

Sedbergh & District **LOOKAROUND**

December 2021

Issue 405

Donation £1

After featuring Sedbergh in last years Christmas cover I thought this year was time to celebrate the loveliness of Dentdale. Many thanks to all who contributed photos.

And this Christmas is going to be livelier than last, with concerts, festivals, Christmas Celebrations, Santa and the Late Night Opening. Thanks to all who have worked hard to put all these events on. *Ed.*



SEDBERGH TOWN BAND



CHRISTMAS CONCERT

St Andrew's Church, Sedbergh

7.30pm - Doors open 6.45pm

£7 and £5 concessions

Tuesday December 7th

Brilliant music and singing

Interspersed with all the usual capers

Father Christmas

Mulled wine & mince pies

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

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Annette Clarke, Helen Corpe, Alistair Cowin, Hilary Halls, Sarah Milner

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

Wed 1st Dec - Manor House
 Wed 8th Dec - St Andrews
 Wed 15th Dec - St Andrews
 Wed 22nd Dec - St Andrews

Wed 12th Jan - St Andrews
 Wed 19th Jan - St Andrews
 Wed 26th Jan - St Andrews
 Wed 2nd Feb - St Andrews

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



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

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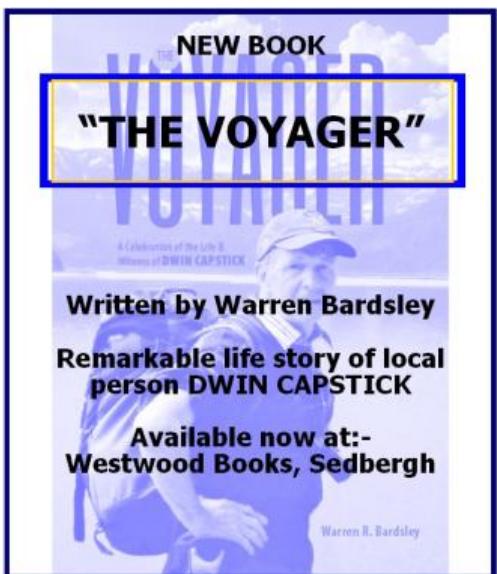
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LIFE IN SEDBERGH AND DENT

Rita Corpe

How lucky we are to be living in Dentdale and Sedbergh. On Monday 11th November I used the Cash Machine in Sedbergh Main Street. Having asked for £150 I got my card back but no money. On repeating this operation, the same thing happened and on the receipt it said that the money of the previous transaction had been taken out of my Bank Account. A gentleman was waiting behind me and asked if I needed help. He made a number of suggestions and then asked me if he could lend me some money. Where else would this have happened? After I got back to Dent I went into Dent Stores to collect my newspaper and explained my problem. Immediately the whole family came to my aid and looked up the phone number and advised me to phone NatWest.

On ringing the number, I was assured that they could see my transaction and that the money would be paid back into my account within 24 hours, if not to ring again. The man I spoke to at NatWest said there probably was insufficient money in the cash machine but I pointed out to him that it would have been far less



stressful if there was some information on the screen to that effect. My sincere thanks to the kind man who, presumably not knowing me, thoughtfully offered to lend me some money and the owners of Dent Stores who have been a wonderful support to the whole dale during Lockdown. Having lived in Dent for some 30 years how could I ever move away.

There cannot be a community anywhere who supports one another as Dent and Sedbergh.

Happy 18th Birthday to
Taylor Scarr
on the 14th December

B4RN

Douglas Thomson

Last summer there was hope that B4RN would be coming to Sedbergh Town. Then the Government abruptly ended the grant scheme for local broadband schemes in Cumbria and Northumberland. (The idea was to test a new system in a part of the country whereby there would be only one regional supplier of fibre).

Thanks to the efforts of our local MP and many others who wrote letters and emails the Government reversed most of the decisions. The one that affected us was that B4RN could again have grant money for Sedbergh Town.

It is still not plain sailing but planning is afoot to design an installation plan for Sedbergh which is desirable and cost effective. I am encouraged but as always I can't promise anything. Do keep a watch on social media for updates until the February issue of Lookaround .

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Dentdale

Christmas Tree Festival



Opening Night - Friday

December 3rd

St. John's Church

Cowgill at 7pm

**£5 donation (children free) includes
mulled wine, juice & mince pies**

Advent biscuits

Raffle

St Andrew's Church, Dent

Saturday 4th December 10am

Xmas Coffee Morning

Xmas Tree festival launch

NEW BUTCHER'S COMING TO TOWN

Jonny Harper

Hi everybody. I'm sure most of you will of heard by now that the butcher's shop is going to be re-opening in the new year under the new ownership of myself and my wife Sarah. So I would like to take this opportunity to introduce you all to both of us and let you know what we intend to bring to the town.

Both myself and Sarah have been local to Sedbergh our whole lives. I was brought up just outside Sedbergh on my parents family farm. And Sarah was brought up in Killington. Most of you will recognise her from the dentist's where she works as a dental

“FAMILY NATIVITY”

Sunday 5th Dec

Dentdale Methodist Chapel 2pm

“Turn up and Take part”

Some dressing up clothes available
or bring your own.

ALL AGES WELCOME

Come early to get ready

**Service led by
Sarah Woof and Pam Dent**

Tea to follow

Christmas Jumpers optional

Everyone Welcome

nurse. That's when she's not looking after our two young children Esmae and Jonas.

I have been a butcher since the day I left school. I actually caught the bug for it whilst working as a Saturday lad at this butcher's shop back when it was G.A. Steadman's. Once I'd finished school Garth put me through my apprenticeship where I gained my qualifications and learned a lot of valuable skills early on in my career. From here I decided to spread my wings and have since worked for two brilliant businesses enjoying every minute of it.

I have always joked to myself that one day I would go full circle and take over at the butcher's where it all

began. So when this opportunity came up, with the backing of my wife, I just couldn't resist taking the leap. And I'd like to thank Garth for providing me with this opportunity to fulfill my dream.

I would like to apologise to you all for the lack of butcher's shop in town this Christmas. But there is work to be done in the shop and I also wanted to be fully prepared and ready to go before opening the doors to customers rather than trying to open before I am ready. But don't worry, I'll make sure you all have the best Christmas feasts in 2022.

What we aim to bring to the town is a modern shop with the ethos of a traditional artisan butchery. I am a big believer in letting the quality of meat speak for itself. I will be working with local farmers and abattoirs wherever possible to keep food mileage as low as I can. And also why wouldn't I want to sell Cumbrian meat, we are absolutely spoiled for choice with produce in our area. We want you to be excited about shopping with your local butcher again.

Please keep an eye out from now on for any updates on the shop including the date for our grand opening. Both of us can't wait to work with all the local residents and businesses of Sedbergh, and to be more involved with the community as a whole. We look forward to meeting you all. See you in the New Year.



COBBLE COUNTRY NEWS

Beth Handley

I know the run up to Christmas has begun when John Lewis launches their annual feel-good advert. The consensus of the advert aims to represent reconnection, togetherness, and moments we were unable to celebrate last year.

In moments which have passed, we have all learnt to adapt and reconnect to new working habits, transitioning from the traditional working patterns to accommodate new, safe working practices, which have now become the norm.

Big adaptations for Estate Agents transforming the buying and selling experience, year on year.

what3words is a 'life saving app'.

Gone were the days of viewers calling up for directions or using the satnav to be taken to a dead end. Finding the perfect property can be hard but going to a viewing, shouldn't be.

Dividing the world into three-metre squares. Each square is given a unique three-word address for people to be easily located. An example, generated.equal.goodbye, the location of Cobble Country office. Most popularly used by emergency services, with an expanding audience, now accommodating Estate Agents, transforming the property viewing experience.

Simply, an individual enters the address they wish to travel to, to navigate them to the exact location they intend to visit. Thus, another initiative making our profession more transparent and efficient.

Looking forward to introducing this and demonstrating its success.

LAST POSTING DATES

Most Popular International Destinations

Australia	Mon 6 th December
Belgium	Thur 16 th December
Canada	Mon 13 th December
France	Thur 16 th December
Germany	Thur 16 th December
Greece	Mon 6 th December
Ireland	Thur 16 th December
Italy	Mon 6 th December
Luxembourg	Thur 16 th December
New Zealand	Mon 6 th December
Poland	Mon 13 th December
Portugal	Mon 6 th December
Spain	Thur 16 th December
Sweden	Fri 10 th December
USA	Mon 13 th December

All UK Destinations

First Class	Tues 21 st December
Second Class	Sat 18 th December
Parcelforce 48	Wed 22 nd December
Special Delivery	Thur 23 rd December

ONGOING DESTRUCTION OF GARDSDALE

Gill Dickinson

Dear Editor

As a local resident, I am horrified at the continued destruction of the roadside at Garsdale and surrounding area, by the CCC highways department. The Government provided funds to the CCC to improve road safety along the A684, as well as some other major routes in the area. Consultation during the Covid 19 Lockdown was minimal and did not express the scale and degree of changes that were to be carried out. My family and neighbours in Garsdale feel powerless to stop the ongoing programme of installing metal railings or reflective bollards that are destroying the rural environment, of which they have been rightly proud and wish to protect.

It has become apparent that the new measures have made it unsafe for dog walkers and tourist ramblers to use, as there is no grass verge to be accessed easily to distance themselves from passing traffic.

The new measures have made the road look narrower, so tall vehicles naturally adopt a more central



position, but often are unable to pass other similar vehicles, creating delays and potential accidents. Given the abundance of dips, brows and winding nature of the road, the risk of accidents is increased for all users, not just visitors who are unfamiliar with every twist and turn.

The new measures have created a further hazard for motor bikers and cyclists, with increased danger of greater physical damage in any accident.

The new measures are excessive in number, out of character and unsightly in design, within this National Park area.

As a result of continuous complaints, Highways have now been

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challenged by the parish council. Highways have only explained that all correct procedures were carried out prior to works being approved for the improvement of road safety and that no changes will now be entertained. This is an unacceptable stance, as our environment is being decimated by the scale and degree of works. Local feeling is that most of the alterations are unjustifiable, based on actual knowledge of the history of this road and the statistics relating to accidents in this area. If you agree that Highways should rethink their plan, please contact them or the Garsdale Parish Council website with your views.

Love the Dales? Protect the Dales.

WINDER MASONIC LODGE

Dennis J Whicker

Winder Lodge was consecrated in 1919 and was the first Lodge in the world to be formed after the First World War. There were many prominent members and one of the first was Arthur Gladstone who held many important roles in the community.

The Lodge flourished and was able to purchase and convert 'Winder Lodge' building which was then owned by Sedbergh School. After problems with the building, it was sold and converted into domestic premises which still stands today. Meetings were held in Kirkby Lonsdale but since October this year, meetings are now being held in Kendal Masonic Hall next to the Kendal Museum on the first Tuesday of most months. After the Pandemic and the loss of a few members through Passing Away, the Lodge is actively looking for new members either as a Joining Member or as a New Member.

To put your mind at rest it is not a Secret Society which is why I am featuring this now.

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Ribble Valley
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clitheroe@abarnett.co.uk

The aims are to make men better men which is done in a number of ways but mainly it teaches respect, discipline, to help others in every walk of life mainly in the form of Charity giving.

If you saw the Lords Mayors Parade in London recently, you would have seen two Fire Engines that were specially built after the Grenfell Tower disaster to reach heights of over 200 feet. These were Donated by the Masons at a cost of £2.5 million.

Members of Winder Lodge have assisted in making Donations to the cost of the Ramp on Joss Lane Car Park to give disabled access to the first floor of 72 Main Street; to Sedbergh Junior Town Band for

uniform; Sedbergh Scouts Banners; Sedbergh Group of Sight Advice; £66,890 to Maryport Lifeboat; many hundreds of thousands of pounds to the two Air Ambulances that cover our area; a fleet of Blood Bikes and much more.

This is an excellent opportunity to have a change in your life if you are ex Scouts, Young Farmers, Military and Emergency Services. If you would like any more information, I am happy for you to contact me and I will give you the facts, not rumours. Females? Yes, they can join too.

My experience? I was made a Mason in 1992 and one of my few regrets in life is that I didn't join sooner.

CANARY GIRLS UPDATE

Sandra Gold-Wood.

As you can see in the photo there is, a yellow wreath of poppies among the reds (if it's in black and white it will be the lighter one). I had the privilege of laying this in the memory of all those women and girls who also put their lives on the line to serve and supply the armaments in both the First and Second World Wars. They are mainly forgotten because they just did a job, this is sad because we need to honour and remember the past to inform the future and the choices we make. These women had little choice and in WW1 they were even told that the work was healthy and pleasant. They could not get away with that in WW2 as the dangers were all too obvious because of lives lost and injuries sustained by women workers. Yet in WW2 when called upon, the young women even though they knew some of the danger they were putting themselves in they



still went and worked shifts around the clock making the bullets and shells needed by our Army, Navy and Air force.

The Canary Girls trustees are working toward establishing a memorial in the National Memorial Arboretum to honour these women, around a million of them in each World War. They are the forgotten heroines, just ordinary girls and yet their sacrifice was extraordinary.

Check out the Website at Canary-Girls.com



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SEDBERGH TOWN BAND

Keith Wood

Your very own Town Band are back for Christmas. The accursed infectious disease meant the Band's absence last year was hard to take for everyone.

So next, it is Christmas concert night on Tuesday 7 December, doors open 6.45 for 7.30. The usual far too inexpensive tickets are payable on the door. Make your way to St Andrew's Church Sedbergh for this annual favourite. There will be brilliant music and singing, interspersed with all the usual capers, Father Christmas, mulled wine and mince pies. The kids will, as usual, be especially welcome.

By the way, I'm sure you all know that we are a 'brass' band steeped in all the famous old 'hovis advert' traditions of this country. I thought I might as well say that, because you never know, some might think we're a jazz band, an ocarina band or a rock band, (fronted perhaps by Iwan Jagger) or even, for a very few, an elastic band, a cigar band or even a broad band.

Look out also for us on Main Street playing carols on the morning of Christmas Eve. Good old Sedbergh.



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

2022

Thursday 13th January
Thursday 10th February
Wednesday 1st March



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SEDBERGH ORCHESTRA CONCERT

Judith Bush

Like most musical groups, the Sedbergh Orchestra was forced into hibernation by the pandemic. Now, however, we have emerged from isolation and are practising hard for our forthcoming concert on Thursday 9th December, under the direction of Roland Fudge, our conductor.

We shall be playing a varied and interesting programme of music. Local violin virtuoso, Julian Cann, will be the soloist in two delightful Romances for Violin and Orchestra by Beethoven and we shall also play Beethoven's heroic 'Egmont' Overture. Pieces from Handel's exciting 'Music for the Royal Fireworks' will give us all a workout, especially the brass section, but we will calm down for the enchanting 'Love Song' from the Minnehaha Suite by Coleridge-Taylor. Holst's 'Songs of the West', a spirited setting



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of some West Country folksongs, will keep us on our mettle, as will Eric Coates 'The Three Bears'. This is an uproarious musical description of the well-known fairy story – it's great fun!

There can't be many towns the size of Sedbergh who have their own orchestra. Do come along and support us at 7.30pm on December 9th in St Andrew's Church



YEAR IN PEOPLES HALL

Sandra Gold-wood

A big hello from the Peoples Hall

It's great to be able to say that the Hall is fully functioning again and long may it continue. You will all have noticed the new roof, no more buckets on the floor to catch drips when the wind was lifting roof tiles. Asbestos was found in the roof and specialist were called on to remove it after which progress was speedy and finished quickly. Because of lockdown few were inconvenienced by the work; so that was one bonus of lockdown. Grants for the roof and the new central heating which will soon be going into the PH were secured by our intrepid secretary Dr Gina Barney, what would we do without her. Well, the PH would certainly not be in as good a fettle as it is and that's for sure. Gina, also accessed grants for the PH which kept it going during the pandemic and effectively reducing the halls losses.

During the brief reprieve from the lockdown in 2020 between July to October the Hall was made covid safe and dog training, WI meetings, the weaver's and the art society returned. Then of course the PH had to close again in Nov 2020 until April

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Start your week with *Monday morning* yoga:

10-11 Gentle yoga: slow stretches, balance work, both sitting and gentle floor movement, some remedial exercises

11-12 Chair yoga: very gentle mindful movements on chairs with guided relaxation at start and end of class. Good for shoulders, back pain, stress, suitable for wheelchairs

Challenge yourself with *evening* classes:

7-8pm Core yoga: Build core strength and stretch muscles on Wednesday evenings. Suitable for those with a reasonable level of fitness – runners, climbers, horse riders and those wanting a challenge, increasing in intensity throughout the course

5-6pm Yoga: An all-round class with building core strength, balance, gentle stretching.

Classes held at the beautifully refurbished Dent Methodist Chapel.

Text Elly on 07724 803508 Email ellyarcher@talk21.com to book or for further details.

2021, who would have believed such a thing could happen.

However, things definitely are on the up as from May 2021 the hall began to pick itself up and bookings are steadily rising. We had the local elections in May. Emma Packham and her dance classes are proving very popular and are a real treat for youngsters. Yvonne Cervetti ‘Funk Fascia’ classes are back, not quite sure what the name means but the classes are well attended. Ladies NFU are back too as are the fell racing fraternity. Plus, the very exciting prospect of a Panto by Spellbound Theatre on 16/17/18 December. Look out for posters.

