**

**Flue and Chimney**

**Lining Services**

**Inglenook Specialists**

**Fully Qualified and experienced**

**Hetas engineers**

**01539 821061**

**[www.cumbriastovesltd.co.uk](http://www.cumbriastovesltd.co.uk)**

**SHOWROOM:**

**34A Main Street, Staveley,  
Nr Kendal, LA8 9LN.**



- No Job Too Small
- Fully Insured
- Free Quotes
- No VAT

For property maintenance, handyman services, painting and decorating

Give Tim a call on  
07958 612590

Or email - [timfostermaintenance@gmail.com](mailto:timfostermaintenance@gmail.com)

Local reliable tradesperson based in Dentdale

### FAMILY MUSINGS

*Sarah Woof*

Life seems both more complicated yet more simple at the moment, when I was a child, and yes that is over 50 yrs ago a Zoom was a favourite ice lolly, now zoom would take over my life if I let it! Social events, church services, Hall meetings even AGM all by this sometimes wonderful technical invention. Those ID and passwords which bring on long discussions as to 'is a q a g or a small Q?' and in saying 3 am I heard to say T..

Getting up in a morning and knowing that most days there is no particular hurry to be washed, dressed and dentures in by any

particular time because no one will come, and if they do then they take me as they find me, toothless and hair standing on end..

So, yes complicated and simple rolled into one, more time to tidy up (boring), to write (escape), go out for a walk (unless icy or slippy or v wet) time to use the telephone to hear another living human being, or Facebook for a virtual chat or write a letter to someone and hope they will be equally old fashioned and write me one back. And then there's Alexa...a present at Christmas to help fill my day's with all sorts of vital information and lots of music to dance to, news and to tell me the time. Once she gets installed obviously!

So are we being kind to one another and accepting that challenging times affects everyone in different ways? Me being a 'people person' and one who loves to show hospitality to others. I am struggling a tad with current circumstances yet finding new ways of doing but not often by zoom!

The garden is rather soggy and each footprint leaves a puddle on the grass, even Mitts seems to stay on the patio or paths or the drive. She sleeps in a wicker tray besides my chair keeping its contents warm but shunned a cosy blanket with suspicion. Stroking between her ears is allowed but anywhere else and 'Granny, Mitts bit me!'. There is something loving about ears, one of our grandchildren loves holding mine, his little finger just right size for the hole, and then other grandchildren blow in one and put their hand over the other to feel the draught. I taught them that one! Who needs toys when we have ears. I remember years ago sitting in chapel as a family and one of the people on the pew in front wiggled an ear.. our children were transfixed....Keep on keeping on and let's keep life as simple as we can.

## SEDBERGH LADIES N.F.U. *Caroline Sandys-Clarke*

It is with regret that we have decided to cancel all our speakers until after May as the current covid situation is so uncertain. By this time we shall hope that many people will have received their vaccinations and the whole pandemic situation will be more stable and under control. It seemed only fair to the speakers too, to let them know where they stand and we shall hope to welcome most, if not all of them, back later in the year or in 2022. Meanwhile we shall all strive to stay safe and well and look after our more vulnerable neighbours.

## NOVEMBER WEATHER

*Brian Wright*

A month that had a bit of everything, weather-wise. We had, once again, a fair amount of rain plus the regular November snowfall on the fells. Rainfall measured 47.6 inches (117.9mm) with an inch (25.6mm) fell on the 15th. We also had 6 dry days. Temperatures varied from a high of 63.5F (17.6C) to a low of 28F (-2C). Wind-chill took this down to 21F (-2.3C). It was a fairly windy month with

## Craig Chamberlain IT Services

**Problem with your computer?  
Perhaps I can help?**

[www.craigchamberlain.it](http://www.craigchamberlain.it)  
[info@craigchamberlain.it](mailto:info@craigchamberlain.it)

Support, training and advice  
for home & business.

Personal and professional  
service in your own home  
or office.

Simple honest explanations in  
plain English for all ages and  
levels of computer literacy.

**07526 825 153**



an average wind speed of 39.5mph (63.5kps) and a maximum gust of 56mph ( 90.2kps).

All the leaves are down and virtually covering the grass. It will a long job to clear them up. The winter jasmine is continuing to flower. A cheery spot at this time of year. Quite a few shrubs have leaves starting to show. We have something digging up bulbs, that we recently planted, and eating them!! The usual birds are still visiting the feeding station. We've had occasional visits from a great spotted woodpecker and nuthatch.

The mud is making getting on and off the field with my little tractor difficult. I managed to get my young tupps to market. A quick trip to J36 without getting out of the car. The tupps went in the middle of the month with their appropriately coloured ewes.

## DECEMBER WEATHER

*Brian Wright*

A fairly typical December with another wetish month with a total of 6.43 inches (162mm) falling. We had the odd flurry of snow but nothing serious only really covering the fell tops. We had temperatures up to 3.8C (38.84F) and down to -4.7C (23.54F) so a fairly chilly month. Winds were a maximum gust of 25.3m/s (56.59mph) and a minimum of 17.1m/s (38.25mph).

The general impression is that we've had plenty of rain recently, having got stuck with my garden tractor across the field, whilst feeding the sheep. The bulbs are pushing through steadily. It will be interesting to see if the rodents have left us any of the ones we planted last back end! The birds, chiefly Sparrows and Blue Tits, shift a fair amount of mixed corn



FRAME MARQUEES & TEEPEES  
VENUE COVER FOR ALL OCCASIONS

FURNITURE HIRE & TABLE LINEN

T: 015396 20602

W: [WWW.MARQUEETEEPEE.CO.UK](http://WWW.MARQUEETEEPEE.CO.UK)

E: [OFFICE@MARQUEETEEPEE.CO.UK](mailto:OFFICE@MARQUEETEEPEE.CO.UK)



## PHYSIOTHERAPIST

HCPC Registered



John Bannister  
Chartered Physiotherapist

**John Bannister**  
**Sun Lea, Joss Lane, Sedbergh**

Tel. 07877301088  
Email [john@jb-physio.com](mailto:john@jb-physio.com)  
Web [www.jb-physio.com](http://www.jb-physio.com)

**Competitive rates**  
**Home visits available**

**Flexible appointments to meet your needs**

and peanuts each day. We have a nice pair of Chaffinch visit regularly.

It's quite funny to see the hen Pheasants gleaning up around the feeders because they are waiting by the sheep troughs when I get over there! I've had a solitary viewing of an owl this month. There have been a nice pair of Chaffinch around regularly. We have had the odd visit from a male Kestrel. One swoop took an unfortunate blue tit! It is becoming quite a challenge to collect the goose's egg. As the poultry are shut up, due to the avian flu outbreak, I have to get past the gander to get it. Even with gloves on I am carrying a few bruises!! I grab his neck to try and stop him but then he wades in with his wings!!

## MILLTHROP MUSINGS

Jean Jones

We moved into Millthrop 3 years ago. In Spring of this year life became suspended. The car didn't move – nor did my husband's wallet which gathered dust on the dressing table – everything paid for online. Now we had every opportunity to explore our surroundings. We laboured up and down Frostrow and Holme Fell and wandered along the valleys of the Rawthey, Clough and Dee being careful to keep a safe distance from our neighbours the sheep!

The changing seasons brought an array of wildflowers, from violets and bluebells to briar roses and wild honeysuckle through to hips and haws and everything in between.

Our garden birds provided much entertainment. Hoards of sparrow fighting amongst themselves and being generally bossy! Sadly we now have a semi-resident bird of prey and the sparrows have "run for the hills". We still have goldfinches and siskins and the occasional nuthatch and the usual robins and blackbirds. We no longer go to concerts at the Bridgewater Hall but in the spring the songthrush enthrals us.

Among all this bounty there lives a wide tapestry of people – and their dogs!

We have been fortunate to have travelled widely over the years, but now we are in the autumn/winter of our lives we are so grateful to be living among all these riches!



## **SEDBERGH W.I.**

*Moira Folks*

In previous years, a report on our Christmas dinner outing would have featured prominently in the February edition of Lookaround. Covid-19 restrictions put paid to that, however, as they had with most of our plans for 2020. New plans went ahead instead. The new rota of weekly zoom meetings, alternating Craft and Chat on Tuesday afternoons with Coffee and Chat on the following Tuesday mornings, came into effect with a decidedly festive air on 15th December when Valerie Welti and Rosemary Blanchfield showed us the Christmas wreaths they were making, and we heard about the Christmas cards and gifts that several members

were preparing. Ellen had made something for each of her grandchildren. Valerie showed us a beautiful blanket she had made from pale blue and white squares knitted in many different patterns.

Manna House wasn't forgotten in the run-up to Christmas: Sandra Kemp had suggested that our members might like to donate some goods on a festive theme as well as the regular food and toiletries, so she delivered them on December 15th and they were gratefully received.

The book club continues to zoom into members' homes, the December meeting being devoted to 'Books for a Desert Island'. Which book would you choose to entertain you when whiling away the lonely hours after being

01539 879969



01539 628131

A photograph showing a person's hand holding a blue smartphone. The screen of the phone displays a yellow circular icon with a black telephone receiver and the word 'TAXI' in black capital letters. The background is a blurred outdoor scene.

**Outstanding taxi service  
in Sedbergh &  
surrounding areas.**

**4 - 16 seater vehicles  
available to transport  
you safely.**

**Contact us to find out  
more.**

[www.ldphgtaxis.com](http://www.ldphgtaxis.com) • [info@ldphgtaxis.co.uk](mailto:info@ldphgtaxis.co.uk)

shipwrecked? Several people had the same thought: it would need to be a long one! Perhaps it was a bit of a cheat, but family sagas such as the Ken Follett trilogies were popular: the Kingsbridge series (997AD to Tudor times) and the Century Trilogy (20th century) – Christine, Ellen and Moira voted for these Follett books. ‘Lord of the Rings’ and ‘War and Peace’ were also mentioned. Grace Ogilvie also chose a family saga, ‘The Cazalet Chronicles’ by Elizabeth Jane Howard, about the time before, during and after the Second World War: ‘So well-written and very relaxing!’ says Grace.

Novels of the Victorian era proved popular: Anne Pitt greedily suggested she would take the entire collected works of the Bronte sisters and Charles Dickens since she couldn’t decide between them! Otherwise, she would take ‘Where There is no Doctor: a village health care handbook’ by David Werner, based on his experiences in Mexico but which Anne herself had found extremely useful when she lived in the Congo! Others were a bit less greedy about Dickens: Valerie and Ellen chose long novels like ‘Dombey and Son’ and ‘Martin Chuzzlewit’ with Dickens’s usual myriad characters – evil; greedy; humorous; well-meaning; naïve. His portrayal of Victorian England, social comment, and idealistic endings with evil eventually overcome by the ‘small’ people so friendship and altruism triumph, may not always be true to life - but when marooned on a desert island you need HOPE!

