

# Sedbergh & District **LOOKAROUND**

March 2022

Issue 407

Donation £1

Lookaround would like to send condolences to all family and friends of Susan Garnett. There are tributes to her throughout this issue, which shows the depth of affection and respect she inspired in the community. She will be greatly missed by all. The first article on Susan is on page 6 of this issue.

Similarly condolences are also sent to the family of Anne Angel, a regular visitor to Dent. There is a tribute on page 7.

We are having our Lookaround AGM on the 31st March. Do come along if you can. Details can be found on page 31.

*Ed.*



## 2022

Return of the Sedbergh

# Spring Show

Saturday 26th March 2022 1pm to 4pm

Closing date for entries Saturday 19th March

Don't forget to get those forms in. Come along on the day to enjoy the exhibits, Town Band & refreshments.

This year free to exhibit

£1 admission to see the show



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**Spring Pictures**  
*Colin Cowperthwaite*

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

Wed 2nd Mar - Sedbergh Orchestra

Wed 9th Mar - Christian Aid

Wed 16th Mar - St Andrews

Wed 23rd Mar - St Andrews

Wed 30th Mar - Target Ovarian Cancer

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

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For advertisers key points to note are as follows :-

- ◊ We will print an advert supplied by you, or we can design one for you.
- ◊ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer,
- ◊ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◊ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
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- ◊ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◊ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

### CONTACT INFORMATION

Email:

**editor@sedberghlookaround.org.uk**

Phone:

**07464 895425**

Address:

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

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

### PAYMENT INFORMATION

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## NEWS FROM SEDBERGH MEDICAL PRACTICE

Tracy Thornton

As some of you may already know sadly Dr Chrissie Hunt will be retiring from the Practice on 31st March 2022. Chrissie was a late starter to medicine, she qualified as a GP at the age of 36 and has managed a successful 30 year career in medicine.

Chrissie and her husband David and children Lizzie and David Jnr arrived in Sedbergh at the end of 2002 when Chrissie took the job of Sedbergh School GP. She then moved to Sedbergh Medical Practice in September 2004 as a salaried GP becoming a partner in 2007 when Dr Ann Orr retired. Chrissie's children attended Settlebeck School, Lizzie is now a vet and David Jnr has a degree in zoology.

From 2011 – 2018 Chrissie also worked as a GP Cancer Lead for Macmillan, Cancer Research UK (CRUK) and the Strategic Cancer Clinical Network, she retired from these posts in November 2018 when celebrating 40 years of marriage. Since then she has continued to work



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3 days a week in the practice and leads on Cancer and Sexual Health.

Chrissie enjoys walking with her dogs, gardening and holidays, she is looking forward to having more time to do these activities when she retires.

All the staff at Sedbergh Medical Practice and I am sure I can include the patients would like to thank Chrissie for all her hard work and dedication to the patients and practice over the last 20 years and we would like to wish Chrissie and her family all the very best and hope she has many happy years enjoying her retirement.

We are pleased to announce that we have successfully recruited a new GP Partner Dr Edward Thompson who will be joining the practice in April, an update will follow in next month's edition.

Please note: Although patients are allocated a named GP all patients are registered with the practice and not an individual doctor, you do not need to worry if your named GP is Dr Hunt you will automatically be reallocated a named GP however you can see any GP you choose.



### LENT LUNCHES

ST ANDREW'S  
SEDBERGH

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TO  
WED 13TH APRIL  
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## **SUSAN GARNETT**

*Sedbergh Support Group  
Cumbria Wildlife Trust*

Susan gave her time, talent and energy generously to our community and was involved in so many different aspects, and activities. She was committed to Cumbria Wildlife Trust for very many years. She was secretary of the local support group under the chairmanship of Ingram Cleasby and took over as Chair some 15 years ago. She was also a trustee of the Trust and contributed to different Trust committees for years. For many years she gave talks around the region, often about her adventures in different parts of the world, and gifted the fees she received to the Trust to further their work for wildlife. The Trust thanked her by giving her their greatest honour, the "Golden Badgers Paw" award, and by making her a life vice-president. As chair of the local support group she organised local

talks, led walks, organised events and raised money to support the work for wildlife. She also raised the money to create Jubilee Wood, a small patch of woodland in Settlebeck Gill. This was an experiment to demonstrate that if sheep were excluded the woodland would return, and it did return in force, with wildflowers, trees, shrubs, red squirrels and birds.