All in all, the future for the People’s Hall is bright and warm now the central heating is going in. On behalf of the PH committee I’d like to wish all our long term hirers, new users and prospective users the very best of the Christmas season and New year’s felicitations.

FATHER CHRISTMAS ON ZOOM

Dennis Whicker

After the successful Zoom Meetings with Father Christmas in 2020, he has agreed to do the same again this year. You and your children can meet and see him in his Grotto from your own home.

He will be available from 2pm to 5pm Monday 13th to Friday 17th December. Time slots will be every ten minutes from 2pm.

There will be no charge but a suggested donation of £2 per child is asked. Any proceeds will go to local charities.

If you would like to book a slot or would like further information, please email me at denniswhicker617@gmail.com

If anyone would like to sponsor Santa with full recognition, please contact me.





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Saturday 18th December 2:00pm Saturday 18th December 7:30pm

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Under 18's: £6.00

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Bar and raffle.

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Please dress warmly for the performance as we will be ventilating the Hall regularly as a Covid precaution.

Please wear your mask when entering and moving around the Hall and follow the arrows on a one-way system to the Bar and toilets. Please ask for a socially-distanced seat if you would like one.

Thank you

MEALS ON WHEELS

Colin Cowperthwaite

Now that the winter months are fast approaching, just a timely reminder that our local twice-weekly Meals on Wheels service is still up and running in Sedbergh and the surrounding area.

Hot and tasty meals are supplied by the catering staff at local school kitchens. Meals are available each Tuesday and Thursday lunchtime. They are delivered directly to the door by our small but dedicated team of volunteer drivers, who are of course currently taking extra precautions to prevent any possible spread of infection. The price of each 2 course meal is just 5 pounds.

If you, your family members or anyone you may know who is finding it difficult or uneconomic to make their own meals, or would like an occasional alternative to their own cooking, do not hesitate to contact Colin Cowperthwaite on 015396 20659 or 07961 925003. Please leave a message if I do not reply; I shall get back to you as soon as possible and add you to the list.

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



PEOPLE FIRST

Georgina Devine/Ed Welti

People First have been supporting Self Advocacy Groups for people with learning difficulties and/or autism across Cumbria for the last 30 years. Self Advocacy Groups are an opportunity for people to meet, share experiences, develop life skills and confidence, and the ability to speak up for themselves. Activities include campaigning for meaningful changes in the world of disabilities, making resources, art and craft activities and social events. Our local group meets in the Unitarian Church in the Marketplace in Kendal every second Monday between 11am and 1pm. Meetings will restart after the Christmas break on the 10th January.

The group is looking for new members. If you would like to try it out, know somebody who would, or simply want to know more, then contact Grace on 07759832595, or go along to one of the meetings.

Visit
Father Christmas
On Zoom

between 2pm & 5pm
Monday 13th to Friday 17th December
To book a slot and for further information,
send an email to
denniswhicker617@gmail.com
*Father Christmas will also be at
Late Night Opening 6pm Wednesday 15th*

BOXES OF HOPE CUMBRIA

Pam Dent

Thank you to all those who have supported this year's shoebox campaign so generously, resulting in 140 Christmas boxes from our area for the children of Romania. The final total across the region will be posted locally and on the web-site in due course. Happy Christmas everyone!

HARDSHIP FUND

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

If you are in financial need or have a real need for an item which you do not have the wherewithal to buy, then the Sedbergh United Charities may be able to help you.

Or, if a friend or neighbour is in need of financial help, then please let them know about us.

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

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

or

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

All applications will be treated in confidence.

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

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

CHRISTMAS ANIMALS BESTIARY OF A FEAST DAY

Johnny Scott

In our festive tales and traditions, Christmas animals will always have an important part to play. From the uncomplaining donkey to Rudolph with his bright red nose, Christmas would be incomplete without their stories.

Christmas Animals

There are any number of myths and legends connecting animals to the 12 days of Christmas and, like the festival itself, many Christmas animals have their origins in pagan animal cults, sacrifices and fertility rites: the Roman festival of Saturnalia and Yule celebrations of northern Europe. The winter solstice, with its

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lack of growth and sunlight, was a time of deep anxiety and fearful superstition for early pastoral communities. The old year was dying and the gods must be persuaded to start the new one.

The fifth-century Christian poet, Aurelius Prudentius Clemens, is credited with the idea of giving Christmas animals human voices, enabling them to join angels in adoration on the arrival of the Messiah. This notion seems to have been short-lived. Much later, in 1223, St Francis of Assisi received Papal permission to use live animals to recreate the nativity of Jesus for the benefit of the inhabitants of Greco. As the popularity of nativity plays spread across Europe, folklore credited God with granting Christmas animals of the stable the ability to speak for an hour at midnight on Christmas Eve. In Eastern European countries it is considered very bad luck to catch them at it, as they often predict the death of their masters, a predicament avoided in Britain where the myth has been conveniently altered so the Christmas animals do

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07824831109

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Diane: white_dog_reiki_healing@gmail.com
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not make use of their gift within human hearing.

Healing and Acts of Kindness

Donkeys have been believed to cure illness. Myths surrounding donkeys could have arisen from their prominent role in nativity plays. Christian tradition differs over whether the previously unmarked hide of the donkey received its dark, cross-shaped stripes for providing the transport that got a heavily pregnant Mary as far as Bethlehem or for carrying Jesus into Jerusalem. Either way, the dark hairs from the cross were worn well into the 19th century in charms to heal ailments which ranged from toothache to fits.

Passing a child three times under and over a donkey was believed to cure whooping cough. Sometimes hairs were mixed with bread and eaten or, alternatively, a complaint could be passed on to the donkey by putting a lock of the sufferer's hair in the animal's feed. Letting a black one run with mares was believed to prevent them miscarrying.

Much folklore grew around robins, whose inquisitiveness made them appear a friend of people. They, more than any other bird, are associated

with modern Christmas animals. Robins are most visible in midwinter as shortage of food makes them tame and they puff out their feathers against the cold. In legend, robins acquired their colouring when one punctured its breast trying to pluck thorns from Christ's head at the crucifixion. Early Christian mythology has a robin rescuing St Leonorius, a sixth-century Welsh missionary to heathen Brittany, from starvation and a dead robin gave St Kentigern, founder of the church from which grew Glasgow Cathedral, the opportunity to demonstrate his saintliness by bringing it back to life. Acts of kindness by robins became the focus of 18th-century poets Wordsworth, Thompson, Blake and



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Wednesday 15th December 2021 at 5.30 p.m.

*Opening ceremony at 6 p.m. with the arrival of
Father Christmas and switching on of the
Christmas lights*



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Percy; the latter described a robin covering the children with leaves and moss in the tragic poem Babes in the Wood.

Festive Birds

The dove has endured as one of the Christmas animals as an emblem of peace.

A dove was depicted in early Christian literature as the manifestation of the Holy Spirit at Christ's baptism and has maintained its position as one of the Christmas animals through the centuries as the emblem of peace. Ravens, although they fed Elijah and featured prominently in Celtic mythology, have failed to last the course as Christmas animals except in Wales, where a

belief persisted that a blind person who fed ravens would regain his sight.

Eagles have been a symbol of power since time immemorial and there are frequent references to them in the Bible. An eagle was the beast of Revelations assigned to St John the Apostle, which is why the lectern in virtually every church in Britain is carved in its shape. An exception is St Andrew's church at Boynton in Yorkshire, where the lectern is carved in the shape of a turkey, with the bible supported on its outstretched tail feathers.

William Strickland, a gentleman adventurer who sailed with Sebastian Cabot to South America in 1526, is

SEDBERGH CHRISTMAS LATE NIGHT OPENING

Ringing of the Church Bells - The Town Band - Carol singing
Hot food and Music at the Black Bull Stable - Mulled wine



*Father Christmas' Grotto
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Street food market - Craft market in St Andrew's Church
Organ recital and Flower Festival in St Andrew's
Street entertainment - Star Trail

Come and join us for an evening of festive family fun!

considered to be the person who introduced turkeys to Britain. Strickland made a fortune from several voyages to the New World and bought estates at Boynton and Wintringham in 1542. He was granted arms in 1550 and took as his crest "a turkey-cock in his prime proper" liberally adorning the church at Boynton with his armorial.

The Festive Feast

Turkeys remained an exotic addition to feasts until the mid 18th century when George II developed a passion for eating the bird, sectioning off an area of Richmond Park specifically for rearing them. Their popularity grew and by the end of the Victorian era, turkeys had become

synonymous with Christmas. Every autumn, vast flocks of turkeys, their feet hardened with tar, were walked from farms in East Anglia, where they had been fattened on post-harvest gleanings, to poultry markets in London.

Turkey replaced goose or beef as the centrepiece of the Christmas feast as it, in turn, had been the substitute for boar's head. Little mythology survives about the latter, a creature of such iconic status in legends across Europe and the Middle East. Boars were an emblem of war and destruction, divine figures on standards, coins and altars, the quarry of heroes, transport of gods, a significant fertility symbol and the most powerful of the Yule sacrifices.



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A decorated boar's head, carried into the dining-room with much pomp and ceremony, was the highlight of Christmas banquets throughout the middle ages. One of the earliest carols, published by Wynkyn de Worde in 1521, is based on Christmas animals as the Song of the Boar's Head. The ritual of serving a boar's head on Christmas Day continued until the religious festivals of Whitsun, Easter and Christmas were banned by Parliament during the Puritan purges of Cromwell's Commonwealth. The custom survives with the annual boar's head "Gaudy" feast at Queen's College, Oxford but for most of us, the last echo of the

pagan boar cult is the tradition of buying a ham at Christmas.

Santa Claus and His Reindeer

Belief in a benign deity riding the winter skies with Christmas animals dispensing reward or punishment stems from pagan worship to the god Odin. As ever, Christianity adopted the idea and in the fourth century introduced St Nicholas, a saint renowned for his generosity to children and the poor. Different cultures across Europe created their own interpretations of a mystical bringer of gifts to good children at Christmas. These manifestations came at night, flying through the air with Christmas animals, either on horseback or in a carriage drawn by goats or dogs.

Contemporary conception of St Nicholas in the form of jolly, fat Santa Claus in a sleigh drawn by reindeer has been accredited to Clement Clarke Moore, a professor of Oriental studies at Columbia University in New York. In 1822, Moore wrote the poem, The Night Before Christmas, based around the Christmas folklore of northern European immigrants in New York and his knowledge of reindeer cults in Lapland and Siberia.



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Nomadic Sami tribesmen had a tradition of gathering the hallucinogenic fly agaric toadstool and feeding it to their reindeer. The reindeer's digestive system removed any poisons, leaving hallucinogens intact in urine. Drinking the urine induced an effect similar to LSD and stoned Sami imagined, among other things, that reindeer could fly. Moore's vision was widely adopted as Christmas gradually became commercialised, particular after 1930 when Coca-Cola used the image of Santa Claus in an advertisement.

Artists always portray Santa's reindeer with full sets of antlers. At a dinner party recently, someone posed the question of what sex Moore intended them to be. Bulls lose their antlers after the rut in October; oxen (castrated males), which Lapps use as draught animals, in March; and cows after they calve in spring. Before I could explain this, a formidable woman on my right announced authoritatively that they were female. Asked how she was so sure, she replied witheringly, "Silly man would get lost otherwise, wouldn't he?".

NEWS FROM THE PEWS



Susan Sharrocks
Tony Reed Screen
Churchwardens

The lychgate, dressed for the season of Remembrance, looked stunning in the daytime and truly beautiful as the night sky darkened and the effect of the hidden lighting made the poppies shine out in the dark.

A huge thank you to the designer, Barbara Hartley, and the helpers who did the work putting the poppies in place, and arranging the lighting.

What a showpiece for the town.

Leading up to Remembrance Sunday several classes of school children came to see and hear the Story of the Poppy which was tastefully showcased in the Lady

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Chapel where a carpet of red poppies had been laid.

Setting the atmosphere for the service ahead the half-muffled bells sounded their strident notes followed by a sombre boom. As always, the church was filled for the Service of Remembrance. With banners laid on the altar the service began. The long list of those local people who died during the two World Wars was beautifully read by a member of staff and two pupils from Settlebeck School. The Last Post and Reveille resonating out from the back of the church, played beautifully by Peter Packham.

The sun shone on the gathering outside where wreaths were laid on the War Memorial and the Town Band led the march past. This year there is the addition of a wreath of yellow poppies amongst the traditional red. The yellow poppy represents those women who during World War 1 worked in the ammunition factories. A

highly dangerous occupation working with explosives which turned their skin yellow...hence their nickname "Canaries".

The collection from the service, together with the amount raised by the Town Band's Remembrance concert held in the evening has been given to The Royal British Legion to help fund their valuable work with ex-service personnel.

Following our yearlong Interregnum, we are delighted to announce the appointment of the Reverend Andy Burgess as our new Vicar and the leader of the Western Dales Mission Community.

Andy, his wife Joy and their three young children will be moving into the vicarage in Winfield Road at the beginning of December. Andy will be returning to Bushey in Hertfordshire where he has served as a curate to take Christmas services, and saying his goodbyes then heading north again to join his family.

Andy will officially take up his duties following his licensing by Bishop James of Carlisle in St Andrew's on Tuesday 11th January at 7pm.

Please accept this as an invitation to that service to welcome and

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support Andy and Joy at the start of their time living and working amongst our community here in Sedbergh and environs.

Dates for your diary:

19th December Town Carol Service at 6pm

24th December Nativity moving on to Christingle at 5.30pm

24th December Christmas Eve Communion Service at 11pm

25th December Christmas Family Communion at 10.30am

A note to all of you who support the popular Wednesday Coffee Mornings. The last one for this year will be on 22nd December and the first in the New Year will be on 12th January.

We send our good wishes to you all for Christmas and the New Year.

DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

Our Pumpkin party on Oct 31st was a great night although the weather certainly didn't ease up, we had a steady stream of adults and children thru the doors and served jkt potatoes, sausage and cheese on sticks, crisps, drinks, and a variety of sweet things. Each child was treated to a 'bag of hope', UCB (United Christian Broadcasting) provides the bags and books inside telling the story of the love of God in a way children can understand and we add sweeties. We realise we need to source something else for younger children and are working on that. Putting LOVE /HOPE pumpkins on



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the wall by the road with candles inside was challenging with the weather.

A meal on the 13th November where those who come bring food to share is ahead as I write this but we look forward to others like it. The idea is to get together around the table to share a meal and have a good time, we say have 'fellowship' but that does not mean it is 'churchy'.

Advent is approaching and we are joining with local congregations to explore ways to celebrate it. We hope to run an activity half day with painting and glue involved before the end of the year.

Wishing you all a blessed Christmas however you will celebrate, and a Happy Healthy New Year.

FAMILY NATIVITY DENT

Sarah Woof

On Sunday December 5th at 2pm there will hopefully be absolute chaos in the Methodist Chapel at Dent.. we are having a Family Nativity and the children who come are the characters of the nativity. There will be some 'dressing up' clothes available to borrow or please bring your own, adults are also welcome to dress up, if only adding a Christmas jumper to their attire. Come sooner than 2pm to allow time to get ready unless you arrive in costume. The characters of the nativity will be from the congregation. The service will be guided through by Sarah Woof & Pam Dent and will be followed by a tea party. Everyone Welcome and we don't expect anyone to sit quietly, it really is an 'everyone join in' service to celebrate the true meaning of Christmas.

SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk

The Council held their normal monthly meeting, commencing at 7.30pm, on Thursday 18th November 2021 at the People's Hall, Sedbergh. Their next scheduled meeting is on Thursday 9th December at 7.00pm. This will include a presentation from the Sedbergh Economic Partnership. Due to any Covid regulations (at the time of writing) please contact the Clerk for any up-to-date information on public participation as might be required.

Precept and Budget – 2022/2023

Members continued to note the ongoing and predicted rise in expenditure/utilities/energy etc. It was anticipated that the Precept for the

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Parish Council could now rise by 6% to assist with budgeted current and future expenditure. However, this was equal to an annual increase of approximately £2.50 for the Parish element of the Council Tax (based on an average Band D property). Final figures would be confirmed when SLDC had advised the tax base assessment for Sedbergh Parish. Members were advised that the anticipated increased sum is still significantly less than other parishes.

Amenities

The Amenities Committee highlighted the ongoing work/improvements that would be required at the playground at Howgill Lane (People's Hall playing field) in the coming years and discussed the

feasibility of moving the location of the play park along the northern boundary in the coming years. Potentially, this would allow a small amount of additional car parking space, however, several external matters would also need to be considered, including planning and business rates.

Queen's Garden

Some Members of the Queen's Garden Committee and Friends of Queen's Garden had recently met with representation from Historic England at the Garden to discuss current and ongoing plans – ultimately hoping to attract more residents and visitors into the Garden. Various matters were discussed, including the potential to

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Vol. 2

Edited by Anthea Boulton

and Veronica Whymant



consider a bandstand at the Garden in the future.

Other matters/Correspondence

Planning matters were noted, along with Highways – including requesting a progress report on works continuing on the Cautley Road. Members also discussed the installation of the new street name plate at Maryfell and the potential to consider a memorial plaque for an Air Transport Auxiliary Serviceman killed at Arant Haw in 1941.