Sandra Kemp thought that she would need cheering up if stuck alone on a desert island, so she chose ‘The 100-year-old man who climbed out of the window and disappeared’ by Jonas Johansson. In a care home, not wanting his 100th birthday party to begin, Allan escapes (in his slippers) and begins an unlikely journey involving criminals, several murders, a suitcase full of cash, and incompetent police, and reveals some of his involvement in momentous events of recent history! This book would make Sandra laugh.

Angela Dixon, who now has sight problems, thought of books she used to enjoy reading in the past to take to a desert island. ‘Pride and Prejudice’ by Jane Austen was one she had reread a lot, and found comic, as well as insightful into so many characters, especially when you consider how limited Jane’s life experience in Hampshire was. Unfortunately, Angela does not now enjoy it as an audiobook. A book she has enjoyed is ‘The Alchemist’ by Paul Coelho, an allegorical novel which follows the journey of a shepherd, Santiago, to find his treasure.

Elizabeth Saunders chose a very seasonal book: ‘Christmas Chronicles’ by Nigel Slater, ‘which is providing wonderful nuggets of nourishing insights and inspirations; it is as much about him and his lifestyle as about his cooking,’ she says, ‘and I can appreciate how it might not suit everyone (in fact, it might positively annoy!). This particular volume is very wintry which would be refreshing if the island is in a tropical location.’

Finally, a very personal choice from Anne Symons, who had considered the novels of Thomas Hardy, which she loves, her favourite being 'Tess of the d'Urbervilles' but its ending is so tragic it would be too depressing on her desert island! A light bulb moment sent her on a different tack: she thought of a book by her great-uncle! 'Log of a Lime Juicer: The Experiences under sail of James P. Barker, Master Mariner, as told to Ronald Barker by the Author (1936 USA).' Anne also has a longhand version of a Victorian romance-style novel written by her uncle, Herbert Symons, before the 1st World War (in which he was killed, aged 19). This was never printed but we think she should get this typed up and possibly published to pass on to future generations of the Symons family!

For most of our members, Christmas festivities were on a much smaller scale than usual with most normal large family gatherings impossible in the single day that coronavirus restrictions allowed for people to meet, namely Christmas Day itself. The biggest gift for our over-eighties in the 'festive' season was receiving their invitation in late December to attend Kirkby Lonsdale Medical Centre to receive their coronavirus vaccination: what excitement that caused! Not long afterwards, the over-seventies were called! We've been extremely lucky in this area compared with millions of other people, and we are so grateful for the efficient way it has all been carried out. Three cheers for Sedbergh Medical Centre!

January 2021 began with the usual keeping-in-touch zoom meetings and

## Sedbergh Red Squirrel Group

Local conservation for **your** red squirrels.

Report sightings of reds or greys, or to Join / donate at

[sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)  
[www.sedberghredsquirrels.org.uk](http://www.sedberghredsquirrels.org.uk)



phone calls from committee members. At the Craft & Chat meeting on January 12th, Elizabeth showed the sweater she had knitted for herself; Ellen had needle-felted some mice and is about to start an online Denman WI College wet-felting course, while Marjorie is taking a course in découpage to decorate glass jars as gift-holders, as well as a calligraphy course. Valerie had knitted a headband for herself and a sweatband for her son. Anne Symons has completed another beautiful child's quilt, this time with a beach scene.

The walking group can't meet as a whole now but some members are meeting in pairs for socially-distanced walks, which are permissible.

The book club zoom meeting on January 14th was attended by 9 members, the most so far. Here are some of the books we would recommend:

'The White Woman on the Green Bicycle' by Monique Roffey, set in Trinidad 1956-2006.

'Room' by Emma Donoghue; a 5-year-old boy and his mother escape from their kidnapper.

# LAURA'S LOOM

British Wool·British Made

Visit Laura's Loom for beautiful woollen blankets, handwoven scarves, walking socks and more, all made from Yorkshire Dales and Cumbrian wool.



Studio 2A, Farfield Mill, Garsdale Rd,  
Sedbergh, LA10 5LW  
Open every day 10:30-4:30

[www.laurasloom.co.uk](http://www.laurasloom.co.uk)

'A Better Ambition: Confessions of a Faithful Liberal' by Tim Farron (our MP Tim Farron's autobiography).

'Curlew Moon' by Mary Colwell, writer and walker, fearful for our endangered curlews; lovely illustrations.

'Apple Tree Yard' by Louise Doughty; a very insightful thriller.

'The Secret Life of Bees' by Sue Monk Kidd. A girl of 14 who believes she killed her mother when she was only 4, tries to find out what really happened, finding sanctuary in the home of 3 beekeeping sisters.

'Fried Green Tomatoes at the Whistle stop café' by Fannie Flagg.

'The Girl with the Louding Voice' by Abi Daré; set in Nigeria.

'Dreams of my Father' by Barack Obama; an autobiography of Barack's first 30 or so years: fascinating!

'The Olive Tree' by Lucinda Riley; an absorbing but easy read, set in Cyprus.

'Mysterious Wisdom: The Life and work of Samuel Palmer' by Rachel Campbell-Johnston: a biography of a gifted artist, a contemporary of Turner and Constable.

'The Left Hand of Darkness' by Ursula K. Le Guin: science fiction dealing with issues of gender, race and politics.

'The Revolving Door of Life' by Alexander McCall Smith: humorous, part of the 44 Scotland Street series.

'The Magic' by Rhonda Byrne: a self-help book focusing on the positives in life.

'The Book Shop' by Penelope Fitzgerald: a widow opens a book shop but encounters local resistance.

So much for our reading! I hope that you have all found great books to enjoy during the months of lockdown.

## DENTDALE W.I.

*Thelma Belfield*

Traditionally January has been a time for new ideas, looking forward to the coming year, planning events, outings and activities. 2021 is very different and we find ourselves facing the daunting prospect of a further period of lockdown due to the latest mutation of the Covid virus proving to be even more transmissible. However, there is light on the horizon, a vaccine is available and a mass vaccination programme has commenced. Whilst the lockdown rules place great stress on everyone for many differing reasons, evidence

shows that following them does control the spread of the virus.

Reflecting on 2020, despite the difficulties, we have maintained a limited schedule of meetings and, though we were unable to meet in person, technology has kept us in contact with each other by telephone, email and Zoom. Our 'buddy' system is working well with one member contacting 2 or 3 others to share information each month so no one misses out.

Following our AGM in November, Jackie, our newly elected president, hosted our Christmas meeting and, as we were unable to enjoy our usual Christmas lunch, we held a Zoom party. Marion (a retired member) entertained us with a craft demonstration making different items with a Christmas theme. Following her guidance with much fun and hilarity, we managed to make a garland, a decorated gift bag and a Christmas tree. All made from recycled items. Aided of course by a glass of wine and mince pie in the comfort of our own homes. Adding to the Christmas theme our usual Secret Santa gift exchange was replaced by all members receiving beautifully packaged homemade biscuits, kindly baked by Catherine and Marjorie. They were scrumptious, we really do have some talented bakers in our midst. Overall we still managed to celebrate the festive season, albeit in a very different style.

On into the new year and our January meeting to be held via Zoom was a full discussion of the Resolutions being put forward for selection, before being forwarded for

debate and approval at the national AGM, hopefully to be held in April.

There are five proposed Resolutions this year and five members had agreed to present the facts of each prior to open discussion and the resulting overall vote.

The five Resolutions were:-

A call to increase the awareness of the subtle signs of ovarian cancer.

Ovarian cancer is one of the most common cancers in women.

Symptoms include persistent bloating, pain in the tummy and feeling full quickly when eating. Early diagnosis is vital as it is treatable and women are encouraged to see their GP if they have these symptoms

Stop women dying prematurely from coronary heart disease (CHD).

CHD is often seen as a man's disease yet it is common in women but is often not recognised by them and treatment is delayed increasing the chance of long term adverse effects. As with ovarian cancer raising awareness is vital.

Racism and Discrimination.

Racism is still a prominent challenge in our society. People from BAME communities face discrimination in education,

## **EXPERIENCED DRESSMAKER**

Made to measure

Skirts, Dresses, Suits,

Bridal, Ball Gowns, etc.

Also alterations undertaken

All made to the Highest Quality by

**SHEILA SHUTTLEWORTH**

Tel: 015242 - 74322

employment, healthcare and the criminal justice system. There are government plans to set up a new commission but action is needed now. The WI has a high profile nationally and a campaign could be very influential.

Protect your nature space to create wild-life friendly communities.

The UK has lost 60% of its wildlife in the past 40 years and has failed to reach 17 out of 20 of the UN's biodiversity targets set up 10 years ago. Local community initiatives can and do improve the situation.

Stop the destruction of peat bogs to tackle climate change.

80% of peat bogs in the UK are damaged. Commercial peat extraction can remove 500 years of growth in a single year. Peat is a store for carbon dioxide and peat cutting for compost is harming the natural environment and our efforts to tackle climate change. Home gardeners account for 69% of peat usage, switching to peat free compost would have an immediate beneficial effect.

Barbara, Gill, Jenny, Judy and Thelma all gave clear, precise and informative presentations prompting much positive and constructive discussion by the whole meeting. As always, information sharing and discussion results in questions asked about what we could do here in our own area. We unanimously agreed that all the resolutions contained issues that could be worked on locally. Ideas ranged from a health notice board to be displayed at meetings on our information table, local green areas could be considered for wildlife conservation

and adding information on each topic to future Look Around reports. As we have already started this with climate change matters, resolution 5 fits well into this issue.

Two members commented that the meeting had been one of the most satisfying and enjoyable resolutions discussion held for many years. Despite Covid, lockdown and being unable to function in the normal way, once again we have made the best of things successfully.

I cannot include the final voting result in this report as there are still votes to count by email from members unable to participate in Zoom meetings. However, there will be more from our Resolutions meeting in future reports and the vote result will be included.

Finally, January being a new year and now having our Zoom skills honed, our monthly competition was resurrected. The title was 'one good thing about lockdown' The winning entry was as follows:-

One good thing about lockdown is an appreciation of the value of electronic communications. We can phone, Skype, email, WhatsApp, Message, Instagram, Twitter and Zoom, which let's us shop, chat, support each other, hold meetings, send greetings, share jokes, the list is endless.

To end on a positive note, although today there is snow covering my garden, I know that underneath the snowdrops are waiting and, by the time, I'm writing next month's article they will be in flower, heralding the coming of spring. Let us all hold on to that positive thought.

## KILLINGTON W.I.

*Wendy Frazer-Urquhart*

New Year Resolution 2021. Write the report on the day of the meeting! Well, I know that I can keep it for at least one month.