Helen Duxbury, Development Director of CWT said: "What an amazing contribution she made to wildlife, and to our organisation. She was also just a lovely person, always seemed happy and always happy to chat. I will remember her fondly."

That sums up Susan beautifully. She always seemed to have time for others and always valued others. When something needed doing she just got on and did it, intelligently, and with no fuss. We are going to miss her so much.





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## HEARTFELT THANKS

*Peter Ramage*

Just a quick word to say a heartfelt 'thank you' to the three Sedbergh people who rushed to my mother's aid when she fell and hurt herself in Main Street recently.

Within less than a minute a first responder was comforting her and checking her out; a first aid kit appeared as if by magic, followed by towels, and an ice pack.

These three Good Samaritans could not have been kinder, and their warmth and generosity was hugely appreciated. I only wish we knew their names to thank them personally.

## ANNE ANGEL

*Larry Angel MBE*

I write this article to Lookaround with a heavy heart. My wife Anne and myself have visited Dent for about 50 years staying in accommodation firstly at Cage Farm with Mr Hartley then in various cottages in the village and also the Sun Inn and the George and Dragon.

Anne sadly passed away on the 6th Feb in Weston Park Hospital Sheffield.

We shared a lot of lovely memories of Dent and Sedbergh mainly about people we had met and places we had meals at. The locals in Dent were always so welcoming and



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

friendly and Anne wanted me to thank you all for being so kind to us over very many years.

We also often played bowls in Sedbergh and the members of the Bowling Club always made us welcome.

Our children and grandchildren also share our love of Dent and we plan to visit as a family in the very near future of course it won't be the same without Anne but we will share memories over a pint or two of Dent Ale.

I can't share all our memories in this short letter but rest assured they were many and varied.



### GRANT FUNDING Frieda Scott Charitable Trust *Celia Forsyth*

Organisations supporting people in challenging circumstances across South Lakeland and Westmorland can apply for grants of up to £20,000 says Helen Carter from the Frieda Scott Charitable Trust.

"The money can be used in a number of ways. Previous recipients include Kendal based Manna House, which supports the homeless, vulnerably housed or lonely, and Temple Sowerby's Victory Hall, which needed help with damp proofing and the installation of a stairlift", explains director Helen Carter.

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The Trust welcomes enquiries from both well-established and new groups which directly deliver programmes and services for the benefit of local communities.

To be eligible, organisations should be registered charities, formally constituted community groups or not for profit organisations (not including statutory bodies) providing demonstrable community benefit across the South Lakeland District area or the old County of Westmorland. Further information on eligibility can be found on the website – <https://www.friedascott.org.uk>

"The application process starts with a phone call, to discuss plans and eligibility" continues Helen Carter. "And we'll help throughout the process."

Anyone interested in applying for funding should call Celia Forsyth on 01539 742608 or email her at [celia@fcsct.org.uk](mailto:celia@fcsct.org.uk)

## COMMUNITY FIRST RESPONDERS

*Myles Ripley*

We are pleased to invite all of you to our AGM which will be held upstairs in 72 Main Street, Sedbergh on March 2nd at 6.30pm. We will present our annual accounts and report on activities. Hopefully, our "boss" from North West Ambulance Service will be attending if you had any wider questions you wanted to ask.

As ever, we are keen for your support potentially as First Responders or those who feel they can support the team in any other way. Work continues to install a community defibrillator in Milthrop and discussions are taking place about installing a 24/7 defibrillator at/near Spar/Medical Centre.

Any questions? Do get in touch with Myles Ripley on [mylesripley@btinternet.com](mailto:mylesripley@btinternet.com)

## LENT LUNCHES

*Anne Reed Screen*

Lent Lunches will start on Wednesday 2nd March from 12 pm to 1pm at St Andrews Parish Church in the church rooms. Do come along and enjoy soup, roll and fruit and a chat all for £3.50. We will look forward to seeing you.

## B4RN INTO SEDBERGH TOWN

*Douglas Thompson*

The light at the end of the tunnel is a tad brighter. There is much planning activity going on which has every possibility of success but as before I cannot promise anything.

**B4RN**

## DENT GALA

*Sarah E Woof*

Dent Dale Memorial Hall

As restrictions eased and then stopped we continued with the extra cleaning and the ventilation required, and looked forward to groups and events returning. A jumble sale, hope of choir practice and other meetings back again, but can it ever be back to normal, what WAS normal?

The children's entertainer is sorted for Dent Gala and the format of the event will be much the same as last year so get in training for the popular family sports and come and join in the fun.