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

Wishing everyone a Merry Christmas and a Happy New Year

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



New year, new part-time job?

Sedbergh's community gym is recruiting a membership secretary in 2022.

It's between five and ten hours a week depending on demand, working from home.

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Subscriptions and dealing with queries.

You'll need data-entry skills, people skills, attention to detail and commitment.

There'll be more details on the club's website www.sedberghgym.club in December, with interviews in January.

TIM'S COLUMN

Tim Farron

I hope your Christmas preparations are on track. As I write this we seem to be looking forward to a much more normal Christmas than we had last year, which I am sure we are all happy about. However, before we start relaxing into Christmas I need to report back to you on what I have been up to over the past month.

It has been a bit of a farming focused time for me both inside and outside Parliament.

The Government needs to start seeing farmers as part of the solution to the environmental problems we face rather than part of the problem. I'm convinced one of the best things the Government can do to help the environment is to support our farmers in their trade deals and the financial support plans they put in place. Sadly, at the moment they seem to be doing the exact opposite. We are seeing trade deals agreed with countries that maintain lower welfare and environmental standards than we do and the Government is cutting its funding for farmers. The result of this can only be that our farmers can't compete and are driven out of business.

This is the point I made in the House of Commons in the debate on the Government's budget (which made no mention of farming at all). I have been to a number of farming events around the country making this argument including a well attended Northern Farmers Conference in Hexham and a standing room only Q&A with Defra and the Rural Payments Agency at



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the Auction at Junction 36. It's a bit sad that I have to keep making the case for farmers but this Government really doesn't seem to care about them and so I simply have to.

Beyond farming, the argument over the plans for Preston and Lancaster Hospitals continues. I managed to secure a meeting with the Health Minister responsible for overseeing this development. I can say with some confidence that he does now understand the impact that even longer journeys to hospital will have on the health of all of us who live around here and particularly the elderly. But the proposal remains under consideration so the fight must go on. As part of this, if you haven't

signed our petition then please do. You can find it by searching on "Tim Farron Hospital Merger Petition". Every extra person who gives their support adds to the strength of the argument.

And there have been other things. I met with another minister to discuss the problem with staff recruitment that according to a recent survey 85% of our tourism businesses claim to be facing. I have pressed ministers in the House of Commons to do something to sort out our housing crisis and I have been pushing the Government hard to do something to stop the problems with pollution caused by sewage we are seeing in our rivers and lakes.

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Finally, we have, at last, been told about the arrangements for our new council structure. I don't know how people around here feel about living in an area served by council being called "Westmorland and Furness" but I am rather pleased to see the old county name reappearing. Next May we will see the first election for this new body and the phasing out of Cumbria County and South Lakeland District Council so things are moving fairly fast now.

I hope you have a magnificent Christmas with all your friends and family together and here's to a more normal 2022.

Thanks for your support

RIGHTS AND RESPONSIBILITIES A TALKING POINT

Martin Dodds

Recent decades have seen a welcome growth of public understanding in the field of Human Rights. The process is by no means complete however. There seems still to be a long way to go in changing attitudes towards race; LGBTQ minorities; women; different faiths; global justice; economic exploitation, and no doubt each of us could add our own topic to that list.

The emphasis on Human Rights carries a risk. Does my 'right' override yours? Sometimes our perceived 'rights' may conflict with those of other people. For example, does my



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'right' of free speech allow me to promote 'hate speech' about you? Does it allow me to act in ways which may be deeply offensive to your deepest convictions?

Sometimes it can seem that the 'Human Rights' movement has an overlooked shadow side, which is strongly related to the concepts of individualism and 'me first' which are now so prevalent in world culture.

'Rights' imply corresponding 'duties', if they are to be honest and meaningful. For me to exercise my rights implies a duty of other people to respect my beliefs and convictions. For me to ignore other people's rights in pushing my own, would demonstrate my failure to understand

that no individual or group or community has an absolute right to impose its will on other individuals, groups or communities to the prejudice of their human rights.

Sometimes it appears as though the vigorous defence of 'The freedom of the Press' falls headlong into this trap of failing to respect the freedoms of others not to be persecuted or denigrated because of their distinctive cultural identity, ethnicity or world view.

Freedom it seems, cannot be taken to be an absolute right in all circumstances. True freedom is only possible when it is balanced by a corresponding duty of responsibility.

SEDBERGH SCHOOL NEWS

Karen Brucelockhart

Three Lupton scholars completed their time at Sedbergh this year, one had spent two years in the Sixth Form, and the other two had been in the School since year 9. All three have gone on to University at Durham, York and Bristol

The School has been shortlisted for the Cumbria Business Awards Best Community Involvement 2021 award to be decided on 25th November in Carlisle for their range of community work and initiatives as part of the Sedbergh Gives Back campaign

The School has received a donation of a copy of the 1986 Domesday Book facsimile from John

Duckworth's estate, one of only 250 made.

The CCF were able to have a Field Day for the first time for two years on 15th October.

The Pitchcare Magazine ran a lengthy interview with the School's Head Groundsman, Martin South, who has brought the School pitches up from ordinary to the level of County matches in 20 years

The School fireworks took place on a mizzly night on 5th November, preceded by a huge bonfire.

The School, Pupils and Parents continue to support the Bay Foodbank and the Kendal Foodbank

The School Archivist, Katy de la Riviere, spoke to the Prep School

'twas the night after Christmas....

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about the part that Casterton old girls played in the war effort.

The Remembrance Sunday service was held as usual on the Cloisters on a brilliant sunny warm day. The service was taken by the School Chaplin, and the lessons were read by the Headmaster and the Head of School. Wreaths were laid on the VC memorial by the School, the Old Sedberghians, and the CCF.

Music

The House Unison singing competition was won by School House, after 27 years. This competition used to be known as the House Shout. The fact that it seems no longer to be so called perhaps reflects a rise in standards!

In the evening of Remembrance Sunday the Choir sang the Faure Requiem, with soloists Isabel Gaskin (Yr 10) and Archie Glover (Yr 12) giving a magnificent performance

Cricket

OS Harry Brook has been named NV Play Young Cricketer of the Year in addition to his PCA award. He scored 1,286 runs in the County Championships this year, and has been added to the English squad touring Australia. Tom Aspinall (next summer's captain) has been selected for the English Young Lions team touring Sri Lanka.

Rugby

The School won against Whitgift 52 -13 on 16th October and against Warwick on 10th November 45-8.



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However their trip to Ireland had to be cancelled

OSs Cam and Ollie Melville were part of the Jamaican rugby side that won again Rugby Americas North

The U14B played Kirkby Lonsdale QES and lost 15-35 on 3rd November

Years 7 and 8 went to Edinburgh for a weekend of rugby including the Scotland v Australia game at Murrayfield

Bevan Rodd (OS) was capped for England in their victory over South Africa.

Running

During the half term break the runners teamed up with a team from Shrewsbury for a running tour of Scotland, including running up Ben Vorlich

Also during half term Mrs Macdonald and Miss Westall ran the RunRocknRoll half marathon to raise funds to contribute to a memorial for OS Joelle Welsh who sadly died earlier in the year

Two squads from the Prep (U11 and U13) took part in the SMH cross country championships and won three of the four team shields.

Equestrian

During half term a team of 14 horses and 12 riders went to the National Schools Championships in Bedfordshire Sedbergh and the youngest team became National Champions at 75 cm Arena Eventing with Emma Beswick winning the individual championship. They also came 4th in the 75cm Show Jumping

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and Kate finished 3rd in the 80cm Arena Eventing

Hockey

The U18 boys began their campaign for the Cumbrian Cup on 10th November by winning against QES and Windermere and drawing with KSGS taking them through to the North West stage in the New Year

Football

A Girls' football match against Settlebeck was held on 10th November before an enthusiastic crowd.

Future Events

There will be performances of The Thirty Nine Steps from 30th November to 3rd December but as it will be in the Arden Theatre there are unlikely to be spare seats.

The only home Rugby 1st XV matches in December are Millfield at 1.30pm on 8th December and Llandovery at 12 noon on 11th December

The Guest Carol Service is on 5th December at 5 pm in the School Chapel, and everyone is very welcome to this, and also to Britten's Ceremony of Carols at 7.30 pm on 10th December, also in the Chapel.

Term ends on Thursday 16th December and the Lent Term begins on Sunday 9th January. Half term will be from 11th to 20th February.

The Choral Society is resuming after its Covid silence, and the first meeting is on Monday 10th January at 6.25 pm in the Thornely Studio with a view to a performance in March.

A VIEW FROM THE FELLS



WHY WE NEED THERAPY

Yvonne Cervetti

I was recently having a chat with someone when the conversation turned to the work that I did and, more specifically, why people need therapy. This question got me thinking. What does therapy do? What sort of therapy should a person have? How much therapy does a person need? Will it cure me? Having therapy may leave a person thinking that they are weak, turning to someone for help rather than being able to 'get on with it' or 'getting a grip'. Therapy is what someone else has, not what I will need or have.

Have you ever had a chat over a pint or glass of wine in a pub? Or gone for a walk with a friend and discussed something that was on your mind, or rung your mate when something is bothering you? These are all forms of therapy; a chat, a hand shake or a hug, so, maybe, having therapy is not a sign of weakness rather a sign of strength, a willingness to talk about something that is troubling you. It could be that you are having relationship problems, or experiencing a hard time with

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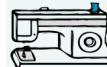


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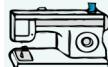


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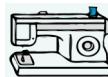
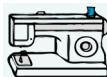


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teenage children, financial worries or your football team has lost yet again. What these have in common is that they all need to be discussed with someone else rather than building up and causing you stress. From Yoga to Acupuncture there are many types of therapy, each modality suiting different people at different times of their life. CranioSacral Therapy relies on the willingness of the client for it to have a chance of benefitting the person, a mutual relationship based on trust between the client and the therapist; a bit like chatting to a good friend, whom you have known for a long time. How much CST you have is entirely up to you. Can it cure you? No, but the more you have, the more chance you give yourself to feel the benefits of having a relaxing, restorative treatment that will help bring a sense of balance to your body and ultimately your life.

SIGHT ADVICE SOUTH LAKES

Dennis Whicker

The October Meeting of the Sedbergh Group had a slight delay in starting because someone (me) forgot how to enter the Hall and I didn't read the instructions by the door. I have always told my children to "Read the Instructions!" I won't forget next time!!!!

At the meeting, Dr Myles Ripley came and gave an outline of one of the many hats he wears. This one was as a First Responder. The Sedbergh Responders was set up 5 years ago and are regularly called out as a pre-attendance of an Ambulance if required. He explained the types of medical issues they are called to deal with, and the ones they are not. It is all about Team Work and helping the Patient which as they know most people they attend; it helps to reduce the anxiety of an unknown person attending in a time of stress.

Myles also touched on his work with people with disabilities on Killington Lake where I was able to surprise him with a gift of two bottles of wine from a very appreciative person he has looked after.

An update was made on the missing members and hope that they will be able to attend future meetings.

The Monthly Phone Meetings continue on the first Tuesday of every month at 2pm. and is a vital link to those that are unable to attend meetings any more.

The November Meeting was held at the Fat Lamb who have hosted this for a number of years now (except last year due to Covid) and provided an excellent Christmas Lunch with a



A vertical advertisement for Smart Design and Print. At the top, a blue teardrop shape contains the text "GREAT QUALITY & SERVICE". Below this is a collage of various printed materials, including brochures for "WEST POINT" and "KINGSTON", and a photo of a person. The word "smart" is written in a large, pink, lowercase sans-serif font, with a small blue teardrop shape above the dot. Below "smart" is the word "Design and Print" in a smaller, white, sans-serif font. At the bottom of the ad is a pink horizontal bar with the text "Call us today: 01539 620788" and "Email: office@smartdesignprint.co.uk" in white. Below this is another pink bar with the text "FREE local delivery for orders over £20" in white.

good alternative for those not keen on Turkey. I provided the traditional Menu Card for the 16 in attendance which included an entertainment quiz which was well received. It was good to catch up with everyone.

The next Meeting will be on Tuesday 18th January when there will be a Sing Song with some members of Sedbergh Songsters will join us for some harmony. This Meeting and every one that is held on the third Tuesday of every month is open to all people with a sight problem as well as those blind. That means if you wear glasses, you can attend. On a personal basis, I am fearful that the Group will cease as there are very few members now but many volunteers so please, we need new members. If you, or you know someone that appreciate coming to the meetings, please contact me or Susan on 20613.

FACE TO FACE WITH MINDS AND VOICES

wendy7713

Well after yesterday's feeling out of my comfort zone, I knew today I'd be right at home as it was my monthly visit to Minds and Voices.....a new couple had emailed me asking if they could come along and I always love meeting new playmates.....I suddenly became overwhelmingly tired and needed to close my eyes.....I sat there trying to think what that was all about and realised it was the after effects of yesterday's talk suddenly catching up on me.....it can be so exhausting having dementia. (*locally the Kendal Dementia Hub provides a similar facility – monthly 2nd Tuesday of the*

month at Abbot Hall Social Centre, Kendal- Ed)

I felt a bit 'not quite with it' as Damian and Monica picked me up outside the station and needed a few minutes to get back down to planet earth. Damian had calming music playing in the car which was wonderful.

As we arrived, Anna was already there getting things under way. We were expecting yet more new lovely people, so today, for the first time, we planned to split into people living with dementia group and a supporters group. We've never had to do this before and it will seem strange to some. However it will be soooo beneficial for everyone. People started to wander in, hugs, kisses and

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laughter suddenly filled the room. By the end people had all arrived.....we were bigger than we'd EVER been.

It was soooo lovely to meet so many new people....but it was quite overwhelming!!

After the half an hour of faffing we went our separate ways – people living with dementia in one room in a circle where hopefully people could hear better.

I asked if we could find out about 'hearing loops' that you see about in some places. Haven't a clue what they are but they might be useful for some as it's a very echoey room and supporters in another room.

I actually think we were still too large to make it possible for everyone to hear and feel part of the discussion. We needed two or even 3 groups to allow the quieter ones to feel at home and confident.....me thinks we need to get our thinking caps on as to what can be done....a lovely problem to have though!

We then moved onto our research "Living alone versus Living as a couple".....we were one of several groups funded by the National Lottery.....we wanted to inform GPs and other healthcare professionals what they needed to ask people as both those living alone and those in a relationship have different needs.....our research was received really well by the Lottery people. we just need the same to happen in the medical world.

Alun then told us he is hoping to do a piece of work with us before he goes to New Zealand.....capturing our thoughts on the value of Minds

and Voices peer support and what it means to us. Over the last 3 years he's been writing down when we say something about the value of peer support. From these quotes he'll create a piece of work that will hopefully be displayed in the library.

Then we spoke about our course – A Good Life with Dementia course – created and delivered by people living with dementia to those newly diagnosed..... head of Yorks mental health older peoples department has asked for costings for us to run a couple of courses here in York.....which may mean they actually refer people this time.....so that's brilliant news. Deepness Dementia Media is a good place to source courses.

You might not lose all 100 billion brain cells at once, but if you lose the ones that make you leave your shopping on the bus, it's not a help. There is no danger of us sugar-coating dementia. We know that anyone of us could have moments where it all goes 'wibble' - and that's really upsetting. We start with nothing, we end with nothing, everything in between is sheer profit!



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



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

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

Membership costs £18.00 - call 20964

email: dmparratt@gmail.com for a form.

For more information, visit our website:

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

WHY I SO LOVE WALKING

wendy7713

Recently, Rachael from Innovations, asked if I'd be recorded talking about why I love walking. It's for part of the IDEAL Dementia project in Exeter which is coming to a close and is in its final stages. Every year, for I think 3 years, a researcher has come to my house to ask me questions about my life with dementia and the changes over time. Now they're putting together the results about what their findings have found help to live as well as you can with dementia.

So why do I love walking? Well, I haven't a clue what I recorded and I'm writing this a week or so after so I could very well give a totally different answer. For me it's not just walking; it's walking WITH my camera. I couldn't never imagine now, going out for a trundle camera less.....it goes everywhere with me because you never know what you might see, what you might fail to capture. I can get totally lost in my own little world, putting dementia firmly in the background.

You also have to realise that photos aid my memory far more than words. How would I have remembered seeing the spectacle of this beautiful owl if I didn't have my photos to look at? How would I know what the weather had been like yesterday if I hadn't snapped my way round the village?

For me, it's more than walking; it's socialising with the world around me, both humans and nature. Living alone, if I didn't go out every day, I might not speak to anyone for days; might not share a laugh; share a moment, even share a trundle.

I've said before, how I don't worry about getting lost or becoming disorientated. If I'm desperate, I text my daughters, assuming I've remembered my phone. But mostly I feel safe and happy just asking anyone the way back home. The few people in the village who've had me ask that question, haven't batted an eyelid. They all know me; most know I have dementia and simply point me in the right direction. One even, walked back home with me, just to make sure.



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That's what makes a community friendly, not just for people with dementia, but for 'anyone'.

I have a few favourites, tried and tested walks, which I can do day after day as I never become tired of them. Many of them are circular so lead me back home. But there's also nothing more wonderful than venturing down an unknown, unseen before lane; discovering where it takes you; seeing something new. People often wonder how I manage to take my photos one handed, but I need the other for my walking stick to help stop me wobbling and keep me on track.