Today, Tuesday, January 12th, we had our first meeting of the year. Seventeen of us Zoomed together and it worked really well. Our secretary, Marion Wood, had provided us with the required link and all we had to do was to press the appropriate keys on whatever device we were using and make sure to unmute ourselves. President, Susan Sharrocks, welcomed us and it was time for catch up chatting before our speaker joined us.

Our speaker, David Dale, is a storyteller (no, not fibs!), and Ian Midgeley, his partner is a musician. Their title for today was, "Return of the Light", very apt as we welcome the lengthening days. I don't think any of us knew what to expect from their entertainment so the whole thing turned out to be a delightful surprise. Starting with a song once sung by Dana, which had us looking toward "Snowdrops and daffodils, Butterflies and bees", and then moving on to a folk tale from Czechoslovakia we enjoyed a varied programme of poems, stories, and music. It was a thoroughly enjoyable and relaxing afternoon. Sadly, we were not able to reward them with our usual tea and delicacies. David did keep his voice well-oiled with regular sips of water. At least, that is what he told us it was! Susan thanked them warmly for their novel and entertaining presentation before

they disappeared into the wide, blue yonder. (or logged off!)

Our WI meeting then followed. The first item on the agenda was a very sad one as this was the first official meeting since the death of Lorraine Millington, a lovely and much-loved member. A number of us had been able to join her family at the service at Beetham Crematorium. We send our sympathy to Geoff, Michael, Nicky and all her family and have sent a donation to the WI Memorial Bursary Fund. We shall really miss her.

On a cheerier note, we were all able to wish Barbara Mauder an important Happy Birthday. As this one ended in a nought it should have been honoured with a superb cake

## Garsdale Design

We provide architecture, planning, urban design, 3D geodesign and heritage services for the Dales and Lakes

Our skills and experience are unrivalled whatever the size of the project

Our service is personal and tailored to individual needs

We are an RIBA Chartered Practice



Contact details:

phone: 015396 20875 (office hours)

email: [info@garsdaledesign.co.uk](mailto:info@garsdaledesign.co.uk)

web: [www.garsdaledesign.co.uk](http://www.garsdaledesign.co.uk)

and a demonstration of stupendous blowing out of candles. We couldn't quite work out how to do this on line so it will have to wait for another day. However, Barbara, you will be glad to know that I stuck a candle in my Mars Bar and thought of you as I ate it - the Mars Bar, not the candle! Reports on activities and finance followed, with less content than usual. Several of us have had our first Covid 19 inoculation which brings hope of return to more normal living and meetings. We continue to appreciate the friendship we share and the contacts we are still able to enjoy. Our gardens already have snowdrops, primroses, and daffodils in bloom, poking their brave heads through the morning frosts.

Our next meeting is planned for Tuesday 9th February at 2-00pm. Malcolm Petyt will talk about, "Dialect and Accent in Britain". Members will be notified of any changes nearer the time. If you feel that you would like to join our number, don't wait to be asked. Just contact us on the number printed in Lookaround. You would be most welcome.

Meantime, stay safe, be kind, and keep your pecker up!

## SEDBERGH AND DISTRICT HISTORY SOCIETY

*Julie Leigh*

The final meeting of the autumn term featured a very interesting and extremely well illustrated zoom presentation given by Graham Hooley in which he outlined the findings of the Lunesdale Archaeological Society during two recent seasons of investigations along a northern section of the Dale. Graham was at pains to stress the importance of the development of the Lidar sensor in LAS's recent activity, making it possible to measure and map objects and structures which might otherwise remain hidden.

Setting his comments about Lunesdale archaeology into context, he mentioned that several of the excavated sites in the area are situated alongside a route which could have been part of an original military Roman road from Chester to Hadrian's Wall. The surrounding hills and escarpments were representative of the kind of difficult terrain encountered by the Roman invaders and highlighted by Tacitus in his commentary on the Roman conquest of Britain.

Graham focused much of his talk on the Lunesdale Archaeological Society's 'non-intrusive investigation' of the 'interior' and 'immediate surroundings' of Low Borrowbridge Fort which was situated at the confluence of Borrow Beck and the River Lune. Sources in the eighteenth century had made reference to a defensive structure on this site and excavations had taken place there in the nineteenth

BARRY'S MOTORHOME & CARAVAN SERVICES



MOBILE CARAVAN, MOTORHOME & CAMPERVAN SERVICING AND REPAIRS.

**BMCS**  
BARRY CRAGG

TEL: 07568239238  
E-MAIL: [bmcs2009@outlook.com](mailto:bmcs2009@outlook.com)

MEMBER   
MOBILE CARAVAN ENGINEERS ASSOCIATION

# K.L. VENNING SLATERS LTD

[www.klvenningslaters.co.uk](http://www.klvenningslaters.co.uk)

## ROOFING AND SPECIALIST LEADWORK CONTRACTOR

Over 50 years experience in roofing, renowned for our excellence in working with natural slate, we offer superior levels of quality, expertise and value.

For a **FREE, NO OBLIGATION QUOTE** please call 015396 24481

Email: [klvenning@klvenningslaters.co.uk](mailto:klvenning@klvenningslaters.co.uk)



and twentieth centuries. He drew particular attention to the work of John Anstee who had discovered a possible mansio (guest house, stopping off place) close to the Fort in 1975. He had also excavated dwellings north of the fort at Brockholes in 1974. There, a variety of finds including Romano British pottery and at least two round houses showed occupation from late First Century to early Third Century AD.

In 2016 Lancaster AS conducted a resistance survey of the fort which revealed the footings of a central range of buildings. Interestingly the layout bore similarities with the layout of Wallsend Fort, at the eastern end of Hadrian's Wall. In the environs of the fort a magnetometer survey

identifying fields and some large enclosures added to the dating of trench contents has led to speculation that there could have been a nearby vicus (settlement) of an earlier period

Graham's talk concluded with a survey of the discoveries at High Carlingill which was situated 0.7km to the south of Low Borrowbridge Fort under the steep slopes of Blaise Fell. The settlement was composed of two main enclosures, one circular and one D shaped. Radio carbon dating places the existence of High Carlingill as late Pre Roman Iron Age.



## THE GREEN'S MOTOR MOWER AT SEDBERGH SCHOOL

SDHS

The History Society received, from Clive Gravett, Curator of the Museum of Gardening, Hassocks, West Sussex, a copy of a photograph of a man sitting on a motor mower, with a request for help with his research; "I am researching a recently obtained photograph, taken in the grounds of Sedbergh School, the church & other buildings in the background. Being a leading authority on lawn mower history and having a vast collection of old mower photographs, I was particularly pleased in obtaining this one because the mower appears brand new & I know it is a similar

model to those in Thomas Green's 1910 catalogue.

Old mowers were not the most photographed item in the 19th and early 20th century and many excellent photographs I have lack dates and indeed the location."

Most of this article is based research, by Diane Elphick, with help from Katy de la Riviere, in the Sedbergh School's archives, which are on-line. The motor mower featured in the games club accounts from c1909 to 1930.

It was first mentioned in the Sedberghian 1909. Feeling that a successor would never be found for the old pie-bald mare, the Games Club have invested in a motor mowing-machine, and for this they

McGarry  
& Co  
SOLICITORS

Your Complete Personal  
&  
Commercial Legal Service

*Your Legal  
Companion*

- ESTATE PLANNING
- PROPERTY & RURAL LAW
- FAMILY LAW

Offices At:

Sedbergh

Barnard Castle

Hawes

Leyburn

[mbmcgarry.co.uk](http://mbmcgarry.co.uk)

e. office@mbmcgarry.co.uk

t. 015396 223 40

LA10 5AB

t. 01833 600 160

DL12 8EQ

t. 01969 666 290

DL8 3QS

t. 01969 621 230

DL8 5EH

are largely indebted to the generosity of some Old Boys. Bracken at first was much afraid of "molesting her" by oiling "the thing inside the box" without the advice of a skilled motorist: but he was soon to be seen guiding it in and out of posts, and taking sharp corners, though he admits it to be a wearing job, especially for his trousers; he had, we believe, many requests to be taken "sleddin'" to Dent Fair, but thought it best to "send backword."

In the Sedberghian 1912 there is an obituary of the former groundsman: The death of Tom Bracken, "Old Bracken," has robbed Sedbergh of a familiar figure and character, well-known to many generations of Sedberghians. For twenty years at least he had been employed on the School Ground, chiefly looking after the mowing and rolling of it, in company with the well-known piebald mare. With the advent of the motor-mower Bracken relinquished the reins, and took to superintending the enlargement of the ground, and it is only recently he retired from active work. So much had he become a part of the field, that to the passer by it seems almost incomplete without that fine upstanding figure with the great beard and dark piercing eye. Many used to go and enter into conversation with the old man from mere delight in hearing him talk, not only for the true Westmorland accent, but for many a strange word and idiom, in which he took almost as much pleasure as his listener. But beside being a rare raconteur whose bon mots are really worth preserving, and one of those characters that are fast disappearing

in modern days, he was a man who took the greatest pride and interest in his work and felt a real devotion to the place.

In the 1911 census there is Bryan T Bracken, age 66, groundsman on cricket ground, living at Mortar Pits, a row of cottages just across the road from the cricket field.

In the Sedberghian of 1918 there is an entry: The sight of Tom Greenwood astride of "Panting Pegasus" i-e. the motor lawn mower, has been banished from our eyes for the duration of the war. Pegasus owing to lack of petrol has now taken permanently to his stable, and his work is now done by an old-fashioned horse mower which it is said takes fifteen hours to cover the Cricket Field.

In the 1939 census Henry J Greenwood, age 33 was Groundsman School Cricket and he was the son of Thomas. The Greenwood families are in photos of Sedbergh teams. They were also stonemasons and that is their trade in the 1911 census.

In 1912 the accounts show in Liabilities a loan (motor mower) £50 and in Income Sale of old mowing machine £20 and in 1913 Loan £30

Further comments of a mowing machine are mentioned in later accounts, with details of loan interest and repayments, insurance and running expenses.

In 1919-20 There was a new field and the mower expenses were higher.

In 1921 there was an appeal for funds for a new mower including, The need for the mower is most pressing owing to increasing demands on Tom

Greenwood's time. The Bursar will be glad to receive now the amounts already promised, in order to assist the fund. Also, an appeal from the Head of School I shall be grateful if you will publish this letter as a reminder that the subscription list for a new motor mower is still open and has far to go. The need for the mower is most pressing owing to increasing demands on Tom Greenwood's time.

The entries go on and in 1931 the cost of a new mower was £346-15-00 and interest on loan £10-5-11

In 1930 the mower account had expenditure for Greens 36 in Mower £243-00-00 plus bank commission and interest £4-02 5. Income was £150-01-04. At the end of 1931 there was a balance in the bank £8-14-08. More details can be found on on-line

The mower account received £32-12-6 from Subscriptions, sale of books and 3s 2d interest. At the end of 1931 there was a balance in the bank £8-14-08.