Now I am signing out with a huge thank you to everyone who has supported the Dent Gala over all the years I have been its driving force, I will still be around but on the side lines, cheering not carrying all the decisions and work.

Keep on keeping on folks through the (pillow) fights and the (potato) races, the (WI) cakes and the brews, and remember if something is worth doing its worth doing well.

Sarah E Woof. Retiring Chairman of DMH. (Dent Dale Memorial Hall for those who don't like abbreviation!)



The Dalesman Country Inn is looking for reliable and enthusiastic people to join our team. There are possibilities for working front of house and in house keeping. Experience is not essential as training will be given. There are possibilities for full or part time jobs. Please pop into The Dalesman or call 01539621183 and ask to speak to Carol.

## DANCE NIGHT

*Keith Wood*

The name Iwan Lewis can now be added to such notable band leaders as Glen Miller, Tommy Dorsey and Joe Loss. He certainly has to work harder than any of them.

Yes. It's dance night again at the People's Hall on Saturday 19th March. Doors open at 7 for 7.30 start.

There's a delicious pie and pea supper prepared by our Michelin starred chef (so deserved because he spends most of his days changing tyres) hence the very competitive £15 pp tickets available from the TIC or from band members.

This is always a very popular event so get your tickets early.

Look out for 'Hey Tiquela' 'Moonlight Serenade' and other 'must dance' numbers.

P.S. Only kidding about the tyres.

*See the advert on page 19 for more information.*

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## SEDBERGH BRITISH SCHOOL TRUST

*Mrs Jean Cope, Hon secretary*

The Trustees of the trust will meet on Wednesday 16th March 2022 to consider GRANT APPLICATIONS from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to help towards either their further education or vocational training.

APPLICATIONS should be in writing and addressed to:

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

## 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

## RED LION

### SEDBERGH

Bar Staff Needed.  
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## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

Sedbergh School was recognised by "The Week" magazine for its extensive outdoor education programme, and their dedication to providing opportunities outside the classroom. This starts as early as Reception with their weekly "Out and About" sessions.

As well as the Inspired Brilliance Gold for photography mentioned last month, the School won the top prize for a Special Event which focused on the Wilson Run and the Global Run with accompanied that event.

The Rawthey Ball has been resurrected and practising of the Scottish reels began in mid January (somewhat chaotically!). The ball took place at the end of January.

Year 5 spent some time investigating Settlebeck Ghyll measuring the width, depth and bedload at two different sites to discover how a river changes as it goes downstream.

The School has introduced the Sedbergh Certificate for which the pupils can work to achieve intellectual and creative development, national competitions, explore and discover, delve deeper into learning and broaden horizons.

The School community mourned the death of Susan Garnett who taught geography from 1986-97.

The Prep School celebrated Antarctica Day on 24th January the highlight of which, among other events, was a presentation by wildlife cameraman Lindsay McCrae who filmed the penguins for the BBC programme Dynasties.

Three young Spaniards were interviewed about their experiences at the Prep and a highlight of their time so far seems to have been Cheerios, cooked breakfast and hot dogs! With a bit of Fives and Rugby thrown in.

Half term began on 11th February and finished on 20th February, when the pupils returned to the summer timetable, that is games after afternoon school rather than before.

### **Running**

On 22nd January the Prep School welcomed well over 400 pupils from 30 schools for the South Lakes District Cross Country Trials at the Senior School. The Prep School achieved 4 second places and one third

Fraser Sproull became Senior Boys' Cross Country Champion at the Cumbria School XC Championships on 9th January, and won for Cumbria in the Northern Inter-Counties Cross Country. Eight girls ran for the County and five boys. Fraser also won the Mark Randal Shield for the fastest boy in the King Henry VIII Relay Race, just 2 seconds outside the course record

Pupils have been running over the fells each Wednesday with the Wilson Run in mind

### **Cricket**

The Cricketer magazine has listed the Prep School as one of the Top 50 Junior & Prep Schools in the country

Another pupil, Dan (who plays for Scotland) belated was chosen to join

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Tom Aspinwall in the U19 World Cup squad and flew out to join him in the West Indies. Tom and the England U19 team got through to the semi-finals having won all three of their group games, but lost to India in the final when Tom took 2 wickets for 42.

Harry Brook OS made his first appearance for England cricket in the IT20 against West Indies on 26th January. He was caught for 10 runs in the final which England lost.