The weather doesn't really matter either. Obviously, I'd like it to be nice and sunny, but a foggy day is wonderful for capturing the same

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landscapes in a different light. The hidden horizon, testing people's memories as to what should be visible. Creating an atmosphere of mystery. Or the dampness in the air revealing the wonderful intricacy of a spider's web that may have gone unmissed. A rainy day, where my camera is tucked under my coat, being brought out when a rain drop on a berry captures my eye. Or raindrops on flowers looking like pearls of ice. That perfect moment when a Robin sings and you know you've captured it to revisit day after day or a butterfly lands in front of you, the moment missed if you don't stop and look. Or the breath-taking sight of dear meandering through a field...

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Seeing the season change from summer to autumn

From winter to spring

Watching Mother Nature at its most glorious first thing in the morning

Or capturing the young and watching them grow

Peaking at the squirrel hiding in the hole in the tree trunk....

A good coat, a comfy pair of walking shoes and I can walk for miles. Walk for miles and feel close to nature. I might usually be alone when I'm out for a trundle, but I'm never lonely. How can I be lonely with all these beautiful views around me.....? that's why I like walking.

14 PEAKS FOR 14 ARCHES

Nanette Rigg

Eden Viaducts launches a new event to help raise funds to #SaveSmardaleGillViaduct

Smardale Gill Viaduct stands in the Westmorland Dales near Kirkby Stephen, its 14 arches soaring majestically 90 feet above Scandal Beck. Sadly, this iconic monument to Victorian engineering could be closed to the public unless Eden Viaducts can raise the funds for essential repairs. Closure would mean walkers and visitors would no longer be able to use the permissive path across it.

Following a recent inspection by structural engineers, Eden Viaducts have been advised that water penetration from its deck has caused a good deal of damage to the structure. Urgent repairs are required to the viaduct's surface to improve the drainage and make it water-tight to prevent further damage. Only when this is complete can the work start on much needed repairs to the stonework – at least 3 of the 15 stone piers require urgent attention as they are at risk of becoming unsafe.

Eden Viaducts still need to raise over £100,000 for the first phase of the repairs and are looking for people to help its fundraising efforts by accepting the #14Peaksfor14Arches challenge, covering 90 miles (for 90 feet) whilst doing so.

The challenge takes in some of the most popular fells in the areas surrounding Smardale Gill viaduct: Nine Standards Rigg, Wild Boar Fell, High Cup Nick, Smardale Fell, Tailbridge Hill, Great Asby Scar, Crosby Garrett Fell, Bleasdale Fell,

Murton Pike, High Seat on Mallerstang, Green Bell, Dufton Pike, Cross Fell and Little Fell.

People who, for whatever reason, cannot scale the 14 fells can still join in by covering 90 miles in 14 stages in their garden or high street, on an exercise bike or however they choose.

You can take part in the fundraising challenge by clicking on the Start Fundraising button on the Eden Viaducts website [SAVE SMARDALE GILL VIADUCT - JustGiving](#). Then simply set up your fundraising page and ask your friends and family to join in by sponsoring you. You can then keep your friends, family, and Eden Viaducts up to date with your progress by posting videos and pictures as you take on the challenge. If you are signed-up to Strava, you can embed it on your fundraising page so we can all follow your progress on a map and cheer you on.

Eden Viaducts will send every fundraisers a #14Peaksfor14Arches to #SaveSmardaleGillViaduct T-shirt to help publicise their efforts.

The message from Eden Viaducts is help us #SaveSmardaleGillViaduct by accepting the #14peaksfor14arches challenge #BeAFundraiser

Neil Cleeveley, Chair of Northern Viaduct Trust said: "We have a

mountain to climb to raise the funds to carry out these urgently needed repairs to Smardale Gill viaduct. We have already received generous contributions from the Railway Heritage Trust and Kirkby Stephen Town Council, which are really appreciated. But we still need to raise over £100,000, so I hope as many people as possible will join us in what should be a fun activity.

We have chosen some of the most beautiful walks in Cumbria on lesser known but glorious fells in the Westmorland Dales, Yorkshire Dales National Park, and the North Pennines AONB. What better way to help save this iconic Victorian viaduct than enjoying these amazing walks? If you can't do the 14 peaks, you can still have fun covering

90 miles in 14 sessions wherever and however you choose.

It's a great way to raise funds to save this vital piece of our heritage and have some fun too. If you do take part, don't forget to use your fundraising to keep everyone up to date with your progress. I'll be taking the challenge and I'll be posting my progress."



NEW PENNINE BRIDLEWAY MAP

Andrew Fagg

A man from Kendal cycling in rain on Ingleborough last week became the first person to receive a new map of the Pennine Bridleway National Trail.

Staff with maps to give away were beginning to question their promotional attempt when Phil Atherton emerged from the drizzle.

The new map is the first to show the entire route of the Pennine Bridleway from the Peak District in Derbyshire to Ravenstonedale in Cumbria.

It has been produced by Harvey Maps with support from the Yorkshire Dales National Park Authority's Sustainable Development Fund.

Phil Atherton, who was in Clapham for work and had decided to take to the hills at lunchtime, said: "I read an article about the Pennine Bridleway and had to see it. Since I was over here, I thought I'd come out to do a little bit more of it. I've never had anything given to me like this before."

The Yorkshire Dales National Park Authority is the lead partner of the Pennine National Trails Partnership, which looks after the route on behalf of Natural England.

Member Champion for Recreation Management at the National Park Authority, Nick Cotton, said: "Thank you to Mr Atherton for being a good sport by posing for a photo and receiving a map. All of us who know the benefits of horse riding, cycling or walking can help spread the word about the Pennine Bridleway. Even in the wet, it's a great route. Sections of

the trail are accessible to those with limited mobility, too."

He added: "The purpose of making a map which covers the entire Pennine Bridleway is to encourage more people to discover and enjoy the route. As a National Trail it is not yet ten years old, so many people may not have heard of it. It runs through some very high places – a horse rider described it recently as 'big skies all the way'. It may be a little early to talk of the festivities to come, but the map would make an excellent stocking filler."

Adam King, HARVEY Maps CEO, said: "It has been a pleasure working with the Pennine National Trails Partnership and the Yorkshire Dales National Park Authority's Sustainable Development Fund to publish this map which will assist anyone wanting to travel this beautiful and diverse route, on foot, by bike or on horseback. The map is specially designed to enable confident navigation along the way and opens up many more opportunities for use of this multi-purpose trail. This waterproof map covers the entire Pennine Bridleway National Trail with added information on accommodation, planning, places to visit, horsebox parking and more."



WALK AND RAMBLES PLACES OF INTEREST IN THE NEIGHBOURHOOD

Colin Cowperthwaite

Another excerpt from my 1930's Jackson's Guide to Sedbergh and Dent. Most of the routes described are basically unchanged over the past 90 years, but today care must be taken when walking along the main roads!

In such a free and open country as this, it is impossible to do more than suggest a few of the more attractive routes, or those which lead to places or objects of special interest. The rambler is advised for the most part to follow his own inclinations, choosing the fell side or track which pleases him best - but always remembering to

"shut t' gate", and be particularly careful not to knock down the walls. A few special routes are described.

1. Brigflatts

Close to the River Rawthey, about a mile below the town. This little hamlet contains an interesting old Friends' Meeting House which is well worth a visit. The Quakers have always been strong in the neighbourhood; and George Fox himself records how he addressed a crowd on a fair-day at Sedbergh in 1652. The hamlet can be approached by a lane a quarter of a mile beyond the railway bridge on the Kirkby Lonsdale road; or by a track following the river, which may be entered just below Millthrop Bridge; or through

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Birks by the lane which leaves the Station road and skirts the cemetery.

2. Three Bridges (West)

Follow the Station (Kendal) Road past the first milestone and the Vale of Lune Church which is well worth a visit, over Lincoln's Inn Bridge - not named after its London namesake but simply because, we are told, a man named Lincoln once kept the inn, now a farmhouse just over the bridge. Turn to left at the sign post, pass Capplethwaite Hall, once the home of the Morland family, and a farm house, formerly the Black Horse Inn, and take the road to the left. From Killington Bridge the return to Sedbergh may be made by the following routes:

(a) Go through the gate at the left of the bridge and follow the track on the river side for about a quarter of a mile where it leaves the river side and turns to the right, crossing a field bearing to the left. It then enters a lane, passing Luneside Farm, and skirts the boundary of Ingmire Park, entering the Kendal road at the Vale of Lune Church.

(b) Take the first lane on the left and again on the first turning leading through the tiny hamlet of The Oaks, Marthwaite, from which it joins the lane after the river as in route (a).

(c) Instead of turning to the left at The Oaks, Marthwaite, continue to the end of the lane into the Kirkby Lonsdale road, and return to Sedbergh by road or by the riverside.

(d) Go straight forward past Four Lane Ends with its old milestone "beware of the river", reminding us of the old coaching days, to Middleton Bridge. Then through the first gate on the left through Middleton Wood into Jordan Lane and return by Holme Fell and Dee Bridge at Abbot Holme to Sedbergh.

3. Three Bridges (East)

From the church go down Main Street and Long Lane, pass the former Preparatory School, keep up the Kirkby Stephen road, pass the first milestone over Straight Bridge, and see the beautiful view north-east upstream (note the conglomerate in the bed of the river). Take the first little lane on the right leading over Clough Bridge, and wind out into and cross Garsdale road, then turn into the lane on the left, past the Hospital to Millthrop Bridge (see route a) and back by the Vicarage.



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SEDBERGH & DISTRICT

HISTORY SOCIETY

Villas of Windermere

Richard Cann

The talk to the society on Wednesday 3rd November was given by Diana Matthews, a daughter of the Pattinson family of Windermere. The subject of her talk was "Villas of Windermere". The Pattinsons had been builders from the 16th century until 2001 when the building arm of the Pattinson company had closed. The oldest surviving record is from the 16th century and is on the beams of Matterdale Church where the Pattinson name had been carved. The villas included in Diana's talk had mainly been built or enlarged by the family firm.

Diana showed slides of the exteriors of the villas and also items of interest connected with them, and in some cases slides of internal rooms. She also recounted facts and anecdotes about the owners of the villas. The station at Windermere was built in 1847 which opened the Lake District to people from the industrial cities of the North. To cater for these tourists Windermere Hotel was built by the Pattinson firm for a cost of just over £1000.

Calgarth Hall was built in the 17th century and some panelling from it can be found in Troutbeck Church. Rayrigg Hall was used by William Wilberforce as a summer home for about eight years in the 1780s, and Queen Adelaide, the widow of William IV, lived there in 1840. It is now Diana's home. When Belle Island was bought, and work done, prior to the building of the Round House, some

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Roman mosaics were discovered. Storrs Hall and Brathay Hall were both visited by John Constable. One owner of the former raised a company of 700 men to fight Napoleon, and another rowed in the first university boat race in 1829 when the rowers all wore top hats. Calgarth Park was owned by Bishop Watson, the first Professor of Chemistry at Cambridge, who decided to go to Paris for a year to learn about the subject. Later he became the Professor of Divinity instead. Fell Foot was at one time owned by H.W. Schneider. When his search for iron ore had proved fruitless and was to be stopped his men offered to work free for one week, and in that time struck a seam. It made him rich and also made Barrow into a thriving port. Wray Castle was used by the Beatrix Potter's family as a summer residence in 1882 when she was 16, and a guest they invited was Canon Rawnsley, one of the founders of the National Trust.

Diana included many other villas and owners in her talk. After answering questions she was thanked for her fascinating talk.

**SEDBERGH AND DISTRICT
HISTORY SOCIETY**
**Housing in NW England c1850-
1940.**

Julie Leigh

In her introduction, Jean Turnbull (presenting via Zoom) said that most of her evidence would be based on the towns of Kendal, Carlisle and Preston. She stressed that the development of housing in the period under consideration was strongly influenced by the social structure of the population. In this regard she stated that during the nineteenth century large numbers of people moved from the countryside into towns and cities, necessitating a huge increase in the construction of urban dwellings.

Before 1840, house building which was in the hands of private developers had been completely unregulated. As the volume of housing increased rapidly after this date it was common for a broad mix of housing types to be built in close proximity to each other. Jean showed an example of this in Preston where rows of the smallest houses with no outside space had been erected very closely to others with outside yards and even larger ones with gardens. She showed how this situation of mixed housing types was replicated in Kendal by the comparison of the best quality buildings in Clys Terrace with the long row of small terraced cottages in Longpool.



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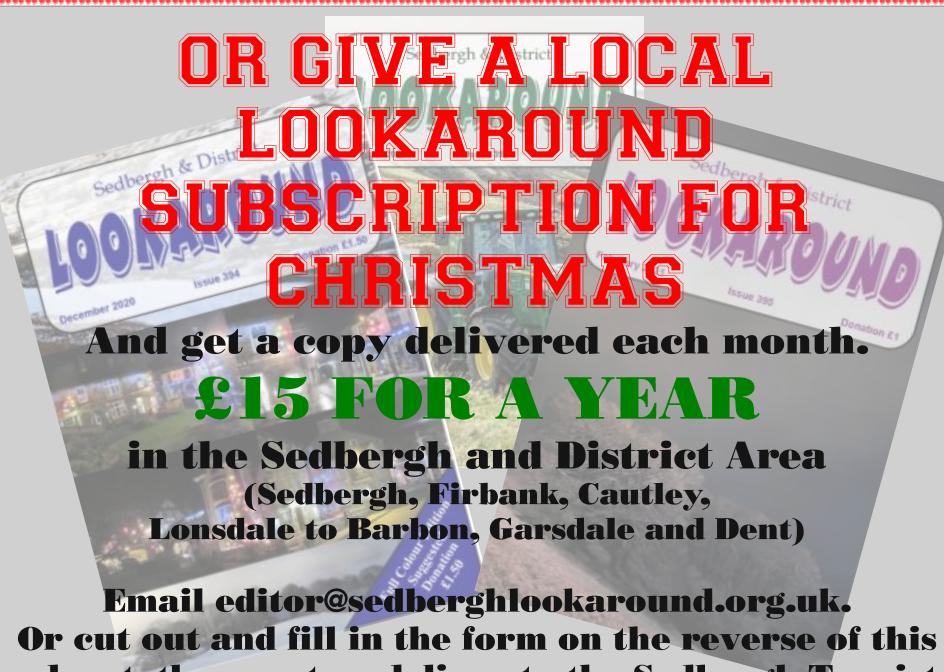
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At this point she commented on the role played by the proliferating building societies which made home ownership possible for many poorer people. They operated schemes through which the cost of a house accrued through weekly subscriptions. She added that since property ownership was accompanied by the right to vote, this process could also enhance a person's social standing.

Before long, the pattern of different types of housing being built close to each other began to be abandoned, due to overcrowding, the fear of disease and concern about social unrest. Although measures like the stipulation for a Health Board in every town in 1848 were gradually adopted,

the concern about living cheek-by-jowl with possible infection led to the development of more individual neighborhoods of properties of differing size and quality. Another factor in the separation of the types of housing that was identified by Jean was the building of houses of one type in model villages or collections of dwellings for industrial workers.

As the century progressed, the provision of housing by charitable organisations alongside increasing numbers of private builders and building societies created homes for large numbers of people. In London the first council houses were built and in 1900 the Rowntree Poverty and Progress Plan was instrumental in the development of good quality homes



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for poor people, Jean added that although houses built in the 1850s had no inside water supply, by 1900 it was a standard feature in all newly built houses. Alongside this surge, it is important to note that even by this date in a few towns and cities, notably Liverpool, some people were still living in overcrowded cellars with no water or sanitation.

Jean continued her chronological survey by describing how the decline in house building during and after the First World War resulted in landlords raising rents and a desperate need for more accommodation. In 1919, the shortage of affordable housing led to the Addison Act which provided subsidies to all local authorities who were to oversee the construction of

500,000 houses within the following three years. However, due to an economic downturn those actually completed fell far short of this number,

In spite of the inability to reach housing targets in the 1920s, there was considerable improvement in the quality of much of the new building. Positive developments included the imaginative planning of housing estates, for example the Castle Estate in Kendal with its circular design and the generously apportioned dwellings on the Longsowerby Estate in Carlisle. Furthermore, bathrooms became a standard feature in many houses for the first time.

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Jean concluded her talk with reference to the 1930s when house building really took off. Houses were cheap and buyers benefited from a reduction in interest rates, lower deposits and longer repayment terms. Between 1919 and 1939 3,000,000 were built. Ten per cent of these were council houses. Building standards varied. Some were beautifully designed, even incorporating features like decorated stained glass or art deco features. However, by 1939, 500,000 'unfit' houses had been identified, leaving a huge problem to be confronted by a future government.

This was a wide ranging and very interesting presentation, illustrated by copious photographs and plans.