## **SEPTIC TANK EMPTYING**

Fast efficient Service  
Very competitive prices

### **SKIP HIRE**

Ideal for rubble, soil,  
builder's waste and stone

**Ryan Simpson**

07766 971 167

015395 68318

[rysimpson@live.co.uk](mailto:rysimpson@live.co.uk)

## **THE UNKNOWN WARRIOR**

*Karen Brucelockhart*

The idea of a Tomb of the Unknown Warrior was first conceived in 1916 by the Reverend David Railton, who, while serving as an Army Chaplain on the Western Front, had seen a grave marked by a rough cross, which bore the pencil-written legend 'An Unknown British Soldier'

Suitable remains were exhumed from various battlefields and brought to the chapel at Saint-Pol sur-Ternoise near Arras, France on the night of 7 November 1920. Brigadier L.J. Wyatt and Lieutenant Colonel E.A.S. Gell of the Directorate of Graves Registration and Enquiries went into the chapel alone. The remains were then placed in four plain coffins each covered by Union Flags: the two officers did not know from which battlefield any individual soldier had come. Brigadier Wyatt with closed eyes rested his hand on one of the coffins

The coffin of the unknown warrior then stayed at the chapel overnight and on the afternoon of 8 November, it was transferred under guard and escorted by Kendall, with troops lining the route, from Ste Pol to the medieval castle within the ancient citadel at Boulogne. For the occasion, the castle library was transformed into a chapelle ardente: a company from the French 8th Infantry Regiment, recently awarded the Legion d'Honneur en masse, stood vigil overnight. The following morning, two undertakers entered the castle library and placed the coffin into a casket of the oak timbers of trees from Hampton Court Palace. The casket was banded with iron, and a

- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

**DAVID BAINES**  
015396 25346   07837 766 219  
[davidbaines@first4homeimprovement.co.uk](mailto:davidbaines@first4homeimprovement.co.uk)

medieval crusader's sword chosen by King George V personally from the Royal Collection was affixed to the top and surmounted by an iron shield bearing the inscription 'A British Warrior who fell in the Great War 1914–1918 for King and Country'. It was covered with the flag that David Railton had used as an altar cloth during the War (known as the Ypres or Padre's Flag, which now hangs in St George's Chapel).

The casket was then placed onto a French military wagon, drawn by six black horses. At 10:30 a.m., all the church bells of Boulogne tolled; the massed trumpets of the French cavalry and the bugles of the French infantry played Aux Champs (the

French "Last Post"). Then, the mile-long procession—led by one thousand local schoolchildren and escorted by a division of French troops—made its way down to the harbour

Marshall Foch saluted the casket before it was carried up the gangway of the destroyer, HMS Verdun, and piped aboard with an admiral's call. The Verdun slipped anchor just before noon and was joined by an escort of six battleships. As the flotilla carrying the casket closed on Dover Castle it received a 19 gun Field Marshall's salute. It was landed at Dover Marine Railway Station at the Western Docks on 10 November. The body of the Unknown Warrior was



**Middleton Mole Ploughing Ltd**

**2.7 Tonne Excavator  
with Driver for Hire**



**Draining & Water Pipe Installation  
Impact Mole Road & Driveway  
Crossings  
General Digger Work**

**Contact Tony on 07377 364155**

carried to London in South Eastern and Chatham Railway General K Utility Van No 132, which had previously carried the bodies of Edith Cavell and Charles Fryatt. The van has been persevered by the Kent and East Sussex Railway. The train went to Victoria Station, where it arrived at platform 8 at 8:32 p.m. that evening and remained overnight. (A plaque at Victoria Station marks the site: every year on 10 November, a small Remembrance service, organised by The Western Front Association, takes place between platforms 8 and 9.)

On the morning of 11 November 1920, the casket was placed onto a gun carriage of the Royal Horse artillery (NV Battery RHA) and drawn

by six horses through immense and silent crowds. As the cortège set off, a further Field Marshal's salute was fired in Hyde Park. The route followed was Hyde Park Corner, The Mall, and to Whitehall where the Cenotaph, a "symbolic empty tomb", was unveiled by King-Emperor George V. "In proud memory of those Warriors who died unknown in the Great War. Unknown, and yet well-known; as dying, and behold they live. George R.I.

November 11th 1920". The cortège was then followed by The King, the Royal Family and ministers of state to Westminster Abbey, where the casket was borne into the West Nave of the Abbey flanked by a guard of honour of one hundred recipients of the Victoria Cross.

The coffin was then interred in the far western end of the Nave, only a few feet from the entrance, in soil brought from each of the main battlefields, and covered with a silk pall. Servicemen from the armed forces stood guard as tens of thousands of mourners filed silently past. The file past lasted until 3 am on the 13th, after which single people continued to come and the reformed as workers came to work. Some 1.2 million people visited the Abbey in the following week.

\*Although Edith Cavell is well known now, Charles Fryatt has perhaps been forgotten. He was a Merchant Navy captain who was executed by the Germans for attempting to ram a Uboat. His execution as a civilian caused international outrage, and he was reburied in England with honours in 1919

## FIFTY YEARS AGO

### *Colin Cowperthwaite*

A selection of news items from local newspapers which appeared in February 1971.

#### The Forces are their Favourites

Miss Gwendoline Gibson aged 19, of 24 Thornsbank, Sedbergh, has chosen to spend the next four years in the Women's Royal Army Corps.

Gwendoline took the oath yesterday and will leave for Guildford Barracks on the 15th of this month. Educated at Settlebeck School, Sedbergh and later at Boston Manor College, she has worked with the incurably crippled at the Ian Tetley Memorial Home in Harrogate.

In entering the WRAC she will follow a family tradition - seven uncles and a grandfather have served with the Forces. Her grandfather was a regimental sergeant major in the first world war and her father served with the Royal Marines for 14 years and was on HMS Belfast during the Korean War. Gwendoline's mother was in the ATS for four years in the second world war, having trained at the very same barracks where her daughter is going.

Until recently, Gwendoline was a member of staff at Guldrey Lodge, Sedbergh School.

#### Police Ball

Sedbergh's annual police ball was held at the People's Hall on Saturday evening. The event, which was organised by PC MacMullan and his colleagues, was well attended and much enjoyed. Proceeds were for the West Yorkshire Constabulary sports fund and police charities.

#### Successes at Crufts

Crookrise Link and Crookrise Freda, two pointer dogs from the kennels of Mrs Edmondson and Mrs Robertshaw of Sedbergh, returned home in triumph at the weekend from Crufts Show at Olympia. Link won two first prizes and Freda gained two second places.

#### Lived 90 Years in Garsdale

When Mr William Handley of Castle Farm, Garsdale, celebrated his 90th birthday on Tuesday, he received 35 birthday cards in spite of the postal strike.

Born at Castle Farm, one of a family of six, Will Handley was rejected as medically unfit for the 1914-18 war, "on account of a bit of heart trouble". He was recommended to farming, but later, with his brothers

## S.Ostle Services

Plumbing, Heating and Stoves

Installation, Service & Repair of:

- Domestic Oil, Natural Gas & LPG (Boilers, Fires & Cookers)
- Solar Thermal Technology
- Underfloor Heating

Plus All Your  
Plumbing & Central Heating  
Requirements.

Tel: 01768 371556  
Email: [ostle2011@hotmail.co.uk](mailto:ostle2011@hotmail.co.uk)



Registered  
Business

## Have you got a pile of old tapes or records you would like to watch or listen to again?

I can transfer them to DVD/CD or put them on a USB drive for you

Video media

VHS & VHS-C

8mm Video

Mini-DV

Audio media

Vinyl Records

[LP & Single]

Audio Cassettes

I also do Actor's showreels & video editing, please get in touch  
Hopefully cinefilm transfers in the near future too

Contact Andrew on 07493 620821

or email: [techno.wizard@btinternet.com](mailto:techno.wizard@btinternet.com)

John and Thomas, following his trade of mason for 25 years. During this period the brothers built two Methodist chapels, one at Constable Burton and the other at Grassington. Thomas died last year, aged 90.

Mr Handley, who has farmed for 38 years, is an expert with a sporting gun. When he was 88, he brought down two running hares from a distance.

A widower for more than 40 years, Mr Handley looks after himself and does his own shopping, often travelling into Hawes. He enjoys reading and his radio, and when the weather permits, shooting and angling. Both his hearing and his sight are good, and he retired from active farming only ten years ago when he could no longer "find help at haytime". He has been a pipe smoker all his life.

Mr Handley was a pioneer of motor cycling, owning and riding motor cycles for 60 years. He sold his last motor cycle, a powerful 500cc machine, when he was 75. He has one sister living at Settle, having survived all other members of his family.

## "A PERFECT FRIEND: THE LIFE OF CUMBRIAN PLANT HUNTER WILLIAM PURDOM"

*Elsbeth Griffiths*

We all know our heroes, so why we have not remembered one of ours, the Cumbrian William Purdom? If you have not done so please read the book, which is modest, easy, 'armchair' reading but totally factual. The author, O V Presant, who lives not from far from here, wanted to capture the spirit of the early 1900's and how extraordinary it was for one of seven children from 'Cumbria' to achieve so much and yet be completely forgotten, except in China. The Chinese people erected a memorial to him in the Purdom Forest Park, Xinyang. Described as reticent, stubborn, courageous or endearing by those who knew him, Purdom



*Photo courtesy of ©Mrs J.Farrer*

believed every worker deserved a living wage. His social and environmental concerns about the impact of deforestation were years ahead of his time. He travelled to China where he explored many areas new to Europeans and he had a special rapport with the Chinese. To him they were simply friends. As well

as searching for plants, he carried with him photographic equipment and brought back unique images not only of plants but landscapes. The author says William Purdom has fascinated me since I took on the Purdom Bed at the Lakeland Horticultural Society 30 years ago.

So little was known about him then outside a few horticultural articles and the pages in Alice Coat's book describing him as "reticent ... tall, lean and of magnificent Nordic physique". Surely a Horticultural Mr Darcy!

Over the years she tried to find plants which he collected and this led to Kew. The Library fielded the query "anything & everything" splendidly. The highlight was when they put the Chinese, then creating Purdom Forest Park near Xinyang, in touch with her. On their invitation she went out alone for a week via Beijing, with a body bag full of currency to pay for minder, driver and interpreter, an unforgettable experience. It was easy to understand why China called Purdom back.

Horticulture or gardening is not necessarily boring for it can be magical. If one person reads her book and gets inspired she would be truly happy.