### Rugby

The bus taking the U17 team to their rugby match against Ipswich due to be played in Coventry on 15 January had to turn round and return when the news came that the match had been cancelled due to a frozen pitch

The House Rugby matches have been being played all term – they can be distinguished from mere practices by the amount of noise accompanying them !

The U17 won against King Henry VIII School U18 on 29th January 24-12.

OS Rhys Tait captains the Scottish U20 team for the Six Nations, with Ollie Melville and Murray Redpath also in the squad

### Hockey

U15 girls are county champions and the U18 won the bronze at the National finals

### Equestrian

The Equestrian team won the 90cm Inter Schools class on 21st January qualifying for the Royal Windsor Horse Show in May. Two tinies came first and second in the



40cm at the Grassroots Qualified at Northallerton.

### Tennis

Year 6 pupil William went to a Grade 6 Tennis Tournament in Swindon and was knocked out by the No 6 seed in the first round. But he won his next three in the consolation side and is now No 55 in GB.

### Future Events

The annual Evening of Jazz & Swing will take place on 13th March (a change of date) The Wilson Run is on 22nd March with an Old Sedberghian dinner the night before

The Sedbergh School & Town Choral Society will perform Mozart's Requiem on 24th March in the Hirst Centre

### Term ends on 25th March

There will be Courses during the Easter School Holidays at the senior school and prep in athletics, cricket, hockey, netball, pony camp, rugby, steam, stage school and ultimate adventure. Contact [eventsmanager@sedberghschool.org](mailto:eventsmanager@sedberghschool.org)

The School will host the opening Royal London Cup fixture Lancashire v Essex on 2nd August

## LOOKING FOR LAND

### FOR SALE/TO RENT

We are 2 local residents looking for a small peaceful plot of land or woodland within 45 minutes of Dent, as we only have small village gardens and would like some more space to enjoy nature. And/or Grazing for a pony.

Call 015396 25029

Thank you

## FINDING FREEDOM

*The Rev. Andy Burgess*

Lent is traditionally a period of self-denial and penitence, which begins on Ash Wednesday and lasts until Holy Saturday (the day before Easter). Many people observe Lent by giving up a treat or luxury, such as chocolate, alcohol, or meat. For this reason, Lent is sometimes seen as a bit of a gloomy time, but actually a central motif of Lent is the theme of freedom.

This is because the observance of Lent goes all the way back to Jesus fasting in the wilderness for forty days before the beginning of his public ministry. This in turn was an identification with the story of his ancient people of Israel who travelled through the wilderness after escaping Egypt for forty long and difficult years. For the people of Israel, freedom from the oppressor didn't lead directly to the promised land. Rather, they had to contend with the difficulties and mysteries of the desert, as they began to learn what it meant to live in freedom rather than bondage.

Since arriving in Sedbergh and Dent, I have seen quite a bit of rain, and stories of the hot, dry, desert lands seem quite remote! But the desert is a place that we inhabit in our lives whenever we sense we are caught between two destinations. Whenever we are no longer sure of which direction we are travelling in, or what the outcome of our situation will be like. We all have 'desert plains' in our interior lives, as well as sometimes in our public lives as well.

As we move through Lent this year, you may find it helpful to consider where your desert experiences are at the moment. Where are the places that seem to lack life and energy? It is possible that these experiences are pointing to a deeper freedom that you are yet to uncover. That's really the point in giving up something for Lent. We find that by going without something for a season can actually lead us into greater freedom. It is also a reminder to us of our humanity, our mortality, our dependence on the world around us, and on God who is the source of all life and love.

Have a good Lent, and I look forward to celebrating with you the good news of the resurrection when Easter arrives next month!

Please do join us for one of our Mothering Sunday services on 27 March: 10.30am at St Andrew's Sedbergh, 10.30am at Cornerstone Community Church Sedbergh, 10.30am at St Andrew's Dent, 2pm at Dentdale Methodists, and 2.30pm at St John's Cowgill. If you'd like a visit from the vicar, please contact Andy on 015396 20018 or [andy.burgess@westerndales.org.uk](mailto:andy.burgess@westerndales.org.uk)

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## NEWS FROM THE PEWS

*Susan Sharrocks & Tony Reed  
Screen  
Churchwardens*

Little over a month since he was licensed as Vicar to the Benefice of the Western Dales and Minister Elect of the Western Dales Mission Community, Andy has become a familiar face to many people both in the worshipping community and elsewhere.

It is worth mentioning that to those of you who enjoy services from the Book of Common Prayer (BCP) that the 8am Communion Services on Sunday mornings have restarted.