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50 YEARS AGO

Colin Cowperthwaite

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

'Changes on the way, but still 'Sedbergh will be Yorkshire'

Sedbergh residents who fear the loss of their Yorkshire heritage under the re-organisation of local government were told on Thursday last week that they should not worry. They were assured that the changes will be administrative, not geographical, and that Sedbergh will still "be Yorkshire". Mr Peter Roberts, chairman of a panel of councillors there to answer residents' questions, said that the public should not regard the formation of the new county of Cumbria as a takeover, but as the inauguration of a brand new authority. The meeting, which was well attended, was held in the Sedbergh Secondary School hall, and was organised by Mr Roberts, the headmaster, to explain to the townspeople the implications in becoming part of the proposed administrative county. The panel consisted of Couns J. Dawson, K. McClurg, G.W. Sisson, J. Burrow, and the Clerk of the Council, Mr A.G. Wilkinson. The panel agreed that, with an electoral roll of 2,600, Sedbergh would be as well represented in Cumbria with the new county council as it is at present with the West Riding. Members of the panel held conflicting views on the question of Sedbergh's role in the Dales National Park. Some thought its restrictions were proving harmful to the growth and economic expansion of the town, while others

thought that it had prevented a possible, unwanted invasion by building speculators. Concern was also expressed at possible changes in the medical and hospital services. Mr Roberts said that the West Riding had always served Sedbergh very well in all spheres. He paid tribute to Kendal and Westmorland authorities for their "generosity and co-operation in making facilities available to Sedbergh". It was agreed that another public meeting should be held in the town as soon as more detailed proposals are known early next year.

New Preacher

Hawes Junction Chapel was packed recently for the Recognition Service of Mr William Allen, of Far

End, Garsdale, as an accredited local preacher to the Sedbergh Circuit. The charge was given by Mr Bell Pratt of Kendal, and the service was conducted by the Rev H.S. Hills. The organist was Miss Gladys Allen.

Mr J.H. Leighton of Sedbergh dies aged 89

The funeral took place last Saturday at Sedbergh Parish Church of Mr Joseph Henry Leighton, of 16 Fell Close, Sedbergh, and formerly of Millthrop. Mr Leighton, who died in hospital after a short illness, was 89. A native of Sedbergh, he was the second son of the late Mr and Mrs T. Leighton, who lived at Salt Pie, Millthrop, a small cluster of cottages demolished many years ago. As a youth he was employed as a weaver

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at Millthrop Mill, in the days when it was a flourishing concern under the ownership of the late James Dover. He left to become a blacksmith but subsequently returned to the mill. Essentially a man who liked outdoor life, he became a roadman with the West Riding County Council and was employed by them until his retirement. A lifelong lover of nature, he was a keen fell walker, and he also retained a great love for horses. His wife died in 1940, and Mr Leighton lived at the home of his daughter, Mrs Florence Garnett, who survives him.

Sedbergh Caravan Site wins approval

An application for outline planning permission for a caravan site on the

outskirts of Sedbergh was given unanimous approval by Sedbergh Rural Council on Wednesday. Although the site, half a mile outside the town along the Hawes road at The Moss, is big enough to take 90 caravans, members felt it would be wiser to restrict the number to 60. Coun H.W. Eastham told members "This is just what Sedbergh needs and with the proximity of the M6, it will help bring prosperity to the town". After the council had given the application its unanimous approval, Mr J. Dixon, assistant area planning officer, said the site was better than others previously considered by the council, though it was "a little exposed". Asked by Coun K. McClurg if there had been any change in the



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feeling of the planners towards caravans in the Yorkshire Dales in order to help the upland farmers, Mr Dixon said this was true to a certain extent, though not in the upper dales. "What has happened", he said, "is that it has been recognised - partly at the suggestion of the Rural Development Board - that in order to support the economy of the hill farmers, some smaller sites might be approved providing there is adequate screening, and it can be done without damage to the landscape".

Nursing Success

Miss Heather Thwaite, 21-year-old eldest daughter of Mr and Mrs R. Thwaite of Pot Ghyll, Garsdale, has been successful in her final examination for State Registered Nurse. Educated at Sedbergh County Secondary School and the Allen Technical College in Kendal, Miss Thwaite received her nursing training at Preston Royal Infirmary, where she will continue nursing for a time. A further selection of news items from local newspapers, this time dating from January 1972.

Sedbergh in Cumbria

Sedbergh will be better represented in the new County of

Cumbria, members of the Rural Council's Finance and Housing Committee have been told. In a summary of the Draft Scheme, Mr A.G. Wilkinson (Clerk) stated that at present one councillor represented Sedbergh electoral division, which included Settle and has an electorate of 7,788. When Sedbergh joins Cumbria, 18,017 electors from Sedbergh and South Westmorland would return four councillors, an average of 4,504 electors per councillor. One councillor would be drawn from Sedbergh Rural District, along with the parishes of Casterton, Kirkby Lonsdale, Barbon, Firbank, Killington, Mansergh and Middleton. Mr Wilkinson told members: "I think you will agree that we are better represented. It certainly will be more workable". Coun G.W. Sisson said that they should accept the proposals and go ahead, but Coun J. Henderson thought there were drawbacks. "In the first place", he said, "we do not know where the new councils will meet. If we elect Mr X to serve on the council, he might have to travel to Carlisle, which for him might be out. If we elect Mr Y he might say that he is already employed by Cumbria. There are many imponderables". The committee agreed to accept the proposals.

Former Sedbergh boy joins Preston N.E.

A former Sedbergh boy signed schoolboy forms for Preston North End F.C. this week. He is 16-year-old Gordon Gardner, who moved to live in Hest Bank two years ago, and has been playing for Skerton in the Lancaster and Morecambe Sunday

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League. A pupil of Lancaster Royal Grammar School, Gordon is a member of the school Rugby XV and his father is a well known member of the Furness Referees Society.

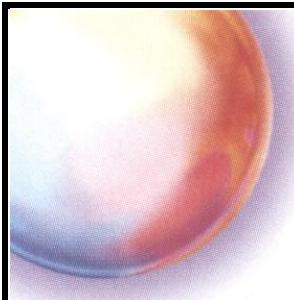
Gordon, who was signed by John Richardson, an area scout for the Preston Club, will make his debut for Preston 'B' team against Blackburn 'B' in the Lancashire League on Saturday.

Council's Cinema 'may pay its way'

Although Sedbergh's council-owned cinema lost 1,148 pounds over the past nine months - well within the permissible 2 1/2p rate - it could be that in the next few years the project will become self-supporting. The council's Development Committee was told on Wednesday by the Clerk, Mr A.G. Wilkinson, "Possibly by the end of the year there will have been a partial recovery because of a reduction in loan charges. We borrowed 8,312, and by the end of the financial year I estimate the figure may be down to 4,000 pounds. I can see the day when the cinema will be pretty well self-supporting, which would be a wonderful achievement in such a small district". Members were anxious to reduce the debt as far as possible, but the Clerk felt the only way to do that would be to increase the admission charges. Mr Wilkinson reported that the attendance figures showed an increase of 600 over the figure for 1970. The increase was made up mainly by children.

Sedbergh 'Serves visitors well'

Regarding the report in last week's Westmorland Gazette of a meeting of Sedbergh Council's Development



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Committee in which it was suggested that there was a lack of accommodation for visitors, I would like to point out that Sedbergh more than adequately caters for visitors. There are two residential hotels, both with two-star rating from the Motor Clubs, both serving all main meals at realistic prices and only too pleased to cater for the needs of visitors and passing trade. There are two other licensed houses only too pleased to accommodate visitors and provide breakfast. There is a licensed restaurant, a tea room and a snack bar. All these establishments seek to exist by offering services, and so far as food and board is concerned they depend on visitors for their living. It is true that on rare occasions, such as

Whitsuntide weekend (and then only when the sun shines on us), that accommodation is difficult to obtain. Generally, however, we get Lakeland's overspill and, when this town is full, so is every other town and village in the area, ie the Lakes and Dales. (This article was written by A. Green of the White Hart Hotel, Sedbergh).

Sedbergh may have its own Ambulance Station next month

Sedbergh is to have its own permanent ambulance station and the service may be established within the next month, the town's Finance and Housing Committee was told on Wednesday. Mr H. Lord, the County Ambulance Officer for the West Riding, told the committee in a letter:

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"I did not find any satisfaction in attempting to get the ambulance service in Sedbergh continued on a voluntary basis. There appears to be no alternative, therefore, but for me to establish a full-time station in Sedbergh which would be a sub-station of our main depot in Settle". He continues: "The sitting case car work will continue to be carried out by the garage proprietors as before". He added that inquiries are being made about the possibility of men now working in Settle to transfer to the Sedbergh station. On the question of a site for the new station, he says: "I have already approached the County Fire Officer with a view to the use of the fire station, and am awaiting his answer. This or any other immediate accommodation would be temporary, as I approached the County Medical Officer with a view to the ambulance staff and ambulance being on the site of the new Health Centre. This, as you are aware, will not be in operation for at least another 12 months, but my object is to get a service established in Sedbergh within the next month". The Clerk, Mr A.G. Wilkinson, said: "It is in the interests of all concerned that whoever mans the ambulance station should be local". Coun J. Henderson said that "the man should be someone of great local knowledge, or there must be someone local to go with him", and Coun J.T. Clough thought that it would be necessary for the station to be manned by three people. The committee then agreed to recommend that the ambulance be manned by someone with local knowledge.

MURDER AT OXENHOLME

Karen Brucelockhart

Many of you may, or may not, have noticed the plaque halfway along the northbound covered platform, recording the death of Constable George Russell on the station over 50 years ago. Some, like me, may even remember it.

On Wednesday 9th February 1965 one John Middleton, a man from Kendal but of no fixed abode, stole a car and a gun, and drove from Warrington to Kendal town centre. Why I have not been able to discover. A business man driving into Kendal saw a car reversing downhill and thought the driver was in trouble. He parked and went over to the car only to see the man was holding a revolver. At this point a police car arrived and the man took off in the dark across the fields.

Constable Russell and Constable Alex Archibald, together with Inspector Alfred Harrison, were detailed to search Oxenholme for him. The station had already been searched once earlier in the night. As they made their way up the platform at about 3.15am they spotted a man stretched out on a seat in the waiting

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room. All three officers were unarmed. They approached and opened the door, and as they did so Middleton opened fire with a revolver. The signalman at Oxenholme said he heard five shots. Leaving the police for dead Middleton then made off again up the line in the direction of Kendal.

Early in the morning, shortly after midnight, shots were heard in the Parkside area. By the time people were going to work there were road blocks and armed police, causing traffic jams in the town and on the A6. Large numbers of police and tracker dogs were drafted into the county.

A huge man hunt followed with about 200 policemen from four counties searching for Middleton. It was the first time a helicopter had been used in such a hunt in Cumbria.

Walkie-Talkies were used. Police armed with rifles and revolvers and tracker dogs searched the area from the Helm to St Sunday's Beck. Some 100 revolvers, 30 rifles and 800 rounds of ammunition were issued.

A Miss Sarah Gregg of Underhelm Farm told the Gazette that her son had come into the farm house, and said he had seen a man carrying something and running along the top of the Helm. Miss Gregg had heard the radio reports of the shooting. She was told by the police to go inside and shut the door. She refused to do so, and saw a man run from a wall about 100 yards away. She cried out to him to stop but although he looked

around, he ran on. He was pursued by police and dogs for about a mile. Eventually, with information from the general public he was traced to a field in Old Hutton.

Later, the police confirmed that several shots were fired on both sides. A marksman finally shot him in the leg fracturing his thigh, and Middleton then shot himself in the head. However, he failed to kill himself. Subsequently, a judge held that he was unfit to stand trial, and he was committed to a mental institution.

In total, 11 police officers were shot at but only the three at Oxenholme

were wounded. Harrison recovered from his wound to the shoulder, and he was able to return home the next day. Archibald was seriously injured in the chest and spine but survived. He spent 43 days in hospital. Russell died on the operating

table. He was 36. He left a daughter and a six month old son. An older son had been drowned two years earlier.

He was one of 17 police officers to be killed on duty in the present boundaries of Cumbria Constabulary since 1835. He was posthumously awarded the Queen's Gallantry Medal.

Bullet holes can still be seen in the wall of the station below and slightly to the right of a sign saying Disabled Toilet Alarm.

Fifty years after the event a Memorial Service was held in Oxenholme waiting room on 10th February 2015



12 DAYS WILD A MIDWINTER NATURE CHALLENGE

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12 Days Wild is our mini Christmas challenge, encouraging you to do one wild thing a day from the 25th December to the 5th January. In those weird days between Christmas and New Year, winter wildlife is just waiting to be explored! Your wild acts could be little things to help nature - like recycling your Christmas tree or feeding the birds – or ways to connect to the natural world, like walking off your Christmas dinner in the woods or admiring the beauty of a winter sunset.

1. Go on a winter walk – keep your eyes open and see how many different species you can see?
2. Make a Christmas wreath for birds – using nuts, berries and lard to feed the birds
3. Spot a Starling Murmuration
4. Investigate animal tracks
5. Photograph the frost
6. Fundraise for wildlife
7. Watch wildlife out of your window
8. Find a feather – try to work out who it has come from
9. Watch a sunrise or sunset
10. Find fantastic fungi
11. Feed the birds
12. Tune in by switching off – spend the whole day without electronics

More information on all these can be found on <https://www.wildlifetrusts.org/12dayswild>



RED SQUIRRELS MAINTAIN DALES STRONGHOLD

Mark Sadler

The ‘near threatened’ native red squirrel is maintaining its range in the Yorkshire Dales National Park, a monitoring report has concluded.

There is also anecdotal evidence that the reds’ range may have increased in recent years.

Grey squirrel control undertaken in the National Park’s ‘core area’ for reds – mainly Sedbergh, Garsdale and the Upper Eden valley – is said to have been a ‘crucial’ factor.



The conservation research and monitoring report has been published by the Yorkshire Dales National Park Authority in partnership with Red Squirrels Northern England (RSNE). It has been produced as a result of the 2011 Local

Biodiversity Action Plan, which identified red squirrel as a priority species for conservation within the National Park. The completion of the ten-year action plan, at the end of last year, has prompted an assessment of the status of priority species and habitats.

Co-author Heinz Traut, Project Manager at RSNE, said: “The results detailed in our report show that red squirrels have maintained their range

in the core areas of the Yorkshire Dales National Park since at least 2012. This is thanks to the dedication and efforts of many local volunteers, land managers and organisations, including YDNPA, which have helped red squirrels to thrive here. Where the provision of suitable habitat and the exclusion of grey squirrel competition is facilitated, reds will continue to do so."

The Member Champion for Natural Environment at the Yorkshire Dales National Park Authority, Ian McPherson, said: "There are four red squirrel groups working in the National Park and this monitoring report is a testament to their committed stewardship. For many years now the Penrith and District, Mallerstang, Garsdale and Sedbergh red squirrel groups have been keeping an eye on the native reds and culling the greys, which otherwise would likely take over.

"Given the long standing work of these local groups in the Cumbria part of the National Park, the National Park Authority has focussed its work in North Yorkshire where no active groups are present. We are delighted that red squirrels in places such Langstrothdale and Snaizeholme are doing well. However, I would like to echo the authors' note of caution about the reds' expansion to places such as mid-Wensleydale: it is not clear if there is sufficient suitable habitat and grey squirrel control for the reds' to sustain their expanded range. More conservation work must be done in the National Park to help red squirrels but for now we can celebrate that populations of this priority species continue to be stable."

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SEDBERGH RED SQUIRREL GROUP

Karen - coordinator

In winter the red squirrel has a thick, warm coat and magnificent bushy tail, which is used for balance, warmth and also as a signalling tool. With their impressive ear tufts, some 3 cm long, they are one of our most-loved woodland animals and an absolute joy to see.

Squirrels are active all year round and do not hibernate. A squirrel lives in a nest known as a 'drey', comprising of a dense ball of interwoven twigs (roughly the size of a football), lined inside with soft materials including moss, leaves, grass and fur. Dreys are usually located in the fork of a branch tight

Top 4 tips to help Red Squirrels this winter:

1 Break ice that has formed over water bowls

2 Put out nuts such as hazelnuts, walnuts and almonds

3 Fresh treats like chopped apple, beans, carrots or spinach are good too

4 Make sure food and water is fresh and free of mould



against the tree trunk, around two-thirds of the way up the tree. Although they are less active during the winter, spotting one is much easier once the leaves have fallen from the trees and watching a red stocking up on food, caching, from a feeder is a delight for us but a priority to them through the harshest months, as poor fat reserves can lead to starvation or disease.

If you are lucky enough to have red squirrels visiting your garden there are some actions you can take to make life a bit easier for them. By providing a little extra food, planting some red squirrel-friendly trees and reporting any squirrel activity in your garden, you can help support your local squirrel population.

Thank you for your continued support.

LADIES N.F.U.

Caroline Sandys-Clarke

Our meeting on the 19th October included a most interesting talk by Bill Nelson from 1818 Auctioneers at Junction 36.

Originally the Hodgson Family started the business as a livestock auction mart in Kendal. . After merging with NW Auctions the business grew with David Brookes joining Kevin Kendal in 2005. The auction mart in Kendal became too small for the expanding business and plans were agreed to build a new auction house at Junction 36 of the M6 which opened in 2013. There are now 17 members of the team and three part time valuers. Kevin progressed to selling chattels which has grown to include machinery sales



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Tanya & Edmund Hoare

and house clearances. The company then amalgamated with Harrison and Hetherington and the team were joined by Anya, who concentrates on textiles and vintage clothing and Garth, who concentrates on fine arts and small items. Both came to the meeting with Bill Nelson. On-line timed auctions started in 2020 due to lockdown and have proved to be a thriving part of the business. Several members brought in small items to be examined and valued ranging from a soft toy , mantle clock and jewellery to a distaff and needles used by the knitters of Dent. It was a most interesting and enjoyable evening.