Cumbria Life wrote that the biography of William Purdom;

Skelwith-born Edwardian plant hunter William Purdom takes us from the ground of Brathay Hall to Purdom Forest Park, named in Purdom's honour, near Xinyang City China. At each stage of Purdom's life we learn much of the era, whether it this is the temperance movement in Cumbria, unionisation at Kew Gardens or political instability in China. The book largely focuses on the Chinese tours and seed gathering undertaking what one-time travelling companion Reginald Farrer termed the 'the most harrowing form of gambling as yet invented by humanity.'

Skillfully told this is an adventure story, botanical study, and geopolitical history illustrated by compelling photographs.

The book is published by Hayloft Books. Roy Lancaster has praised the book and Ian Hodgson, former editor, of the Garden. also praised it in his review and so do I.

©Mrs J.Farrer

MYOFASCIAL MASSAGE & MOVEMENT  
Yvonne 07795063107

CRANIOSACRAL THERAPY  
Fritz 07817665662

SCARWORK FOOT THERAPY

SOMATOEMOTIONAL RELEASE

Dalesway Therapies 015396 21303

OPEN FOR BUSINESS  
WITH ALL APPROPRIATE  
COVID-19 PRECAUTIONS IN PLACE

GIFT VOUCHERS AVAILABLE

@dalesway\_therapies    daleswaytherapies@gmail.com

## TROUBLE IN DENT

*Colin Cowperthwaite*

The following article appeared in a local newspaper during March 1959:

'Storm brews in the village that has come out in spots'.

The 'hidden gem' village of Dent, in the Yorkshire Dales National Park, has become the storm centre of a beauty battle. It has come out in spots.

For centuries its narrow, twisty main street, cobbled all over with stones from the local beck, has been one of its chief attractions. Crisis came with the exceptional frost and thaw that tore up Britain's first no-speed-limit motorway, the M6 at Preston. It did exactly the same thing to ancient Dent's cobbled

masterpiece where motor traffic can barely bump along at walking pace.

To the horror of many villagers and beauty lovers, West Riding County Council roadmen have now patched up the holes with grey tarmac. Today, remote and lovely Dent's old world charm is spotted as with a grey plague.

On Monday, the parish council is calling a parishioner's meeting in the schoolroom to decide whether Dent shall insist on keeping its tourist-pulling cobbles or whether it will allow a narrow, grey tarmac road right through the village. But Colonel J.F.M. Openshaw, who lives at Dent and is both a county councillor and a member of the National Parks Committee, told me yesterday: "It is

### Built in and Free-standing Appliances Domestic Appliance Repairs

Digital TV, Aerials and  
Satellite Dish Installation

Wi-Fi and Home Networking

Regular Deliveries to the Lookaround Area



ELECTRICAL STORE

Kew House (Just off the A65)  
INGLETON  
T: 015242 41224 / 015242 42095



[www.toobys.com](http://www.toobys.com)

# IAN HIGGINBOTHAM PAINTING & DECORATING

— professional personal service —

please call to talk over your requirements with no obligation

— www.painterian.co.uk —

07813 818958

info@painterian.co.uk

questionable whether the highway authority or the people of Dent will have the last word. Much will depend on the National Park's attitude. I believe the National Park authority would object to tarmac in Dent, which is still a pure eighteenth-century village except that the spinning galleries have been removed from the outsides of the houses."

"At the next county highways committee meeting, I intend to raise the question of these repairs. It looks like an attempt to get in the thin end of the wedge".

One complicating factor, added the colonel, was that a concrete block firm has been established locally and was helping local employment, but this involved heavy lorries going through the village, which could not easily be by-passed.

Mr George Ellison, chairman of the parish council, stated: "I can't anticipate what the parishioners will decide. On a previous occasion, the county repaired the cobbles by re-setting them with sand and cement, but I wasn't very satisfied with the way it was done".

Mr John Hawkins, a local resident, said: "The trouble is that something has got to be done. The ground is soft about here and the cobbles just can't stand up to the traffic we are getting today".

Mrs D. Crossley, who looks out on the grey patches from her antique shop doorway, said: "It has been cobbled for a few hundred years and I wouldn't like to see it changed myself. It keeps motor speeds down, at any rate".

Mrs Elizabeth Chapman, another village shopkeeper, agreed. "No, I wouldn't like to see a tarmac road in Dent, though the cobbles are a bit hard on the feet".

---

## GARSDALE SCHOOL WATER SUPPLY

*Colin Cowperthwaite*

During 1960, sulphur (or spa) water was discovered deep underground in a natural mineral spring just behind Garsdale Primary School. This caused considerable excitement for the school's pupils, myself included ! The supply was eventually tapped and was used in the school. Many visitors also arrived over the years to

# **J. E. WILKINSON**

**BUILDING CONTRACTORS**

*Quality Craftsmanship*

*New Builds • Renovations*

*Roofing • Plastering • Stonemasons*

*Lime Plastering & Pointing*

## **WINNERS**

**YDNP BEST BUILDING DESIGN AWARDS 2010**

**NEW BUILDING CATEGORY**

Tel: 015396 25531 Mob: 07989 197580

bottle the water because, despite its 'rotten egg' smell and foul taste, it was reputed to provide health and therapeutic benefits. This is how the discovery was reported by the Yorkshire Evening Post that year :

### 'Bad-egg' Water for School

After a 12-year search, pure water for the pupils of Garsdale C of E School has been found right on the school's back doorstep. But most of the 23 pupils turned up their noses at it.

But it is water that has been assessed 100 per cent pure, and that some people would travel a long way to drink.

When workmen struck water at the bottom of a 120ft. borehole behind the tiny roadside school between Sedbergh and Hawes, it came gushing out smelling of bad eggs. It was spa water.

The horse in the field (and horses are notoriously fastidious about their water) lapped it up. Some experts compared it with the waters of Harrogate and Ilkley. It was pronounced completely pure and of consistent temperature. But almost all the children preferred to stick to the

water delivered in bottles from Sedbergh daily, or that of doubtful reputation taken from the local ghyll!

A few like it. One of the school's youngest pupils says it "tastes nice", and the oldest says "It's different from that at home; it smells a bit, but doesn't taste".

But most of the others agree with five-year-old Robert Metcalfe's opinion: "It smells of eggs, and I don't like the taste". Schoolmistress Miss Margaret Garwood says many people have called at the school to sample the water. After satisfactory analytical and biological reports ("one of the most unusual waters, which must have come from a very hot strata", said one) from experts, the West Riding County Council arranged for the water to be piped into the school. It will be ready for immediate use in the domestic sink. Miss Garwood says it is very soft and excellent for washing - "One drop of detergent, and it lathers". As drinking water it will stand for a few days in an aeration tank until it loses its smell.

For the schoolchildren it will remain an exciting novelty, probably until next spring when the next comes along - electricity!

**Robert Powell**

**Website Design &  
Management**

**Tel: 20482**

**[www.robpowell.co.uk](http://www.robpowell.co.uk)**

## **MICHAEL'S YARD**

*Dick French*

Every time I drive down Station Road enroute to Kendal, I pass under a non-existent sandstone railway bridge, with a high embankment to the left and, as I pass the Yard gates I am stepping out onto the platform at the station some seventy years ago.

My tri-annual journey by steam train from my hometown on the north east coast has probably taken me the best part of a day through glorious country and with changes at Darlington, Barnard Castle, Kirkby Stephen, Tebay and Lowgill.

Ever since then railway stations have always held a special magic for me, because they have been the starting and stopping-off points for so

many wonderful adventures in different countries.

In the fifties, coal and heavy goods arrived by goods train, with a few passenger trains including the school specials at the beginning and end of term. These are history now and the yard has a lot of modern storage sheds, but still carries on the same business as before.

Yet, I can still hear the hiss of steam as the trains rumble over the Rawthey and the iron bridge from the south, or the sandstone viaduct over the Lune from the north as they both slow down approaching the station.

Wherever I am in the world, if given the choice, I will always travel by train and am convinced that the Romance started here, at Michael's Yard, Sedbergh



**Hire, Sales  
& Erection**

Commercial  
& Domestic

No Job Too Big  
No Job Too Small

Free Estimates with  
No Obligations

**SIMON SHAW**

*Based in Kendal - covering Cumbria*

Tel: 01539 734745

Mob: 07917 064767

[info@lakes-scaffolding.co.uk](mailto:info@lakes-scaffolding.co.uk)  
[www.lakes-scaffolding.co.uk](http://www.lakes-scaffolding.co.uk)



## HAPPILY MARRIED!

*David Lord*

A man and a woman had been married for more than sixty years. They had shared everything, they had talked about everything. They had kept no secrets from each other, except that the woman had a shoebox on the top of her wardrobe and had told her husband never to open it or even ask about it.

For all their married years, he never really thought about the box, but one day his wife became very ill and the Doctor said she was unlikely to recover. In trying to sort things out, the husband lifted down the shoebox and took it to his wife's bedside. She agreed that it was finally time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money, totalling almost fifty thousand pounds !

He asked her the obvious question, and she said, "When we were about to be married, my Grandmother told me the secret of a happy marriage was never to argue. She said that if I ever got angry with you, I should just keep quiet, keep calm and crochet a doll."

The husband was so moved, he had to fight back tears. Only two precious dolls were in the box ! Angry with him only twice in all those years of living and loving. He almost burst with happiness .

"Darling," he said , " that's wonderful, but what about all the money ? "

"Oh," she replied , " That's what I made from selling the other dolls ! "



*stramongate press*

*printers*

*printers*

*of*

*Sedbergh Lookaround*

Stramongate Press Aynam Mills  
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448

fax 01539 730253

e-mail [info@strampress.co.uk](mailto:info@strampress.co.uk)

website [www.strampress.co.uk](http://www.strampress.co.uk)

## SEDBERGH COMMUNITY SWIFTS

*Tanya & Edmund Hoare*

While we shiver in the damp and often cloudy winter, let's think of our swifts now enjoying warm weather, feasting on insects as they fly around, never landing, with no young to care for, in the skies above central Africa.

We sometimes ponder why swifts breed differently from similar-looking (but unrelated) birds like swallows and martins. All depend on flying insects for their food and all migrate to Africa. Why is it that swifts leave us at the height of summer having raised just one brood, whereas swallows and martins stay much longer, having several and much larger broods? The answer must lie in some quirk of their evolutionary history. It is said that swifts leave when the day length drops below 17 hours, which would explain the paradox of why swifts breeding in Scandinavia leave later than ours.

'Our' swift, the Common Swift (*Apus apus*), has a vast summer breeding range extending from Ireland in the west, through Europe and Scandinavia, the Middle East, as far as China in the east. All Common Swifts, wherever they breed, migrate to various parts of Africa to spend the winter. Even those in Beijing, China, undertake a mammoth migration over the Tien Shien mountains and Arabia to spend the winter in Namibia.

Common Swifts will mingle with many other species of resident swifts while in Africa, ie the swifts that breed and spend all their time there.



Altogether there are 96 species of swift world-wide and of these, 22 swift species are found in Africa.