As the days are lengthening and the daffodils beginning to brave the wind and rain we are reminded that the season of Lent will be here before we know it. Already the list is at the back of church for volunteers to make soup for Lent Lunches which will start on Ash Wednesday 2nd March.

On the menu each week will be two choices of soup, a roll and piece of fruit, combined with lots of good company and chatter super value for £3.50. The profits will be divided equally between Manna House in Kendal and St John's Hospice near Lancaster.

During Lent the usual 12noon Wednesday Communion Service (BCP) will be held at 11.15am. The Coffee Mornings will still happen but may need to finish a tad earlier to allow time for table laying etc.

If you have not been along to the coffee mornings or the Lent Lunches before do come along and try either one or both. There is a welcome on the mat and always someone to chat to.

## COUNCILLOR'S CORNER

*Ian Mitchell*

The weeks and months seem to zip by so quickly.

As I write this, the winter months are leaving us and the lighter nights and better weather are coming.

In the time since I last wrote in the Lookaround, I have been out and about, knocking on residents' doors, throughout the Sedbergh and Kirkby Lonsdale ward.

I believe this is the most important thing I can do as your district councillor. This allows me to get your views on the area and to find out about the issues that affect you.

By listening to you, I get to understand what is most important to you.

Your local Lib Dem team and I have knocked on 545 doors in Sedbergh and Millthrop. This means 926 people have seen our residents' survey and had the opportunity to return it to me the same evening or to free-post it back to us.

If we haven't yet knocked on your door and you think we can help, please don't hesitate to contact us.

As you're probably aware, we have a huge election this May. From 2023



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our council structure is changing. Currently in Cumbria we have 6 district councils and 1 county council.

These are being replaced with 2 unitary councils, where we live will be Westmorland and Furness, comprising the old South Lakeland, Eden and Barrow Councils.

The number of councillors in our ward of Sedbergh and Kirkby Lonsdale will also be changing from 3 to 2 members.

I and Hazel Hodgson have been selected by the local Lib Dem party to stand in this slightly enlarged ward, which will now include Old and New Hutton.

As we get closer to the elections on 5th May 2022, we will be delivering more leaflets and talking to more of you on the doorsteps to explain the changes.

I look forward to talking to you in the coming weeks and months, as I said earlier if there is anything we can help with please do not hesitate to contact us.

Ian Mitchell, 07530602234,  
inimitch@hotmail.co.uk

Hazel Hodgson –  
hazel.hodgson@southlakeland.gov.uk



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

**2022**

Wednesday 16th March  
Wednesday 20th April  
Thursday 12th May



## SEDBERGH PARISH COUNCIL

*Janey Hassam*

The Council held meetings, in December 2021, January and February 2022 at the People's Hall, Sedbergh. This brief summary covers all three meetings. The next scheduled meeting is on Thursday 10th March 2022 at 7.30 pm.

### **Precept and Budget – 2022/2023**

Members agreed an increase to the annual Precept, to assist with ongoing and predicted rises in expenditure/utilities/energy etc. It was anticipated that the annual Precept for the Parish Council would rise by 6% (equivalent of approx. £2.50 for an average Band D property). Members were advised that the anticipated increase is still significantly lower than other parishes in the district.

### **Storm Arwen**

Members noted storms (Arwen and Barra) and the significant disruption that had been caused, with loss of power/water and some phone signals, with many fallen trees blocking highways. Members wished to note their sincere thanks for all those contractors working on power lines in difficult circumstances, and also to many local residents and contractors that had helped clear roads and helped within the local area.

### **Amenities/Highways**

Members considered the ongoing plans to construct a path on the inside boundary of the playing field at Howgill Lane. This was a project with support from Cumbria County Council and would see a path laid



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along the northern and east boundary of the playing field if successful.

#### **Other matters/Correspondence**

Planning matters were noted, including the application for housing at the former Baliol site and the proposed synthetic sports pitches at Busk Lane, including highlighting any future community use. Also, Highways matters – including thanks to CCC for progressing the Puffin crossing at Long Lane and the recent Parish Street light audit. Platinum Jubilee plans, B4RN wayleave at the playing field, an introduction from the recently renovated Oakdene, and the ongoing Local Government Reorganisation – with elections due in May 2022.