Our Coffee Morning which was held in St Andrews Church on Wednesday 10th November raised very nearly £400 for St John's Hospice, with a generously stocked cake stall and wonderful raffle. St. John's also had a stall selling Christmas cards and chutneys and jams.

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OCTOBER WEATHER

Brian Wright

Well as we move towards the cooler months this one was also fairly wet. We did manage a maximum temperature of 63F (17.6C) but we got down to a minimum of 35F (1.6C). Rainfall was a generous 5.35 inches (136.1mm). A barometric low of 28.98 inches produced a wind gust of 56.67mph (91.4kph). The average wind-speed for the month was 38.3mph (61.7kph) making it quite a breezy month.

The breezy weather saw the fall of many leaves. Some, of course, have been dead from that keen frost in May! There will be little fruit for the birds this autumn as a result.

We have no sign of any fruit be it apple pear, cherry, or plum for us. There are a just few blackberries around where they are in a bit of shelter.

The usual variety of birds are visiting the feeding station but not in the usual numbers. The goldfinch are very rare at present and I can't think when I last saw a long tailed tit! I've only picked up one dead rat recently so let's hope we are on top of that problem for the time being. There are reports of red squirrels about Sedbergh but we haven't seen one recently nor have we seen the owls around us. The hens continue to lay their bantam sized eggs though I now have a light on in their shed to lengthen their day! The geese look splendid in their breeding plumage so let's hope she lays again come spring. We have had 2 pots of hyacinths flower for a second time this year having put outside after their initial flowering.

KILLINGTON W.I.

Wendy Fraser-Urquhart

Out and about:

What a wonderfully busy WI month it has been! We have been able to go hither and thither and to enjoy ourselves with lots of members from other institutes. My first outing on October 21st was to Kendal with our President, Susan Sharrocks, to the AGM of the Cumbria-Westmorland Federation of Women's Institutes. Now, doesn't that sound impressive!? There are over 70 individual institutes in our federation in an area which stretches from Barrow to Pooley Bridge. Fascinating as the meeting was, I'm glad we didn't have to travel as far as the folk from these distant places. After the reports from the Officers had revealed their hard work and a smooth running organisation, our speaker for the morning was introduced. Her talk, illustrated with slides, was absolutely inspirational. Val Leivers and her husband Terry, have worked since 2006, among some of the poorest people in southern India, providing for them facilities which they, themselves, have requested, not things which others think they need. Val spends much of her time teaching children in very poor schools around Hyderabad. As a teacher she knows the value of education for these children, and, if they can read, write and speak English, it is a route out of poverty. The afternoon speaker was Sunny Ormonde, - Lilian Bellamy in The Archers, who kept us happily entertained.

Our second outing was also to Kendal, this time to the Masonic Hall

next to the WI Office. This was to the Annual Reading Aloud Competition. Thirteen different institutes had entered teams. Pat Allen and Sally Cragg, our entrants, did us proud. Another competitive event saw us abroad again to the WI Quiz. For the last few years this has been held at the White Hart but this time our nearest venue was New Hutton Village Hall. We usually enter three or four teams. Perhaps, lacking the certainty of superb chips meant that this year we had only one team or, maybe, being an afternoon WI, we don't like going out on cold, wet, windy nights. Susan, Barbara Moulder, Dilys Evans and I had great fun and an excellent evening. We didn't win but the supper and hospitality were good. We enjoyed the chance to chat to our friends from other branches, especially Howgill and Sedbergh.



At home:

Tuesday November 9th was our own Killington WI AGM. This time all the reports from our officers were of immediate interest to us all, taking us back to happenings, both happy and sad, throughout the past year. Sadly, we have lost two wonderful friends and longstanding committee members in the last twelve months. Lorraine Millington died following a stroke in December 2020, and Valerie Cann died suddenly on Midsummer Day. Lorraine did so much work, often behind the scenes, for our WI, and always took great pleasure in all she did. Flowers, gardens, travel, and friends were her special treasures. Valerie had been our excellent secretary for several years. We will

miss her commitment, wonderful shortbread, exquisite needlework, and joyful enjoyment of life. Both of them had a great sense of humour and appreciated to the full everything we did together.

Treasurer Margaret Denton presented the Financial Statement. Secretary Marion Wood summarised our activities through the past year in her Annual Report. Both reports were adopted unanimously. Susan Sharrocks, our President then gave us her thoughts on the year. With humour she thanked all those who had worked toward the success of our activities and companionship. Susan herself was thanked by Dilys Evans on behalf of the rest of us. Two new members, Lavinia Mahon and



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Joan Perkins, were added to the committee. Retiring member Sarah Woof was thanked for her sterling work.

Then it was on to more usual things - birthday greetings to Margaret Denton on a cake earning one, i.e. a decadal one, and to Joan Perkins. Lists for future events were circulated and plans made for our Christmas Lunch. Yes! I can use that word in the December issue on December 14th at the Golf Club. Our first meeting of 2022 will be on Tuesday 11th January, at 2.00pm, in the People's Hall.

Celebration:

Happy birthday to us!

Happy birthday to us!

Happy birthday Dear Killington!

Happy birthday to us!

On the 9th November, Killington WI celebrated our 80th birthday with a dainty and pretty Tea Party. Beautiful bone china tea sets, some which had not seen the light of day since the last Silver Wedding parties, were arranged on the tables. Delicate tea pots with hand-made cosies held the welcome amber liquid. No pot mugs and metal urns today! Colourful flower arrangements added another touch of elegance. The finishing touch was the tiered stand for each table, laden with delectable goodies. The Ritz couldn't hold a candle to this display!

The company was even better than the spread. There is nothing better than being with good friends. We also

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had a guest, Karen Hanks, the Chairman of the Westmorland Federation of Women's Institutes - Big Chief - in other words and what a splendid guest she was! As well as giving a celebratory address, she circulated and, I think, that she spoke to everybody in the room. Moreover, at the end, she was still there, helping to clear away the tables. What a splendid WI person she is, almost as good as our own Chairman, Susan. Thank you to all those who made it such a wonderful occasion and thanks to all those folk who have been such happy members over the last 80 years.

And finally, my usual seasonal greeting to you all, [copyright - Readers' Digest],

A HAPPY CHRISTMAS TO ALL OUR READERS!

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

Bridget Postlethwaite presided at the November meeting as Sarah was suffering from a winter cold. Members present were given a warm welcome.

A thank you letter received from federation chairman Karen Hanks following her visit to our AGM. contained some encouraging words -

Quoting we have friendly faces, we are a small but mighty WI and we make a great supper. Karen is looking forward to seeing us again in May in Howgill

Liz and Audrey attended the annual council meeting in Kendal, we were

updated on important issues within the federation,

Plus, two interesting speakers, Val Leavers gave an illustrated talk on helping to build a future for the poorest people in India and Sunny Ormande who plays Lillian Bellamy in

"The Archers" gave a talk and readings showing a different side to her distinguished character. We congratulate Bridget who is to be presented with her 30-year membership certificate.

We entered a team in the annual federation quiz which this year was held in New Hutton village hall.

Us "Likely Lasses" came second Thanks to our avid quizzer Liz Moore.

Congratulations to the winning team Kendal W.I.

Bridget introduced our speaker Fiona Forrester who gave an interesting talk on her career as a vet working at home and abroad. She has packed a lot into her busy life which included

witnessing a hurricane when working on a Caribbean island. Liz thanked Fiona for a interesting talk which we all enjoyed.

The competition for a photograph of a pet with a caption was won by Anne Kendal with Bridget second.

Pauline Robson gave us a question and answer game during social time, Liz Moore being the winner.

The evening was brought to a close with our usual Jacobs Join Supper.

We meet again on December 2nd.at Sedbergh Golf Club for our Christmas meal.



SEDBERGH W.I.

Moira Folks

The past month has been busy with WI activities for quite a few of us, despite a lot of rain at times. The walking group were first off the mark on Thursday 21st October, as Anne Pitt describes here: 'We were fortunate that there was a change in the weather pattern and we had the first bright and sunny day after a period of dismal drizzly ones, which meant we enjoyed great panoramic views all day. Four of us travelled to Kendal and caught the bus to the Low Wood Hotel on the shore of Windermere. We headed up the fell on the western side of Holbeck then crossed the bridge to contour round the fell above Low Skelghyll and

joined Robin Lane which we followed to Troutbeck. There we crossed the road, walking down to Church Bridge in the valley. We were a little bit concerned that we might have to retrace our steps back up the hill as the road had "Road Closed" signs at the top and barriers across it but we trusted that probably pedestrians could get through and happily that was so, as the eroded riverbank had been reinforced and there was just one workman erecting a new fence on the river side of the road. Across the road the Troutbeck Pumpkin Festival was in operation with a few mums and pre-schoolers coming from it with a festival worker pushing a wheelbarrow containing their pumpkins. We crossed the main road

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to take the path up the eastern side of the valley to join Longmire Road going south under Whinny Howes to Moorhowe Road and then onwards to the track round Allen Knott. Our route then took us past Far and Near Orrest before continuing over Orrest Head and down to Windermere Railway Station to catch the bus back to Kendal.'

Valerie Welti and Angela Dixon went as our delegates to our WI Federation's Annual Council Meeting at Kendal Town Hall on 21st October. They were particularly impressed by one of the guest speakers, Val Leivers, the founder and dynamic force behind India Unseen, which funds schools in remote areas and significantly improves the lives of rural children (particularly girls). She gave a very moving account of her work.

Two teams represented Sedbergh WI on November 1st at the Federation Quiz Night at the New Hutton Institute; it was very well attended and generous refreshments were provided. While neither team won, they didn't disgrace themselves and came away with creditable scores after an entertaining and well organised evening.

Inspired by the enthusiasm of Judith Hewitt, who came to speak to our WI meeting about the Devil's Porridge Museum at Gretna on September 8th, six of us shared two cars to drive up to the Gretna Gateway shopping outlet on the morning of November 4th to have coffee and do a bit of Christmas shopping before going to the Museum Café at Eastriggs for lunch, followed

by a self-guided tour round the purpose-built museum. Since I wrote extensively about the museum in my October Lookaround report, I will just say here that it deserves its 5-star tourist board accolade. As I write this report in the season of Remembrance, it's fitting to remember that there are hundreds of thousands of workers – a large proportion of them women (nicknamed Canary Girls because the chemicals they worked with turned their skin and hair yellow) who have no memorial for their invaluable work in both world wars making munitions, without which the Allied Forces would have been unable to win the war. It was humbling to see graphic pictures of those women at work in the massive factory and also the artefacts they worked with: the huge 'porridge pots', so named because Sir Arthur Conan Doyle likened the mixture of nitro-glycerine and nitro-cotton that they stirred into a lethal paste, often with their bare hands, to 'the Devil's Porridge'; this was then dried and made into cordite to fill shells, which were also on display. Explosions and serious accidents were not uncommon among the 12,000 women



At the Devil's Porridge

working at Eastriggs, the biggest factory in the world during World War I, but these conditions were replicated all over the country with long-term health repercussions for the women from contact with dangerous chemicals and very damp conditions: hence our WI's support for a memorial to the Canary Girls at the National Arboretum. We had a great day out, our pleasure increased by the glorious weather, the low sun lighting up the autumn colours of the trees and highlighting the clefts and contours of our lovely Howgill Fells as we drove up the motorway. Even more wonderful views awaited us near Gretna of the north-facing side of the Northern Lakeland Fells seen beyond the Solway Firth; and as we

left the museum to drive home, those fells were bathed in a pinkish light from the setting sun: it was a glorious and memorable day!

At our Annual Meeting on November 10th, Valerie reported on the past year with all its trials and tribulations caused by the Covid pandemic and how we had overcome what could have been a very lonely time with zoom meetings and garden meetings for up to six people, until we could meet in person again from August: what a relief and joy that was! Ellen thanked Sandra Gold-Wood for her years of valued service on the committee, some of them as programme secretary, and welcomed two new committee members, Lynda Briggs and Megan Taylor. Sandra

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Kemp reported that our finances are in good order to face the coming year. A delicious Jacob's Join supper and lots of chat rounded off the evening.

The book club met at Sandra Kemp's home the following day to discuss Together Julie Cohen, which starts at the end of Robbie and Emma's love story in 2016 and gradually peels back the layers to 1962 to reveal the great secret which has just been hinted at through the book. Most of us really enjoyed the book and were totally hooked while one or two had problems with the back-to-front telling of the story. The overall score was 7/10.

We're now looking forward to our Christmas Dinner on Wednesday 8th December at Sedbergh Golf Club, so there will be no meeting at the People's Hall in December. Our first meeting of 2022 will be on Wednesday January 12th at 7.30pm in the People's Hall committee room when we will be having an informal crafts meeting. If you would like to join us, please contact our President, Ellen Morrison, on 07702 919745 for more details: you will be very welcome.

LAKELAND VOICES SINGING IN THE SEASON OF GOODWILL

David Burbridge

On behalf of all our Lakeland Voice singers, I wish you all a very merry and melodious Christmas and a happy and harmonious New Year.

We've had a fabulous year - singing on walks throughout the Sedbergh area and Lake District, on top of fells, on stations, by lakes and waterfalls, inside vast caverns, and on a walk up Triglav in Slovenia, our voices blending with the natural world around us. But in September we started singing indoors again, needing a more focussed environment to learn new songs - and with the help of a CO₂ monitor, wide open windows and a fan, have been able to measure the air quality and adjust our ventilation accordingly,





keeping us all safe from coronavirus infection.

My mother was also a great believer in fresh air, and would often leave us as babies in our Silver Cross prams for several hours in the orchard or outside shops. I've always had an open fire in my house which has insured in the past that we have had a similar plentiful supply of fresh air coming into the living room. When my daughter was a baby, my father in law came to visit from the tiny village where he lives in the Schwarzbische Alps. He clearly didn't like all this fresh air, and drew out his cigarette lighter to prove his point. He ignited the flame and we all watched as it settled into an almost horizontal direction.

This distaste for draughts is also common throughout most of Slovenia. I remember on one of my first visits noticing how when cars stopped at traffic lights, all the drivers opened their doors, slamming them



shut when the lights went green. This was before most cars had air conditioning, and I was told they did this because they all drove with their windows closed - even when it was over 35C - because they believed that any sort of draught was dangerous.

My daughter survived her exposure to draughts - and my singers continue to be spared the ravages of Covid 19, thanks to our healthy relationship with fresh air. You might have heard us singing in Dentdale and along the banks of the river Clough. Or perhaps



in my garden when visiting Farfield Mill.

If you missed us, just let us if you would like us to visit your home - and we'll come and sing outside for you. We have a fabulous collection of lively folk carols and Christmas songs to cheer you into the new year, and we like nothing more than our star lit walks through the winter landscape, singing at the doors of cottages cradled in the dale.

"So lift your glasses high, with toasts of festive cheer; we wish you joy and harmony throughout the coming year."

www.lakelandvoice.co.uk

SPRING SHOW

Marion Wood

The Spring Show is booked for Saturday 26th March 2022 in the Peoples Hall. The committee decided to go ahead with the 2022 show so we can celebrate the talents of the residents of the Sedbergh area once again. Depending on the situation with covid we may make several adjustments to the format to reduce crowding and to keep us all safe. We have decided not to have competition entry fees and to just award certificates and cups without any money prizes for this coming year. We would like to have a great display so please do start planning your entries. The brochures and entry forms will be in the shops at the



beginning of February. Below is the list of categories to get you all inspired.

Handicrafts

- ◊ A patchwork or quilted item
- ◊ A new item from something old (any material)
- ◊ A wooden item
- ◊ A bag of any medium (not from a kit)
- ◊ A cross stitch article (indicate if own design)
- ◊ A tapestry (indicate if own design)
- ◊ A handmade cushion (max size 40cm)
- ◊ An item made from pompoms
- ◊ A piece of fused glass
- ◊ A handwoven item
- ◊ A homemade bracelet
- ◊ A card made from recycled material
- ◊ A Spring Bonnet
- ◊ A soft toy knitted, sewn or crocheted
- ◊ A toy made from scrap material
- ◊ A dressed doll (the doll may be bought)
- ◊ Any craft item made or started during lockdown
- ◊ Garments
- ◊ A hand knitted garment in thicker yarn (double knitting or thicker)

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- ◊ A hand knitted garment in finer yarn (4 ply or finer)
- ◊ A hand knitted scarf, snood, or shawl
- ◊ A crocheted article or garment
- ◊ An apron sewn from material

Flowers and Plants

- ◊ A houseplant (not to have been exhibited before and owned for over 12 months)
- ◊ "Birth of a baby" a dinner table arrangement (W/D 45cm)
- ◊ "Walk in the Woods" an arrangement in a box (W/D 45cm)
- ◊ An arrangement in a basket (W/D 45cm)
- ◊ "Under the Sea" a petite arrangement (W/D/H 25cm)
- ◊ "A Desert Island" (W/D 60cm)

Home produce

- ◊ Four sausage rolls
- ◊ Fruit pie
- ◊ Fruit cake
- ◊ Four fruit scones
- ◊ Six biscuits of any variety
- ◊ Four cup cakes
- ◊ Gingerbread
- ◊ Lemon drizzle cake
- ◊ Teabread
- ◊ Round shortbread (minimum size 15cm)
- ◊ Six flapjack pieces
- ◊ Victoria sandwich (filled with raspberry jam)
- ◊ Roulade
- ◊ Pot of raspberry jam
- ◊ Pot of blackcurrant jam
- ◊ Pot of Seville orange marmalade



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- ◊ Pot of chutney
- ◊ Bottle of homemade wine
- ◊ Bottle of flavoured spirit
- ◊ A white loaf (handmade)
- ◊ A brown or wholemeal loaf (handmade)
- ◊ Art
- ◊ Painting: Still life
- ◊ Painting: Portrait
- ◊ Painting: Landscape
- ◊ Painting: Mixed Media



NOTES FROM DENT STATION

John Carey

Following two months of intensive activity we were at last able to reopen the station to guests which was a welcome relief. The works are a testament to all of the local tradesman involved. We can now start to plan the next phase and submit the necessary listed building applications for the replacement of the large window overlooking the valley which is at the end of its life, taking the brunt of the weather. A bit like painting the Forth Bridge there will be plenty to keep us occupied for years to come.