Until recently only four of these African swifts migrated to Europe to breed during our summer ( Common, Pallid, Alpine, and the rarer White-rumped swift), with the other swifts remaining year-round in Africa. In recent years however there have been sightings of a fifth African swift, the Little Swift (*Apus affinis*), that has been found to breed in south western Spain. Little Swift, as the name suggests, is much smaller (wingspan 33cm) and is resident in Africa as well as in the Indian sub-continent. For comparison, Common Swift has all-dark plumage and a wingspan of 42cm. Pallid swifts are found in southern Europe, and like their name suggests are paler and are not always so easy distinguish from the Commons. The Alpine swift has a white throat and breast and because it is larger (wingspan 57cm), was the

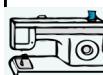
### Temptations Craft Boutique

31 Main Street, Bentham LA2 7HQ

015242 61868

email [temptationsbentham@yahoo.co.uk](mailto:temptationsbentham@yahoo.co.uk)

- Over 500 Patchwork cottons
- Fabrics for Dressmaking
- Haberdashery
- Wool and knitting supplies,
- Classes and workshops, see website for details
- Agents for Brother Sewing Machines



[www.temptationsbentham.co.uk](http://www.temptationsbentham.co.uk)

# Steve Hopps



Property Maintenance  
Painting and Decorating  
Gardens tided & maintained  
All types of work considered  
**Tel: 015396 23388**  
**Mob: 07870 785322**  
[steve.hopps2@gmail.com](mailto:steve.hopps2@gmail.com)

first to be used in migration studies as it could carry the first generation of geolocator devices.

China and other far eastern countries and Siberia, also have other breeding swift species that migrate to different continents. The Pacific swifts (*Apus pacificus*) that are found there migrate to Australia for the winter.

Our knowledge of the distribution of many of the African swifts is unclear, as there are less bird watchers in Africa and some swift habitats are sparsely populated. Some of the 'rarer' swifts have patchy distributions, often very localised. However, our Common Swift is likely to meet up with swifts such as the Little Swift and Palm Swift, others such as the Horus, Bate's and African Swift, and various Spinetailed Swifts. So bird watching there can need help from the specialists!

So swifts, enjoy your carefree winter. We can't wait for your return. At the time of writing there are 110 days to go!

To contact Sedbergh Community Swifts for any help or advice:

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

## ROBIN REDBREASTS - SEDBERGH C.W.T. SUPPORT

### GROUP

*Emma-Louise Pritchard*

Robins are an iconic Christmas bird but, to keep winter sightings of them on our bird tables regular and in abundance, the native birds need a bit of extra help from us this year.

Experts at Ark Wildlife are reporting that robins and other UK birds are under threat this winter, due to a 'perfect storm' of predicted harsh weather, decreasing hedgerow habitats and a lack of food.

It takes a lot of energy for these small birds to survive the winter, with a robin using up to 10% of its body weight to stay warm through just one cold night. This makes it vitally important for them to be able to replenish their energy reserves by feeding and drinking every day. Otherwise, a cold spell can prove to be fatal.

Sadly, food sources are in shorter supply after an estimated 50% of the UK's hedgerows have been lost since WWII. The People's Trust for Endangered Species states that 84% of our farmland birds rely on hedgerows for food and protection, and for over half of these a hedge is their primary habitat.

So this is where we come in and, optimistically, there is plenty we can do to help robins and other native birds survive the winter. Sean McMenemy, garden wildlife expert and director of Ark Wildlife, advises to put out food for robins daily. "Robins prefer to forage and feed off the ground," says Sean. "By placing a small food tray full of their favourite



Keep cosy this Autumn with our excellent range of  
**Woodsure Ready to Burn Kiln Dried logs.**

Available in the increasingly popular hand stacked **Crate** and loose filled builders **Tote Bag**.  
Individual **Netted** packs of Logs are also available.

#### **HEAT LOGS**

20kg **Hotmax** Heat Logs

5 pack of **Blazers** Heat Logs

We stock the widest range of solid fuels in the area which include these popular products:-  
**Multi-Fuel Ovoids - Housecoal Trebles - Housecoal Doubles - Newheat Smokeless Ovoids**

All these products and more are available in handy sized 25kg pre packed bags  
Call us to find the right fuel for your needs. 015396 20210.

#### **To keep your Garden Birds happy through Autumn we have in stock :-**

12.55kg High Quality Runner Peanuts

20kg Wild Bird Seed

20kg Dehulled Sunflower Hearts

Contact us for prices and further information on 015396 20210.

Please send email enquiries to [sales@dawsonsfuels.co.uk](mailto:sales@dawsonsfuels.co.uk)

food close to a shrub tree or preferred perch, you can encourage them to make your garden home and spend more time with you day by day. Ark Wildlife have a robin feeder pack which could get you started – if you're lucky, after a little time robins can quickly become confident in our presence and feeding from the hand is not unknown!"

- Robins' favourite foods are:
- Mealworms and calcium worms, which are especially beneficial because they are insectivores
  - Fatty foods like suet pellets
  - Special high protein robin blends
  - Meaty kitchen scraps
  - Mild cheese

- Cake and biscuit crumbs
- Dried fruit
- Peanuts (shredded or crushed)

#### **PUT OUT PLENTY OF WATER**

"Place plenty of water sources in the garden. Bird tables make a big difference to the survival of robins in urban and suburban areas. As with any garden wildlife, it's also worth ensuring that your garden isn't too pristine or tidy – some wild undergrowth will encourage the proliferation of insects and help robins to find food."



## GABRIEL'S MISSION

Sandra Gold-Wood

Gabriel sat at a table in the busy Motorway Services watching the flotsam and jetsam of society coming and going. He smiled inwardly as he thought of how they were all busying themselves heading this way and that. All of them having places to go and in most cases it looked like nothing was going to stop them. He looked down at his tablet and was almost tempted to pick someone out of this mix of society and check on what their future held. He didn't as he knew better than to break the rules. His mission for the day was set and so he sat quietly and waited. The person he was expecting was a Margaret Bewcastle. Not long now he thought as he checked his tablet for her photo. He could see that as a young woman she had been bright and athletic. He scrolled through her life watching Margaret as a bride and mother. She had enjoyed a good family life although money had always been tight.

Margaret Bewcastle appeared at the double entrance doors. She was leaning heavily on her walking stick, with her granddaughter's help she managed to get inside. Gabriel could feel the sadness in her. Margaret had lost both of her sons in the last two years. Since then she had found herself reliant on her daughter Coral and her only grandchild, Abbi. At times Margaret recalled who she was and she would realise too how much of a burden she was to her remaining family. Even when she couldn't remember who she was she would still feel an unexplained anxiety. Looking now at her granddaughter

and her daughter she tried to focus on exactly why they had come to this strange place. Abbi and Coral had tried to explain that they were taking her to Nightingales Nursing home where the people could look after her better than they could. Nightingales wouldn't have been their first choice for Margaret but what could they do. The cost was still more than they could afford and they had no idea how they were going to manage.

Margaret began to get agitated asking urgently why they were in this place. Coral and Abbi tried to reassure her as they settled her into a seat. Abbi sat with her grandmother while Coral went to get them some tea. Gabriel watched them tenderly reading the faces of the three women; noting how each face bore concern shadowed in grief and loss; Coral for her husband, Abbi for her father and Margaret for her sons. Feeling lost Margaret continued to stare around at her surroundings when she caught sight of a man with a kind face. Gabriel smiled at her and a feeling of peace filled her being. Coral and Abbi didn't notice Gabriel. They were both too consumed with the worry.

Coral was thinking yet again of what she could cut back on in order to manage the household bills on top of the nursing home payments. She felt as if she was drowning, dragged down to the point where she wasn't sure she could smile anymore. Lines of pain and worry showed on her face; Alex had no life insurance which made her loss much more difficult to cope with. She and Alex had discussed getting it but it got forgotten as they lived their life. It didn't strike them as particularly

urgent as forty-two was no age at all and they considered themselves pretty fit. Coral could see the folly now and wished she had insisted. Looking at her mother's face she was pleased to see that Margaret looked calm. A tear slipped from her eye as she wished that it hadn't come to this. The guilt Coral felt at putting her mother into care led to a string of and sleepless nights and she had begun to find it harder and harder go to work each day.

Abbi was still in shock at having her father die so unexpectedly. There had been no warning, no illness to prepare her for his passing. Unlike her Uncle Ted. Ted had been fighting cancer for years and because he had always bounced back from his chemo until he didn't, everyone had become quite complacent. Abbi recalled her father being inconsolable when his brother Ted died. He hardly bothered to go to work and consequently lost his job. He began drinking heavily and Abbi knew her mother had carried them all upping her working hours to keep things together. She and Abbi had both believed with a little time Alex would come to being himself again. They had faith in him,

he had always been a good man. While Coral worked to make ends meet Abbi had stayed at home to keep an eye on her father. She did her best to lighten his moods and help him keep going. Then one day the police knocked on the door. A body had been pulled out of the canal. In the pockets they had found a wallet with her father's bank and credit cards inside. Abbi remembered that her mother had had to identify the body. After this her mother had crumbled, wandering around the house like a zombie and for a while Abbi felt she had lost both parents. Coral had pulled herself together for Abbi's sake and they built something of a life together. Nevertheless, Abbi had seen her mother change from the optimistic cheerful and spontaneous person she had been into an empty shell. There seemed to be nothing behind her eyes anymore. Coral would work long hours and when she came home she would just sit and stare.

Because of the grief Coral and Abbi were feeling, it took them a while to register that Margaret was beginning to go downhill. It should not have been a surprise to them but they were



Tel: 015396 22038  
Mob: 07771824958  
E: info@mkconversions.co.uk

#### All types of building work undertaken

- Extensions
- Barn conversions
- New build
- Restoration work
- Building, joinery, plastering, tiling, roofing
- Topseal flat roofing approved installer



in pain and didn't have time for Margaret's suffering. The first signal that things were rather more serious than a bit of eccentricity was when she began to talk about Ted and Alex as if they had just popped in to see her. Even saying she had spoken to them on the phone. They decided it was just her way of coping with the situation and thought she would be ok given a little time. Very soon things took a turn for the worse and Margaret's behaviour got even more bizarre. Often she would leave her shopping at the supermarket or wander out of the store with goods she hadn't paid for. The staff were very understanding, thank heaven but it couldn't go on. The next thing was when she was found outside in her nightdress and slippers late at night, knocking at people's houses asking for Alex or Ted.