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

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

72 Main Street in the Parish Council Office, with agendas and minutes available online at [www.sedberghparishcouncil.org.uk](http://www.sedberghparishcouncil.org.uk)

#### **TIM'S COLUMN**

*Tim Farron MP*

Firstly, I need to say thank you to everyone who sponsored me in my personal challenge to run everyday in January. I know it seems a little time ago but with Lookaround's copy deadlines this is the first chance I have had to thank everyone in Sedbergh and Dent who made a donation to support Wave Forward the local young people's mental health charity that I was raising money for. I am writing this just over a couple of weeks into February and sponsorship is still coming in. So it's not too late for you to get your card out, just go to the Just Giving website and search for Tim Farron. We are just shy of raising £7000 an amount which will make an amazing difference to a small charity like Wave Forward. For your information I managed to clock up 184 miles which gives an average of just under 6 miles a day. If you go to my Facebook page you can see a whole succession of photos of your rather sweaty looking MP taken after he had completed each day's run. I'll be honest, I'm feeling a bit proud of myself!

When I looked back over what I had been up to in February that I needed to tell you about here, I was surprised by how much went on. Of course there was all the controversy over the Prime Minister's behaviour and we faced the dreadful prospect of a possible war between Russia and Ukraine. Despite this in our part of the world we managed to achieve quite a bit. My petition against the proposal to merge Preston and Lancaster hospitals onto a single site attracted over 8,000 supporters. I presented it to the Department of Health, making them very aware of how strongly people around here feel about the prospect of having to travel even further for A&E and other services. Don't worry I will continue to

raise this issue with ministers until the whole stupid idea is dropped.

Talking of stupid ideas. I have continued to raise the issue of the trade deal that the Government is putting in place with Australia. Australian farmers work to a much lower standard of animal care than ours do. As a result they can produce meat and other products much cheaper than our farmers and we face the threat of lots of cheap Australian imported meat being dumped here. This in turn will drive even more people out of farming in this country. But the main reason I keep going on about this is not so much because of this deal, Australia is after all a long way away, but because this deal runs the risk of being the blueprint for deals with other countries much closer to us.

Finally, last month we saw the launch of the Government's initial proposals on levelling up this country. What stood out to me was how little mention was made of the need to level up rural communities like ours. I challenged the Secretary of State on this in Parliament and to be fair he did appear to be open to discussing the issues like the growth of second home ownership, Airbnbs but also the long journeys we have to make to get health treatment. I will keep you informed about how these discussions go.

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

Thanks for your support, Tim

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## PEOPLE FIRST

*Georgina Devine/Ed Welti*

"A world where each and every individual is treated equally, fairly, and where their rights, choices, and beliefs are respected."

People First is an organisation based on Independent Advocacy, the principle inspired by the quote from their website above. They work to give confidence to people with learning difficulties so they can support and speak up for themselves. Georgina has been very involved with People First over the past two years, when personal contact has been restricted. They have put her in touch with a wide range of people, helped her make new friends, and ensured

her life remained as normal as possible. The "Right to Speak Up" is very important to Independent Advocacy and is encouraged at all times, as everybody should be heard.

People First were started over 30 years ago and are based in Cumbria with major centres in Carlisle and Barrow and local groups, including one in Kendal. As a celebration it had its 30 Year 'Birthday' Party last September and several people got awards for speaking up for themselves - Georgina included. She was presented with a shield and a certificate. The group has been a great support for many people during the Covid pandemic, particularly during a period when social services



### One of Georgina's Certificates

have been challenged and the support they could provide for people has been limited.

Before the pandemic the local group would meet at Jenkin Crag Court in Sandylands, but this closed down, so now they have moved to the Unitarian Church in the market

square in Kendal. As contact became restricted People First started using Zoom extensively, which has continued in the post-lockdown world. Georgina has become involved with several People First groups across the North of England and has made many friends through them. She has regular meetings with the local group. She also does a craft meeting (where everybody can show their work) with the Manchester People First Group, karaoke with singing group with Bury People First. And through the Manchester group she has got in touch with a creative writing group, the Sheffield Voices. All of which have kept her very busy.

As well as the creative activities People First encourage campaigning

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projects. For example on Saturday March 12th the local group are organising a session on Better Transport for Cumbria in Kendal. Many people with learning difficulties in rural areas have difficulty getting around. The session on the 12th will include a petition on rural transport and input from Preston Dial-a-ride.

Georgina herself relies on the limited public transport available. She visits a friend in Hawes but when the summer Western Dales service up to Hawes finished she was left unable to make the journey. However, by her own efforts contacting local transport providers and the Yorkshire Dales National Park, she has managed to secure an alternative. People First have awarded Georgina a certificate for her pro-active approach.