However, Dent Station is only a small part of what the Friends of the Settle Carlisle Line do. We were

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originally set up to campaign for the saving of the line and once accomplished we became a rail support group; our roots being founded very much in the community. Now with around 3000 members, this year would have been our 40th anniversary but perhaps not a time to celebrate with the effects of the Covid pandemic gripping the nation.

These days it is often considered that the line could never be under threat, however, unfortunately it is not the case and we must remain ever-vigilant as the potential threats manifest not in the form of closure but in other ways. The line has been deprived of stock and, for a long while, the timetable has been unsuitable for commuting particularly at the northern end. Indeed, it is probably fair to say that it has been treated a secondary line by a succession of train operating companies and has lacked investment in stock. Worryingly, the railway is at risk of becoming a 'heritage line' with many travellers boarding at Settle simply to travel to Carlisle and back. It is not their fault as, after all, the railway is promoted as the 'Settle-Carlisle' line. Similarly,

coach operators have seized upon the opportunity to use the line with capacity restrictions on other attractions such as the Ullswater Steamers.

In normal times it would be considered an advantage to the economy of the line to have an influx of passengers however with only 8 full-line trains a day, many of only 2 carriages, these can quickly fill to capacity particularly when coach parties are booked on. Several instances occurred over the summer months where passengers were unable to board at the intermediate stations as the trains were so full with standing room only – not a great advert for what is arguably the most scenic line in the UK. OK, I admit to some bias here!

The answer may seem simple to provide more stock - well in theory anyway. The main problem is that additional stock cannot be suddenly created and is a limited resource shared with other lines. It may seem strange with the vast amounts spent on infrastructure repairs that similar amounts cannot be spent on stock but, without getting too political, this is a symptom of the franchising system

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which is now in its dying days. There is a further issue in that most of the intermediate stations will only take four carriages anyway.

Since August FoSCL has been closely monitoring the stock allocation to the line and have noted instances where 2 coach formations are regularly deployed. We argued in a recent report to Northern that the minimum train formation should be three or four carriages which would provide room for all whether leisure, long distance or commuting. Indeed, Northern have recently conceded that as from May 2022 three or four carriages should be the norm for all services. This is excellent news but it

remains to be seen if it transpires in reality.

Yes, there is certainly a place for nostalgia and heritage which we fully support but we must also remind the train operating company that the line is first and foremost a strategic link, vital for both local communities and long distance travellers to go about their everyday business. In addition, visitors, where they alight at intermediate stations, will provide a welcome boost to the local economy and naturally should be encouraged.

FoSCL also have a track record of involvement in bus services both through DalesBus and the excellent Western Dales Community Bus. It will therefore come as no surprise that we have also been very active as regards the recent Cumbria County Council Bus Service Improvement Plan and have submitted a robust response to the council expressing our views. Not only had Cumbria missed us off the list of consultees but the railway line is not even shown on the map despite providing a strategic link up the eastern flank of the county.

Quite bluntly the plan does little for this part of Cumbria. Out of a budget of some £63m only circa £10m is allocated to supporting actual bus services and even this was largely to provide enhancements to areas which already have services with young persons' travel and evening journeys. All very nice if you are lucky enough to have a service.

Demand Responsive Transport or 'DRT' schemes are very much in vogue and these are provided for some of the rural areas despite

evidence that many such schemes do not work. They end up being costly for the relatively few numbers of passengers actually carried. Furthermore, DRT is problematic where certainty of arrival time is required such as for work or education or onward transport connections not to mention the problems of mobile signal and internet connection in order to book. It is a pity that councils and consultants do not learn from the failures of others.

The only real answer of course is reinstatement of the missing trunk routes with full or midi sized buses which could work to compliment any services operated existing providers. All services should connect with the

rail line where possible as does the Western Dales S1 service from Dent Station to Kendal every Saturday. It should be said that all rural buses come at a cost as few services outside the main tourist areas would ever be commercially viable and therefore some level of subsidy would inevitably be required.

We feel that our protestations will in all likelihood fall upon deaf ears and the outcome is probably a foregone conclusion. The council are reluctant to reverse the decision made in 2014 to generally withdraw subsidies from public services and, at best, will only support new DRT schemes. However, this is no reason to stop trying.

Friends of the Settle Carlisle Line
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HAVE YOURSELF A MERRY ECO CHRISTMAS

Kim Bradshaw

Your Christmas tree doesn't have to be the only thing that is green this year. Following these great tips and suggestions to make your Christmas a little bit greener.

Make Your Own Decorations

Although plastic baubles can be used again and again, the making of them still has an impact on the planet so why not get some friends round with a glass or two and create your own Christmas decorations? There are a number of different options out there, including threading Gingerbread Men into a garland; using old newspapers or books and

creating angels or paper chains; add food colouring to popcorn and creating a colourful tree garland.

Another great idea is salt dough decorations. Follow this easy microwave recipe and create your own unique designs.

Salt Dough Recipe

Ingredients:

125g Plain Flour

145g Salt

120ml Water

Splash of oil

Method:

Prp: 10 min Cook: 3 min Ready in:
13 min

1. Sieve the flour into a bowl.
Gradually beat with a spoon while adding in the salt. Add the water a



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Our popular **Medium Crates**, **Tote Bags** and **Larger Loose Tipped Loads** are great for stocking up your log store ready for Autumn.

For smaller storage solutions we have available our handy sized **Nets of Kiln Dried Ash Logs and Boot Bags of Kiln Dried Birch**. If you are looking for **heat logs** we have a good selection available including **Hotmax Heat Logs** in 20kg Bags. These are a great product to quickly establish a fire and are also suitable for BBQs.

For your Garden Birds we have available

25kg bags of High Quality Runner Peanuts

20kg Wild Bird Seeds

20kg Dehulled Sunflower Hearts

Contact us for prices and further information on 015396 20210.

Please send email enquiries to sales@dawsonsfuels.co.uk

spoonful at a time while steadily beating the dough until it resembles a dough texture. Add a splash of oil to prevent cracking and breaking up.

2. Cut or mould into your preferred shape. Place onto a ceramic plate and microwave for 2 - 3 minutes.

3. Wait until cooled when removed from microwave before glazing with paint or the mixture below.

TIP: To glaze, add a splash of water and oil to a cup, sprinkle a pinch of caster sugar and mix lightly. Add gel colouring if wanted or some natural milk or yoghurt brushed lightly with a cotton bud over the cooked dough - leave to cool.

Shop Local

We have come to the realisation that we are a throw away society and

that has to change. One way of making a difference is thinking about **WHAT** we are purchasing, **WHY** we are purchasing and **WHERE** we are purchasing it from. Each gift will have a carbon footprint - some more than others - so why not reduce your footprint by shopping local. Many stores also support local smaller business by stocking them in their shops so by purchasing from your local shop keepers you are also supporting your local farmers, crafters, sole traders and small rural businesses.

We're Crackers About Crackers

Over 150 million Christmas crackers are pulled every year - that's a lot of toenail clippers, curly fish and plastic bits to pick up! Why not make

your own with a toilet roll, paper and a bit of imagination. You can even buy reusable ones and create personalised crackers - make it even more special and add that personal touch.

Make It A Wrap

There is something wonderful about wrapping and unwrapping a present and the joy of seeing a beautifully wrapped box under the tree is exciting no matter the age. So why not make it a little special and make your own wrapping paper? Brown Kraft paper looks classy either on its own or by adding your own artistic flow. Add a touch of elegance with a raffia or string and add a sprig of pine or a cinnamon quill.

Cloth bags and recycled sari's are another great way of wrapping gifts and can be used again and again. Why not reuse that old shirt by cutting the sleeve off and using it as a bottle bag. With a touch of finesse and a bit of Pinterest you can create anything!

The Shocking Facts

* It is estimated that 10 million turkeys will be consumed each Christmas

* The area required to grow the brussels sprouts required for our

Christmas lunch is over 3,000 football fields. However it is estimated that only half of the sprouts sold will be eaten

* Pigs in blankets are partially responsible for almost 150 tonnes of polystyrene plastic that cannot be recycled. 175 million tonnes of aluminium mince pie cases will be used, of which it is estimated 74 million will be chucked out.

* Consumers in the UK will use 227,000 miles of wrapping paper and over 83km² of this will end up in our bins. Green Peace equated that 1kg of wrapping paper is responsible for 3kg of CO₂.

* It takes 1 tree to make 3,000 Christmas cards. So if 1 billion Christmas cards end up in the bin that is the equivalent of 33 million trees! Royal Mail estimates it will deliver 150 million cards during the Christmas period.

* The UK will throw away approximately 150 tonnes of Christmas tree lights each year. This is on top of the £42 million of unwanted gifts that will go into landfill.

We all like to have a good time and enjoy nice things at Christmas but we don't need as many things or as much food as we're told we do. We certainly don't need to buy new decorations and tableware each year when we can have fun reusing or making our own.

It's each to have an eco-friendly Christmas with just a little extra thought. You can still have a fabulous time whilst being mindful of the environment.

Merry Eco-Christmas everyone!

Sedbergh Red Squirrel Group

Local conservation
for **your** red squirrels.

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

sedberghredsquirrels100@gmail.com
www.sedberghredsquirrels.org.uk



HELP WITH ENERGY BILLS

Karen Evans

My energy supplier recently went under and the new tariff I've been put on is far more than I used to pay. I've heard energy prices are set to rise further and I'm just not sure I can afford it. What help can I get or small changes can I make around my house to help save some money this winter?

The cost of energy is very high at the moment and it's causing many people to worry. Normally we would suggest switching to a better deal, but the situation is very difficult at the moment and there aren't a lot of good deals out there. However, there are still other small ways you can keep your bills down.

Little everyday things can help, such as making sure televisions and other electronic devices are switched off and not left on standby; washing clothes on a lower temperature; and only filling the kettle with the water you need.

Turning down your main thermostat by 1 degree can save you around £60 on your energy bill. And by spending one minute less in the shower each day, a family of four could save £75 a year on energy and water bills. The



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

Government's Simple Energy Advice website has more tips like this.

Another way of cutting costs in the long-run is to invest in good insulation if you can afford to. If you're renting, ask your landlord to do this.

You may be able to get financial support to help insulate your home under the Energy Company

Joss Lane & Loftus Hill Car Parking Charges

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

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

Obligation scheme. Contact your energy supplier for more information. If you're in a household that's not connected to the gas grid you may also be able to receive help under the Home Upgrade Grant scheme through your local authority.

There's some financial support available for paying your energy bills, depending on your situation. For example, if you're a pensioner with a low income or receive Universal Credit or other means-tested benefits, you may be entitled to the Warm Home Discount. This gives you £140 a year to go towards your bills. Check the Government website to find out if you can claim it.

The Government recently announced a £500m fund to support households this winter so keep a look out for announcements about how this could help you. Remember you can always call South Lakes Citizens Advice on 015394 46464 for free advice about your energy costs and staying warm this winter.

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

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

How to access:

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

CRIME PREVENTION

Joseph Murray

During this festive period, I would ask you to continue to be vigilant and to keep remembering to follow all these wise words of advice:

- Keep front and back doors locked at all times and keep keys and valuables out of sight and reach from cat flaps, letterboxes and downstairs doors and windows
- Close, and ideally lock, all windows when you're not in the room – approximately one in four burglaries in the county still happen because doors have been left unlocked or windows left open
- If it's dark before you get home, use timer switches to turn on the lights – change the times that the lights come on, to create the illusion that someone is moving around inside the house. Plug-in dusk-to-dawn lights are also popular
- Make sure your door is well lit and fully visible from the street – dusk-to-dawn lamp adaptors are available from DIY stores
- Check existing lighting is in good working order and replace any faulty equipment – remember to

A rectangular box containing logos of various local businesses. The logos include:
joneses
BRAKEBURN & SONS
Lily & Me
White STUFF
SEASALT CORNWALL
fransa
bugatti
Joe Browns
SOAKED IN LUXURY
rieker
Weird Fish
ROBELL

edge OF THE WORLD
Market Square
Kirkby Lonsdale
015242 71390
edgeoftheworld.com

check batteries in torches and smoke alarms

- Keep shrubbery and hedges at the front of the house pruned to below one metre – remove any cover for a burglar to work unseen and give your neighbours every chance to spot something suspicious
- Keep curtains closed at night – if you are away, ask a trusted neighbour to close them for you, and open them again in the morning
- On cold mornings, never leave your car unattended with the engine running to defrost the windows
- Secure sheds and outbuildings with good padlocks and consider fitting alarms. Lock all tools and ladders away securely

When out and about:

Don't leave your keys in the ignitions, even when filling up with fuel or popping into the shop

- De-clutter your handbag – take out only what you need and avoid carrying large amounts of cash

• When you're out shopping, keep all bags firmly closed and on your person at all times

- Carry wallets and phones in inside pockets of jackets or coats, not in the back pocket of trousers

• When using your credit or debit card, shield your PIN and take the time to make sure you safely put away your purse or wallet

- Never leave your bag unattended on the back of trolleys or pushchairs

If you see anything suspicious, or have any information about crime or criminals, call police on 101, report it online or Crimestoppers anonymously on 0800 555111



A graphic of a signpost with four directional arrows pointing outwards from a central vertical pole. The top left arrow points left and contains the text 'MYOFASCIAL MASSAGE & SCARWORK'. The top right arrow points right and contains 'CRANIOSACRAL THERAPY'. The bottom left arrow points down and contains 'FACIAL FITNESS BAREFOOT TRAINING' above the name 'Yvonne' and the phone number '07795063107'. The bottom right arrow points down and contains 'SOMATOEMOTIONAL RELEASE' above the name 'Fritz' and the phone number '07817665662'. Below the signpost, the text 'Dalesway Therapies' is written in a stylized font, followed by the phone number '015396 21303'. At the bottom of the graphic, the text 'TREATMENTS MAY HELP WITH LONG COVID COVID-19 PRECAUTIONS IN PLACE BALENS INSURED AND CNHC REGISTERED' is displayed. Below this, 'GIFT VOUCHERS AVAILABLE' is written, followed by social media handles '@dalesway_therapies' and 'daleswaytherapies@gmail.com'.

POLICE REPORT

PCSO 5390 Kathryn Taylor

As the evenings get darker and Christmas is approaching, please be vigilant with your crime prevention measures. Do not leave items on view, lock doors, use outdoor lighting, remove keys and valuables from vehicles. Report any suspicious vehicles or incidents to 101 so we are aware and can make enquiries. Visit www.cumbria.police.uk and find your area- from here you can sign up to our newsletter and see events or meetings happening in the area.

Our PCSO Kathryn Taylor will be hosting a drop in at the Police office above 72 Main St on Dec 8th from 10 – 12



CHRISTMAS GREETINGS

GEORGINA DEVINE

Georgina would like to say Merry Christmas and a Happy New Year to all her friends in Sedbergh and Dent.

=====.

POSTLETHWAITE

Peggy (now in Kendal Care Home) wishes everyone a Happy Christmas and Prosperous New Year

=====.

SKILL

Zander and Elizabeth wish all friends and neighbours a very happy Christmas and a healthy 2022

=====.

PATRICIA TAT

Walwyn, Station Rd, Sedbergh LA10 5DL Would like to send Xmas goodwill and messages to all my friends and neighbours in Sedbergh and surrounding area.

=====.

WHICKER

Jacky & Dennis would like to wish all their friends, and neighbours a Very Merry Christmas and a Healthy, Happy and Prosperous New Year. Thank you also to the Team for keeping Lookaround going. Very much appreciated.

PERSONAL MESSAGES

FOR SALE

Heavy pine carver chair (with arms). Measures 116cm high. £50.00 o.n.o. 90cm Roman Blind kit. Unused. Free Tel 07790 117619 (Dent)

=====.

BURROW

Very many thanks for all my family, neighbours and friends for all the lovely cards and flowers sent since my recent accident. I am back at home now and zimming around, but still need help and assistance. I really do appreciate all your kindness. Hope to see you all soon. With Grateful thanks, Belle.

=====.