Coral moved Margaret in with her and Abbi and they made the best of it. Trouble was that Coral still had to work to keep a roof over their heads and so all the caring fell to Abbi. Things got steadily worse, Margaret would get up at all hours and one night Abbi found her in the kitchen at 3 am attempting to make a cake. There was flour everywhere and the oven was on full blast while Margaret just stood there looking at it all. The doctor prescribed some tablets but they had little effect. The saddest thing was that at times she would be herself again cooking them all breakfast and cheerfully singing one of her favourite hymns. Those times became fewer and it was obvious to Coral that she could not expect Abbi to put her life on hold indefinitely to

look after her Gran. Besides she felt they were out of their depth and so here they were at this soulless service station on their way to Nightingales Nursing home.

Gabriel knew of their pain. He observed as Coral helped her mother to drink her tea. Her face was an expressionless mask; she was just going through the motions. Margaret asked why she was getting tea and who was she. Abbi quickly sat down beside Margaret distracting her as best she could while pushing away thoughts she would rather not own; like how long her Gran would live? What if her mother became ill because of all the strain? Oh heavens she didn't mean to think such bad thoughts but she was human and so was her mother. She almost shouted, Help! As she imagined the future. She knew they were going to be in a great deal of debt before the end of the year and that her mother had already made preparations to re-mortgage the house.

Gabriel listened to their thoughts; He knew that Coral was hurting, caught between a need to keep a roof over her and Abbi's head and the love she still bore her mother. It was hard to keep going and she was sad for Abbi who's ambitions of going to university were on hold. This, Coral thought was not how it should be.

Gabriel knew too that in her more lucid moments Margaret felt so unhappy to think she was such a burden on Coral and Abbi. He heard how she prayed for her life to be over.

All through the trials of life Margaret had maintained her faith in the Lord and whatever had happened this was

where she drew her strength from. He also knew that her poor heart was aching for her dear daughter and granddaughter.

Gabriel seated himself beside Margaret and smiled at Abbi and Coral. Margaret welcomed him as if he was an old friend. Abbi and Coral were puzzled. Margaret felt him touch her hand and she was filled with love, his voice close to her ear was soft and smoothing as he spoke. Mother and daughter watched as a smile spread across Margaret's face. Gabriel got up and nodded to Abbi and Coral as he left the table. Coral asked Abbi who he was. It was Margaret who answered; 'It was the Angel Gabriel'.

'Oh yes of course it was said Coral' looking around to see where the man had gone so she could have a word with him and see what he was up to. There was no sign of him.

'Hello dear said Margaret touching Coral's arm and adding, don't worry Coral you can't see him now, he's gone he just came to let me know that my journey is at an end'.

Coral and Abbi looked at each other filled with surprise. It had a been a few weeks since there had been any indication of the real Margaret. Strangely, they found themselves filled with peace as they listened to Margaret. She explained that all was well with her and there was no need for the nursing home anymore. Adding that they should just take her home so she could have a nice lay down as Gabriel would come for her in the morning.

*The End*

## THANKS AND DOGS

Name supplied

Having recently moved into a great bungalow in Vicarage Lane I would like to thank all those people who helped me. Charlotte and Reece who did anything I asked, Steven who decorated beautifully and quickly, Simon who laid lovely carpets and Roger who connected my cooker for me when Currys said they couldn't do it for a month due to Lockdown even though I had paid for it. Thank you all.

However Vicarage Lane is a very busy lane with children going to and from school and dog walkers. I didn't realise how many dogs there are in Sedbergh! Unfortunately there are some "green wellie waxed jacket" people who are just too posh to pick up their dogs poo! This happens more often than we think and as there are such a lot of children up and down the lane it would be helpful if everyone picked up their dogs poo or don't use the lane at all.

**Call us today: 01539 620788**  
Email: [office@smartdesignprint.co.uk](mailto:office@smartdesignprint.co.uk)

**FREE** local delivery for orders over £20

## NANCY RECIPE PARADISE TARTS

Nancy Murdoch

### Pastry

8oz Plain Flour  
1/4 Teaspoon Salt  
4oz Butter  
1 Egg Yolk  
1 Dessertspoon Water  
1oz Caster Sugar

Beat egg yolk with water. Rub butter into flour and salt, mix in sugar then bind into a smooth paste with egg mixture. Roll out pastry and line 24 patty tins.

### Filling

4oz Caster Sugar  
4oz Margarine  
2oz Ground Almonds  
4oz Sultanas  
2oz Chopped Walnuts  
2oz Chopped Glace Cherries  
1 Egg  
Cream sugar and margarine, add beaten egg then fold in other ingredients. Spoon mixture into patty tins and bake for 20 minutes at 180C, 350F, Gas 4.

*Pastry and filling will keep for two weeks in the fridge in an airtight tin.*

## Matthew Cook

Former Stonemason to York Minster and specialist in pre-1914 building repair

Stone repairs and replacement  
Re-pointing with lime mortar  
Stone cleaning  
Specialist surveys and consultancy

07791894782

[www.cookmasonry.co.uk](http://www.cookmasonry.co.uk) [Info@cookmasonry.co.uk](mailto:Info@cookmasonry.co.uk)

## PERSONAL MESSAGES

### JANE COLLISON

The family of Jane Collison would like to thank everyone for the many cards, flowers, and kind gestures following Jane's death. It means so much to hear the lovely recollections of Jane that people have shared with us, and we are grateful for the love and kindness shown to her and to us.

### VENERABLE DAVID ROGERS

The Venerable David Rogers, former archdeacon of Craven and vicar of Sedbergh died on 23rd Nov. 2020. He and Joan were a well loved couple when they lived in Sedbergh.

### LORRAINE

Geoff and Mike Millington would like to thank everyone for the amazing levels of support and all the messages we have received since Lorraine passed away on the 12<sup>th</sup> December. It is really appreciated and has been a great source of strength through this difficult time.

### HELEN (NELLY) NÉE GOAD

Katherine Wedgwood, formerly of Flintergill House, Dent, would like to make contact with her childhood friend Helen (Nelly) née Goad, formerly of Burton Hill, Dent. Please contact [katewedgwood@gmail.com](mailto:katewedgwood@gmail.com).

### JOHN FEARNHEAD DRY STONE WALLING

Field Walls and Bespoke Garden Walls  
Mobile: 07932577520  
Email: [jfearnhead1@gmail.com](mailto:jfearnhead1@gmail.com)

## PERSONAL MESSAGES

### APOLOGY

With the closure of businesses in Lockdown 2 the tourist information office was closed in the run up to compiling the December issue. It would appear that at least one small ad/greeting wasn't received as a result – We do apologise for that absence

### EDITORIAL

At the beginning of the last lockdown, when all the events were cancelled, and businesses were shutting down, with workers being furloughed I did wonder how well Lookaround would survive. And then when it happened for the third time after Christmas I momentarily thought 'Here we go again'. However, I've been surprised at the number of new advertisers who have started with us, each one helping make sure we can continue to publish. It is so heartening

## The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

**Available to hire for all kinds of functions**

**% Parties % Meetings % Concerts %**

**% Wedding Receptions % Dances %**

**% Theatre % Discos % Lectures %**

Availability calendar and forms online  
at

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

Or at Sedbergh Information Centre  
72 Main Street

to see the new businesses starting up in the town, Fells Kitchen and the Zero Pantry are both such great additions to our range of takeaways and shops, and many thanks to both of them for advertising with us. And to Tim Foster, Winder Services, Mitchells Auctions and The Three Hares too. We wish them and the other businesses which are starting up in town, every success.

And, I for one can't wait for the pubs and café's to open again. And, the Club, how much have I missed that! I suspect I'm not the only one.

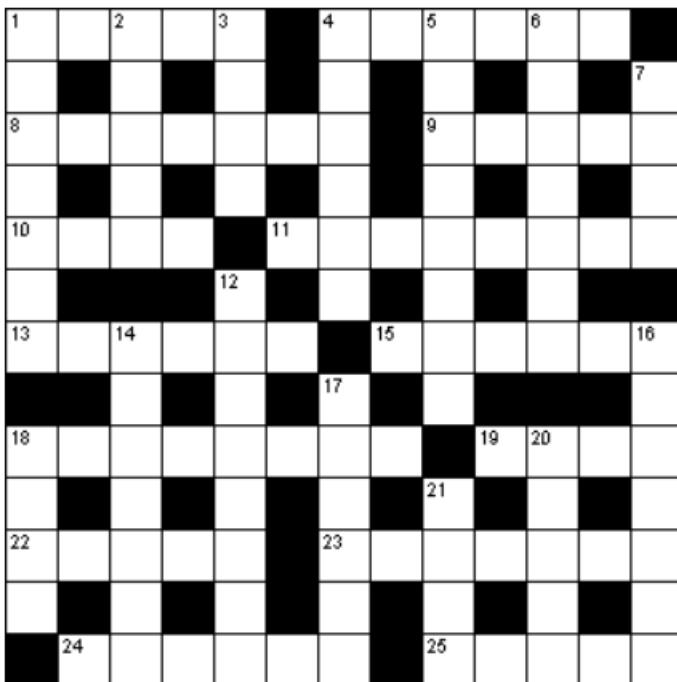
*Ed Welti*

### Lookaround Editorial Team

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

All Editorial Team members are also Trustees.  
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

## PUZZLE 1 (SOLUTION ON PAGE 86)



### Across

1. Re-arrange a draw for a prize (5)
4. It's astute to send a fourth letter to a bad-tempered woman (6)
8. Desolate pro at first, initially left or north (7)
9. Rope found in Dallas somewhere (5)
10. Essentially ale, maybe erosion (4)
11. Remainder not so much on the move (8)
13. Previous spouse and wine for sale abroad (6)
15. Street and a meeting place (6)
18. Motor rep became an impresario (8)
19. Initially French performance is a proven truth (4)
22. Headdress in militia raids (5)
23. Hawaiian garland certainly provides relaxation (7)
24. Jape, initially royal, is a medieval clown (6)
25. Scandinavian vegetable? (5)

### Down

1. A fab flea is genial when erratic (7)
2. Eager change to reach an accord (5)
3. Entrance part of judo originally (4)
4. Vocalist changes to resign (6)
5. Reveal it for a change to something proportional (8)
6. Movie relating to us with strict ending (7)
7. Tip of these used to escape on foot (4)
12. Tarragon becomes self-important (8)
14. Exhibiting a semi-pro panel, it's a gas (7)
16. Highest degree displayed in next remedy (7)
17. Excel largely in the basement, essentially (6)
18. Change step to make some animal friends (4)
20. Daughter of Zeus could entertain (5)
21. A young lady off target? (4)

## PUZZLE 2 (SOLUTION ON PAGE 86)

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

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

# **LOOKAROUND DETAILS**

## **LOOKAROUND INFORMATION**

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

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

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

Many of our advert contracts will expire for the February 2021. We will be emailing you to remind you but please don't forget to renew we depend on you.

New advertisers are of course always welcome too.

## **PUBLICATION DETAILS**

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

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

February to November is printed black ink on white. The December/

January issue may be in full colour. All copies have a full colour cover by a local photographer.