*Also see the article on Magic Pen  
on page 66.*

*Ed.*



## SIGHT ADVICE SOUTH LAKES

*Dennis Whicker*

The Sedbergh Group were able to meet again in the People's Hall on 15th February after the most recent Lockdown. There were 14 Members and Volunteers who feasted on a superb Jacobs Join and there was a cacophony of noise as everyone caught up with everyone else.

Dennis then presented Susan Harper with a Cheque for £150 for the Group which had been donated by one of Dennis's Masonic Lodges in Kirkby Stephen in December.

The invited Guests on this occasion were members of the Sedbergh Songsters who provided Song sheets and everyone had a good old Sing Song which brought back many memories and was enjoyed by everyone. The Songsters were cordially invited to come back next year in January. Watch this space.

The Group meets in the People's Hall at 2pm on the Third Tuesday of every month and anyone with sight problems are invited to come along and join in the fun. Transport can be provided.

At the next Meeting in March, our Guest Speaker will be our retired Veterinary Surgeon Nick Preston who promises to entertain us with stories of his experiences in Sedbergh.

The Telephone Meetings will still be held at 2pm on the first Tuesday of every month when again, anyone with sight problems is invited to join in. The only requisite is you need a landline phone and be able to answer a call at the time – and it's free.

If you would like to know more, please contact Susan on 20613.

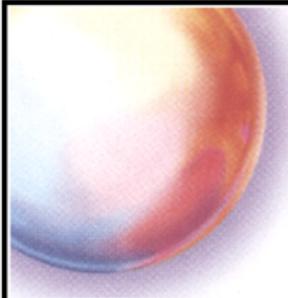
## WHAT I WISH PEOPLE KNEW ABOUT DEMENTIA, FROM SOMEONE WHO KNOWS

Nicci Gerard

One bright afternoon not long ago, Wendy Mitchell saw her father in her garden. She was inside with a mug of tea and he was standing on the lawn in his baggy green cardigan, smiling at her. She saw the yellow of his nicotine-stained fingers and the shine of his black, Brylcreemed hair. They stared at each other, happy to be together again. Then, in the blink of an eye, he was gone and the sunlit lawn was empty.

Her father had been dead for more than 20 years and the sighting of him through the glass door was simply one of the many visual hallucinations that ambush Mitchell: the escalator turns into a waterfall; a marble floor is a swimming pool; a patterned carpet writhes with creatures; a person dressed in black becomes a disembodied head floating on air. Seeing her dead father could have been scary, confusing or painfully distressing, but instead Mitchell accepted the trick that dementia was playing on her as a gift, a moment of grace.

What I Wish People Knew About Dementia is chock-full of such optimistic reversals, in which something that most of us would experience as upsetting or frustrating is turned towards the light: a problem has a solution, a loss can bring unexpected gains, the diagnosis of dementia does not need to be a death sentence, but can instead herald the start of a whole new adventure in being human. Like her



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bestselling account of living with dementia, *Somebody I Used to Know*, this is a book whose purpose is to convert despair into hope.

She reminds me of a frail boat in a storm, battered and tossed about but still afloat and forging into the unknown, ripped sails unfurled

People with dementia (and people who live with and care for them) know that much of the suffering and havoc that the illness can bring comes not from the condition itself, but from the way the world treats people who live with it. Mitchell learned this the hard way: her life, and her sense of who she was in that life, was demolished when she first got the diagnosis of early onset dementia and it took her many years

to work out strategies that enabled her to “live well with dementia” (though she dislikes that phrase for its implication that some people fail to live well).

Her book, which she wrote with the help of Anna Wharton and which includes the comments of friends who also live with dementia, is a compilation of these strategies: a kind of how-to manual for people with the condition and those who support them. It proceeds by a practical and calming formula: take a difficulty and find a way to overcome it. The book is divided into six sections – Senses, Relationships, Communication, Environment, Emotion and Attitude – with each section subdivided into easily assimilable packages of

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guidance. Writing things down, not worrying about getting lost (a “walker” becomes a “wanderer”), buying shoes without laces or a cordless vacuum cleaner, turning a space into a memory room, finding other people with dementia to talk to, refusing to let her two adored daughters become her carers, understanding that “behavioural problems” are actually expressions of the desire to be understood and “challenging behaviour” a symptom of unmet needs, taking joy in the moment, meditating, finding the right apps, acknowledging confusion, recognising that dementia is a neurological condition... Running under all the commonsense pieces of advice is a deeper and more

existential message, one for all of us, young and old, in health or frailty: be kind, be attentive, be resilient, bend with change rather than be broken by it, connect, forgive, accept, embrace. Live.