TAYLOR SCARR

14th December age 18 Taylor Scarr - Wishing you a Very Happy 18th Birthday Taylor. Love from Tom and Eileen



Lookaround Editorial Team

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

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

EDITORIAL

I'm very glad that we are presenting another full colour Lookaround of over 100 pages this Christmas. And so gratifying that this year we have enough money to be able to produce the colour edition without having to use up any of our reserve. Last year we applied for a grant (not from a Sedbergh fund) to help with the Christmas edition and were turned down on the basis that they didn't believe Lookaround could survive Covid. How wrong they were!

So thank you to everyone who advertises, everyone who submits articles, everyone who helps produce Lookaround, the photographers, and to all our readers.

A very Merry Christmas and Happy New Year to you all.

Ed Welti

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.

Seasons Greetings To You

From All

At

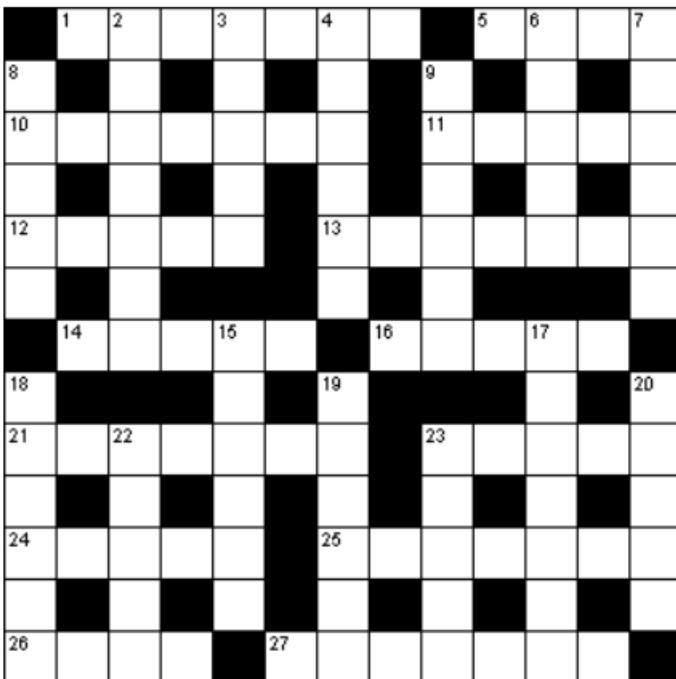
LOOKAROUND

PUZZLE 1 (SOLUTION ON PAGE 99)

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

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

PUZZLE 2 (SOLUTION ON PAGE 100)



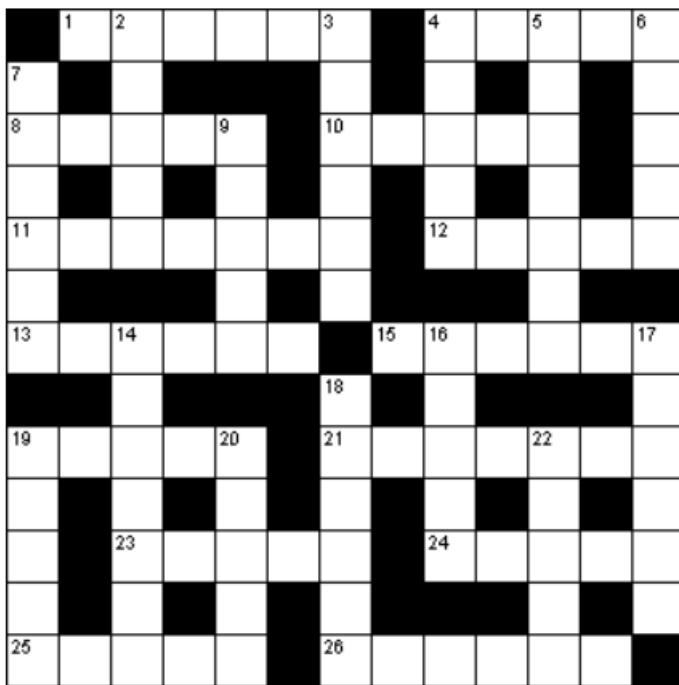
Across

1. Appearance of what sounds like a competitor (7)
5. Employed in serious education (4)
10. Sounds like a secret military rank (7)
11. Stories found in vital essays (5)
12. Lift more money? (5)
13. Uncle Arthur shows it's ill-defined (7)
14. A profit once more (5)
16. Remains of fire in brash escapade (5)
21. Odd pace of scrambling creature with ten legs (7)
23. Apportion what sounds like a great deal (5)
24. Sudden fear in spa niche (5)
25. Erratic ruler, pre Rome (7)
26. The only part of a shoe (4)
27. See pace of reformed fugitive (7)

Down

2. Sounds like wet weather ruling (7)
3. Picture found in Lima genuine (5)
4. Street looks like a meeting place (6)
6. Loves to find the answer for a change (5)
7. Arid region deters confusion (6)
8. Hope radio provides musical drama (5)
9. Adheres to tree branches (6)
15. Fairy performance is a hit (6)
17. General alteration to make bigger (7)
18. Changes apt ads (6)
19. Numerate reptiles (6)
20. Austere part of a ship (5)
22. Waterway discovered during pelican alert (5)
23. Most important Greek letter (5)

PUZZLE 3 (SOLUTION ON PAGE 100)



Across

1. Capital of Germany (6)
4. Flows through Rome (5)
8. Capital of Nigeria (5)
10. Egyptian desert (5)
11. Birthplace of Napoleon (7)
12. Australian town, ___ Springs (5)
13. Colorado state capital (6)
15. Previous name of Ho Chi Minh City (6)
19. Egyptian capital (5)
21. South American country (7)
23. Japanese city (5)
24. Capital of Ghana (5)
25. Balearic holiday isle (5)
26. Sea between Greece and Turkey (6)

Down

2. Swiss peak (5)
3. Capital of the Bahamas (6)
4. Polynesian country (5)
5. Chinese city (7)
6. Major French river (5)
7. Site of 1980 Winter Olympics, Lake ___ (6)
9. Flows through Paris (5)
14. Capital of Kenya (7)
16. Island in the Netherlands Antilles (5)
17. Scandinavian country (6)
18. Carson City is the state capital (6)
19. Italian holiday isle (5)
20. City in Nebraska (5)
22. Capital of Bangladesh (5)

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

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

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

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

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 26/06/2022

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.

DECEMBER 2021

01	1930 HS - The Northern Film Archive	StAS
03	1900 Dentdale Christmas Tree Festival (6)	StJCC
04	1000 Xmas Tree Fest & Xmas Coffee Morning (6)	StAD
05	1400 Children's Nativity (26,7)	DMC
05	1700 Sedbergh School public Carols (32)	SS
05	1900 Dentdale Christmas Tree Festival (6)	StJCC
07	1930 Town Band Xmas Concert (13,1)	StAS
08	Dentdale WI Christmas meal	TBA
08	1000 Police Drop In	Police Office
09	1930 Sedbergh Orchestra Concert (13,9)	StAS
11	1000 DMC Coffee Morning	DMC
12	1600 Messy Church (Oct)	CCCN
13	1400 Meet Father Christmas (15,17)	Zoom
14	1400 Kendal Dementia Hub (Oct)	Abbott Hal
14	1400 Meet Father Christmas (15)	Zoom
14	1930 Domino Drive	FCH
15	1400 Meet Father Christmas (20)	Grotto
15	1730 Late Night Opening Sedbergh (20,(15th)	Main St
16	1400 Meet Father Christmas (15)	Zoom
16	1930 Hercules - The Panto (16)	PH
17	1400 Meet Father Christmas (15)	Zoom
17	1930 Hercules - The Panto (16)	PH
18	1000 Experience and Express (18)	StAS
18	1400 Hercules - The Panto (16)	PH
18	1930 Hercules - The Panto (16)	PH
19	1800 Carol Service (23)	StAS
24	1730 Nativity moving on to Christingle (23)	StAS
24	2300 Christmas Eve Communion Service (23)	StAS
25	Christmas Day	
25	1030 Christmas Family Communion Service (23)	StAS
27	Christmas Day Bank Holiday	
28	Boxing Day Bank Holiday	
31	930 Childrens Activity Morning (36)	DMC

JANUARY 2022

01	New Years Day	
03	New Years Day Bank Holiday	
09	1600 Messy Church (Oct)	CCCN
11	1900 Licensing of new Sedbergh Vicar (23)	StAS
11	1930 Dominion Drive	FCH
12	1930 HS - Wives, Widows, Spinsters	Zoom
18	1400 Sight Advice - Sing Song (37)	PH
26	1930 HS - Roman Roads	Zoom

FEBRUARY 2022

08	1930 Domino Drive	FCH
09	1930 HS - Language of the Landscape	StAS
13	1600 Messy Church (Oct)	CCCN
16	1930 HS - Maps Through the Ages	StAS

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

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

EAT OR DRINK IN SEDBERGH

AL FORNO ITALIAN KITCHEN

MAIN STREET- 015396 34040

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

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

ON A ROLL

MAIN STREET - 07775 893354

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

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SMATTS DUO

MAIN STREET - 015396 20552

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

THREE HARES DELI

MAIN STREET - 014396 21058

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

WAFFLE CONE

MAIN STREET

Ice creams, waffles and drinks. Eat in the seating area inside, or take away. Now open until 9:00pm on a Friday night, at least until the end of 2021.

WEAVERS CAFÉ

FARFIELD MILL, HAWES RD - 015396 21958

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

PLACES OF INTEREST TO VISIT IN THE AREA COVID RESTRICTIONS MAY APPLY

Bowling Green, Queens Gardens

Bruce Loch Nature Area, Busk Lane

Cautley Spout, A683 towards Kirkby Stephen

Community Office, 72 Main Street

Cornerstone Community Church, New Street

Cumbria Wildlife Trust, Community Office

Dent Heritage Centre, Laning, Dent *

Farfield Mill, A684 Garsdale Road

Friends Quaker Meeting House, Brigflatts

George Fox's Quaker Pulpit, Firbank

Golf Club, Catholes, Sedbergh *

Information Centre, 72 Main Street

History Society, Community Office

Holy Trinity Church, Howgill

Jubilee Wood Nature Area, Castlehaw Lane

Langstone Fell, A684 Garsdale Foot

Motte & Bailey Castle, Castlehaw Lane

Pepperpot Folly, Busk Lane

Picnic Site, Ghyllas, Cautley Road

Picnic Site, Settlebeck New Bridge

Play Ground, Dent Village

Play Ground, People's Hall

Play Ground, Maryfell

Queen's Gardens, Station Road

St. Andrew's Church, Dent

St. Andrew's Church, Main Street, Sedbergh

St. Gregory's Church, Vale of Lune

St. John's Church, Cowgill

St. John's Church, Firbank

St. John's Church, Garsdale

St. Mark's Church, Cautley

Sedbergh Embroidery, StAS

Tennis Courts, Guldrey Lane *

Winder Fell, above Sedbergh

* = Entry Fee Applicable



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Phil Johns	07807 909860	
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dignity in Dementia *	02/21	Diane Smillie	07771 682378	
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566	
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	04/19	Mrs Lidiard	07734	699723	
Lunch Club	03/18	Mrs I'Anson	Sed:	21757	
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com			
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Gym	12/19	membership@sedberghgym.club			
People's Hall	07/19	Tourist Info Centre	Sed:	20125	
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196	
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Red Squirrel Group - Sedbergh	09/19	Mr Hopps	sedberghredsquirrels100@gmail.com		
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	10/20	Mrs Gold-Wood	Sed:	20147	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sedbergh United Charities	09/19	Mr Sykes	07786	384917	
Senior Golfers	01/20	Mr Braddon	0330	1138850	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Mickleshtwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	12/19	Sedberghswimclub@gmail.com			
Swimming Group for Over 50's	12/21	Linda Greensmith	07919	152526	
Tennis Club	04/19	Mr Lewes	Sed:	20052	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/19	Mrs Morrison	07702 919745		
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

* = Latest Amendments

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive	Day	No	Co	Depart	Arrive	Day	No	Co
0940 (L)	1010	M - F	W1	W	1030	1056 (L)	M - F	W1	W
1240 (L)	1310	M - F	W1	W	1330	1356 (L)	M - F	W1	W

L = Library

W = Woof's of Sedbergh

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

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

Last Update November 2021

S1 Saturdays - Kendal Shuttle

Western Dales Bus

Dent Station - Dent - Sedbergh - Oxenholme - Kendal

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

BUS SERVICES

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

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

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

DENT RAILWAY STATION TIMETABLE

Valid until December 11th 2021

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

(N) Through train to Leeds, Sheffield and Nottingham

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

BUS SERVICES

S5 Thursdays - Kirkby Stephen Shopper

Western Dales Bus

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

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

BUS SERVICES

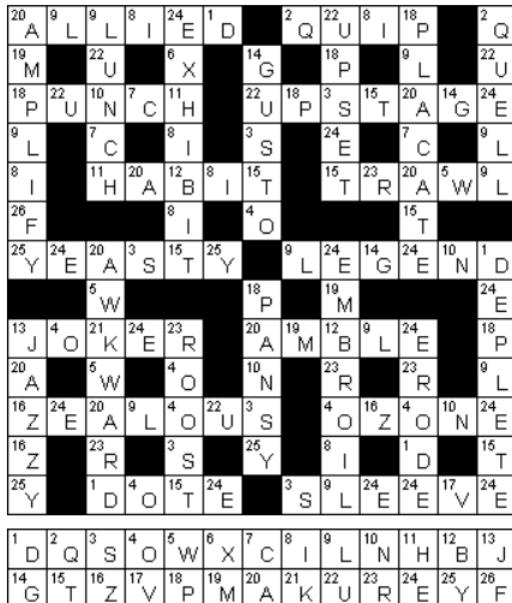
S6 Tuesdays - Kirkby Stephen—Penrith

Western Dales Bus

Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith

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

PUZZLE 1 SOLUTION



PUZZLE 2 SOLUTION



PUZZLE 3 SOLUTION



Religious Services in Sedbergh

CHURCH OF ENGLAND

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

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30
Parish Priest Kendal
Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30
Rev. David Crouchley Tel: 20329

worship@peopleshall

Currently suspended.

Rev David Crouchley Tel:20329

SOCIETY OF FRIENDS - QUAKERS

Brigflatts
Sunday 10.30
Janet Chetwood (Comms Clerk)
Tel: 21715
Sally Ingham (Business Clerk)
Tel:07939 569559

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Christine Brown Tel: 25418

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: Inquiries -Tony Reed Screen
21081

Dent & Cowgill

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com
Church Wardens:

Dent: Janet Skublics 25296

Cowgill: Janice Moorby 07815438662
and Heather Fraser 25727

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

PIONEER CHURCH

Becca Gilbert

Email: becgilb@gmail.com

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Combined plans for Western Dales Mission Community - December 2021							
	Time	5 th	12 th	19 th	24 th Christmas Eve	25 th Christmas Day	26 th
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United Service	HC	HC 6pm Town Carol Service	5.30pm Nativity Play (leading to Christingle) 11.00pm Christmas communion	HC	United Service at Cornerstone
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service (Contemporary Worship)	Service 4pm Messy Church	Service	6pm Christingle service (from Nativity)	Christmas Family Service	United Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		2.30pm Carols		9.30am HCx	
St. John's, Garsdale LA10	10am	HCx		SW		Christmas Service	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		United Service				United Service
All Saints, Killington LA6 2HA	2pm						
Holy Trinity Howgill LA10 5JD	2pm		Carol service				
St. John's Firbank LA10 5EF	2pm			Carol service			
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC 7pm Carol Service	4.30pm Blessing of the Crib	HC	United Service
St. John's, Cowgill LA10 5RJ	2.30pm	HC		16 th - 7pm Carols by Candlelight	7pm Outdoor carols	9am HC	
Dentdale Methodist Chapel LA10 5QJ	2pm	Family Carols	Service	Service			
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.			Zoom or in person. Please let us know you are coming. See below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	8pm- Christmas service		Service
	Wednesday	1 st	8 th	15 th	22 nd	29 th	
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19:30	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer MP-NC- Morning Prayer Northern Community				BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word			
To be covid safe on numbers at Brigflatts Meeting House please contact correspondence clerk 015396 21715, for Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063							

Combined plans for Western Dales Mission Community - January 2022						
	Time	2 nd	9 th	16 th	23 rd	30 th
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service HC	HC	HC	FS	United Service at Cornerstone
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St. Andrew's	Service 4pm Messy Church	Service	Covenant Service	United Service
St. Mark's, Cautley LA10 5LZ		2.30pm HCx		9.30am MP		2.30pm Taize
St. John's, Garsdale LA10	10am	HCx		SW		
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Covenant Service	Service
All Saints, Killington LA6 2HA	2pm					
Holy Trinity Howgill LA10 5JD	10.30am		HCx			
St. John's Firbank LA10 5EF	2pm					
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP		
Dentdale Methodist Chapel LA10 5QJ	2pm	Service	Service	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Wednesday	5 th	12 th	19 th	26 th	
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19.30	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer MP-NC- Morning Prayer Northern Community				BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word		
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PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am

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

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

Late Morning Appointments 10.30am – 12pm &

Afternoon appointments 2.30pm-6pm
(please phone or book online)

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

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

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

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

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

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

July 2021