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

## **ADVERTISING**

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

## **PERSONAL MESSAGES**

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

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

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

## **GROUPS AND ORGANISATIONS**

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

## **BUSINESSES**

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

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

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

## **CHILDREN'S BIRTHDAYS**

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

## **COVER PICTURES**

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

## **LOOKAROUND BY POST**

We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

## **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

## DIARY OF EVENTS

Dates are held up to 20/03/2021  
Dates in **BOLD** are start & finish events.  
Numbers in Brackets indicate Advert/Article on a Page.  
Month in Bracket relates to issue that details last appeared.

### FEBRUARY 2021

- 02 1400 Sight Advice Telephone Meeting (14)  
06 1000 Learn to Meditate Session 1 (6)  
08 1900 New Moon Meditation (6)  
13 1000 Learn to Meditate Session 1 (6)  
14 1100 New Moon Yoga (6)  
16 1400 Sight Advice Telephone Meeting (14)

Online  
Online  
Online  
Online

### MARCH 2021

- 02 1400 Sight Advice Telephone Meeting (14)  
16 1400 Sight Advice Telephone Meeting (14)  
20 Sedbergh Spring Show (Cancelled) (29)

### APRIL 2021

- 06 1400 Sight Advice Telephone Meeting (14)  
20 1400 Sight Advice Telephone Meeting (14)

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.



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

## 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

### Yorkshire Dale 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) 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>	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB e-mail: <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 Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub e-mail: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a>	34032
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS e-mail: <a href="mailto:ed_welti@btinternet.com">ed_welti@btinternet.com</a>	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6 e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC e-mail: <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>	45845
The Roost at Bowersyke, Killington, LA10 5EW	Sleeps 2 people 1D CH L TV P NS NP NC 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
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (STAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	myleesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	myleesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/19	Mrs Lidiard	07734	699723
Lunch Club	03/18	Mrs l'Anson	Sed:	21757
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com		
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's Gym	12/19	membership@sedberghgym.club		
People's Hall	07/19	Tourist Info Centre	Sed:	20125
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Red Squirrel Group - Sedbergh	09/19	Mr Hopps sedberghredsquirrels100@gmail.com		
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	10/20	Mrs Gold-Wood	Sed:	20147
Schools	Dent Primary	03/13	School	Dent: 25259
	Dent Primary - Friends of	03/13	School	Dent: 25259
	Sedbergh Primary	01/09	School	Sed: 20510
	Settlebeck	01/09	School	Sed: 20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent: 25317
	Sedbergh School	01/09	School	Sed: 20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sedbergh United Charities	09/19	Mr Sykes	07786	384917
Senior Golfers	01/20	Mr Braddon	0330	1138850
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	12/19	Sedberghswimclub@gmail.com		
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
Voluntary Car Scheme	11/18	Mrs Skompe	Sed:	20305
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/19	Mrs Morrison	Sed:	20209
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

\* = Latest Amendments

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

## PUZZLE 1 SOLUTION

A	W	A	R	D		S	H	R	E	W	D	
F		G	O	I		E		E		T		
F	O	R	L	O	R	N		L	A	S	S	O
A		E	R	R	G	A		T		E		
B	E	E	R	R	E	S	T	L	E	S	S	
L			A	R	I			I	R			
E	X	P	O	R	T		A	V	E	N	U	E
	R	R	C	E						X		
P	R	O	M	O	T	E	R		F	A	C	T
E		P	G		L	M		M		R		
T	I	A	R	A		L	E	I	S	U	R	E
S		N	N		A		S		S	S	M	
J	E	S	T	E	R		S	W	E	D	E	

## PUZZLE 2 SOLUTION

14	C	2	A	6	L	8	Y	7	X	9	D	21	E	6	L	18	V	21	E		13	T	
5	O							21	E	2	A		2	A				17	I		17	I	
9	D	11	R	2	A	23	G	19	N	21	E	13	T	3	W	2	23	21	E	11	R		
17	I		R		O			5		17	I		20	S		10	H		2	A			
15	F	21	E	17	I	23	G	19	N	18	V	2	4	6	L	13	21	E	9	D			
8	Y		21	E						21	E		17	I				21	E				
		4	U	20	4	S	U	11	R	25	P	20	S	21	T	5	21	R	22	M			
5	O				21	E				1	Z					2	A		21	E			
26	B	11	R	4	U	20	S	24	Q	4	U	21	E	12	J	4	22	25	P	8	Y		
13	T			19	N			4	U		19	N	5	O		17	I		21	E			
2	A	6	L	17	I	26	B	17	I		17	I	19	16	3	21	6	6	L	6	L		
17	I		5	O		21	E			13	T		21	E					21	E			
19	N		19	N	8	Y	M	22	P	25	H	10	11	R	5	26	5	13	T				

1	Z	2	A	3	W	4	U	5	O	6	L	7	X	8	Y	9	D	10	H	11	R	12	J	13	T
14	C	15	F	16	K	17	I	18	V	19	N	20	S	21	E	22	M	23	G	24	Q	25	P	26	B

# BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme									
Depart	Arrive				Depart	Arrive								
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W					
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W					
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W					
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC					
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh									
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC					
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh									
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W					
Sedbergh to Dent					Dent to Sedbergh									
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W					
<b>L = Library</b>					Last Update: May 2018									
<b>C = College Days Only</b>														
<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 Kendal Shuttle Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
Dent Station							
Train to Carlisle			1048			1815	
Train to Leeds			10.41			1732	1938
Buses From Dent to Kendal							
Dent Station			1053			1737	1947 <b>S</b>
Dent Village		0820	1108		1505	1752	2002 <b>S</b>
Sedbergh Maryfell		0835	1123	1315	1520	1807	2017 <b>S</b>
Sedbergh Library		0837	1125	1317	1522	1809	2019 <b>S</b>
Sedbergh opp. Morphets		0839	1127	1319	1524		
Killington M6 Bridge		0847	1135	1327	1532		
Oxenholme Station		0857	1145	1337	1542		
Kendal K Village		0902	1150	1342	1547		
Kendal Blackhall Road		0908	1156	1348	1553		
Kendal Morrisons		0913	1201	1353	1558		
Buses From Kendal to Dent							
Kendal Morrisons		0923	1223	1403	1608		
Kendal Blackhall Road		0928	1228	1408	1613		
Kendal K Village		0933	1233	1413	1618		
Oxenholme Station		0938	1238	1418	1623		
Killington M6 Bridge		0948	1248	1428	1633		
Sedbergh opp. Morphets		0956	1256	1436	1641		
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855 <b>S</b>	
Sedbergh Maryfell	..	1000	1300	1440	1645	1857 <b>S</b>	
Dent Village	0815	1015		1455	1700	1912 <b>S</b>	
Dent Station		1030			1715	1927 <b>S</b>	
<b>S</b> = summer time only (British Summer Time)							

# BUS SERVICES

**Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn**

Buses From Dent to Hawes

Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1048	1217	1443
Trains to Leeds			1210	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512

Buses From Hawes to Dent

Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1048		
Trains to Leeds				1604
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	

**Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn**

Buses From Dent to Kirkby Stephen/Brough

Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1048		1443
Train to Leeds		1041		1604
Kirkby Stephen Station dep		1106	1324	1534
Kirkby Stephen Town		1111	1329	1539
Kirkby Stephen Co-op		1113	1331	1541
Brough Clock		1121	1339	1549

Buses From Brough/Kirkby Stephen to Dent

Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1217		
Train to Leeds		1210		1604
Kirkby Stephen Station dep		1151	1404	1614
Fat Lamb		1158	1411	1621
Cautley, Cross Keys		1205	1418	1628
Sedbergh Maryfell		1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	
Dent Village	1007		1444	

# BUS SERVICES

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

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

## DENT RAILWAY STATION TIMETABLE

*Valid from 18th January 2021 until further notice*

Northbound to Carlisle For Garsdale times, add 5 minutes		Southbound to Leeds For Garsdale times, subtract 5 minutes	
Mon-Sat	Sun	Mon-Sat	Sun
09 16	10 34	09 38	10 40
12 17	13 55	12 10	13 40
14 43	15.53	16 04	16.33*
18 15	17 48 20 25	17 32	18.41 20 26

\* Through train to Leeds, Sheffield and Nottingham

# **BUS SERVICES**

Western Dales Bus S4 Kirkby Stephen Connect  
from Friday 22nd June 2018 ufn R = Request only

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

Fri = Friday Only

## **Joss Lane & Loftus Hill Car Parking Charges**

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

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

# Religious Services in Sedbergh

## CHURCH OF ENGLAND

St. Andrew's Parish Church

Sunday 10.30

Wednesday 12.00

*Church Wardens:*

Tony Reed Screen 21081

& Susan Sharrocks 20754

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

## ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Holy Days 19.30

**Parish Priest Kendal**

**Tel: 015397 20063**

## CORNERSTONE COMMUNITY CHURCH

New Street

Sunday 10.30

**Rev. David Crouchley Tel: 20329**

**worship@peopleshall**

1st Sunday each month 10:30 am

**Rev David Crouchley Tel:20329**

## SOCIETY OF FRIENDS

**QUAKERS**

Brigflatts

Sunday 10.30

**Pam Coren (Clerk) Tel: 22586**

**Sally Ingham Tel:07939 569559**

## DENTDALE

## CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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

## CHURCH OF ENGLAND

Cautley & Garsdale

*Church Wardens:*

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

**Rev. Christine Brown Tel: 25418**

**Email: christinelucy2014@gmail.com**

## METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

## SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 28151**

[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

## PIONEER CHURCH

**Becca Gilbert**

**Email: becgilb@gmail.com**

## UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

# 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

**TELEPHONE TRIAGE ONLY** 8.30am -10am  
Please do not walk in, please ring the surgery  
for any appointment.

Late Morning – 10.30am -12.30pm  
**(By appointment only)**  
Afternoon – 2.30pm – 6pm  
**(By appointment only)**

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

## Dent Surgery

## Currently cancelled due to Covid-19

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

Dressings Clinic – Friday afternoons  
**(By appointment only)**

## Blood clinic

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

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

See our website  
[www.sedberghmp.nhs.uk](http://www.sedberghmp.nhs.uk)  
for further details

## Bridging the Gap

*First Monday - 1400 - 1600*  
Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street  
People's Hall, Howgill Lane  
Fire Station, Long Lane  
Access Codes to the Defibrils are supplied  
on contacting Ambulance Control on **999**

## **POLICE**

101 or 999

Crimestoppers 0800 555 111

## Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

## **DENTAL SURGERY**

Main Street 20626

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

Monday to Friday 0900 - 1700

## **SEDBERGH LIBRARY** Main Street 20186

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

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

Tuesday 0900 - 1900  
Saturday 0900 - 1400

## **SEDBERGH & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh  
Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600  
e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)  
Tel: 015396 20125/20504  
[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:

December 2020