Like Somebody I Used to Know, this is a book of hope. But there is a sense of intense labour, struggle and pain behind Mitchell’s pieces of advice and consolation. I can’t begin to imagine the how hard she has to work to be the Wendy Mitchell she has forged out of her illness – the one who has become a beacon of hope for thousands of people who live with dementia, who seeks joy in small things, takes adventures where she finds them, is open to her own vulnerability and humorous in the



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face of implacable decline (laughter is her best medicine). Yet she says that, in spite of the “haze” in her brain, in spite of the effort and weariness, in spite of times of confusion and distress, in spite of knowing she is edging towards the darkness, in spite of all she has lost and continues to lose, she is in many ways happier now than she has ever been, liberated from the shyer, more self-conscious and timid self of that somebody she used to know.

I interviewed Mitchell when her first book came out and have met her several times since (she can never remember me, as she delightedly tells me each time): a small woman, grey-haired and smiling, who wears bright clothes and walks with a lopsided gait. She reminds me of a frail boat in a storm, battered and tossed about but still afloat and forging into the unknown, ripped sails unfurled. In the final pages of *What I Wish People Knew About Dementia*, when she recounts her experience of skydiving for charity, she draws on this sense of openness and joy. Strapped to a giant of a man dressed in pink, she plummets towards the ground smiling wider than she had ever smiled before: “Up here, there is no dementia... I am flying, free from all that binds me to the earth.” And why, she wonders when she is once more on solid ground, should the adventures ever end? She is a gallant soul.

*What I Wish People Knew About Dementia, From Someone Who Knows* by Wendy Mitchell (with Anna Wharton) is published by Bloomsbury (£14.99)

## CANARY GIRLS REPORT

Sandra Gold-Wood

Hello everyone, here I am back with an update on the progress of the Canary Girls Memorial Project. I do hope some of you caught Val Welti, Trustees Secretary and I on the Border News on Feb 8th. It had actually been filmed at the Devils Porridge Museum on Thursday Feb 3rd but did not make the small screen until the 8th. There was a glimpse of Val and I and ex Carlisle MP Eric Martlew. However, it is fair to say that Border news presented our cause very well indeed. There were/are lots of photos on Facebook too.

On Monday Feb 14th I had a telephone interview with Roger Lytollis from Cumbria Life with a view



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to a piece going into that magazine. Roger, like many people, had no real idea about the Canary Girls, their hard work and sacrifice and he showed a great deal of interest in their stories.

Following the Border News piece another ex-MP Russell Brown got in touch and a meeting has been set up with him and our staunch supporter Eric Martlew. Mr Brown was involved in an attempt by a group of MPs to have a memorial to the Canary Girls back in 2014/15. This group of MPs did not get re-elected and somehow their memorial project was shelved. Val and I will certainly be inquiring of Mr Brown the whys and wherefores of the failed attempt which we the trustees can learn from.

On Feb 9th Val and I did a power point presentation to Brigsteer WI. It was quite an adventure as two of the approach roads to Brigsteer were closed and the Sat Nav was not behaving. We did finally get there

and the talk was very well received. Val did a Zoom talk to Vision Support Barrow and that too was successful. There have been spin offs from these engagements so the total of speaker dates are going up all the time. I will have also delivered a talk to Ulverston Rotary Club by the time you read this.

Power Point talks, coffee mornings and selling yellow poppies are the main ways in which the Canary Girls Memorial project raises funds. We currently have £3160 in the CG account and we are moving steadily toward our £5000 goal to confirm our Charitable registration. The Trustees would welcome any help or advice on ways of raising funds. Or perhaps you know of a club or society outside of the county that would be interested in hearing about the forgotten heroines of two world wars: the Canary Girls. We would be only too pleased to put another date in the diary especially if we can move further afield.

At the last meeting of the trustees the idea of merchandise was discussed. We are hoping to have mugs to sell soon and perhaps key rings, book marks and the like. If you make this type of thing and would like to get involved in any way no matter how big or small, please do contact us.

Email; sanddot51k@gmail.com  
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## 50 YEARS AGO

*Colin Cowperthwaite*

A selection of news items from local newspapers dating from March 1972

### 200 ready to comb fells, then boys are found

Tired and exhausted after spending one of the coldest nights of the winter on the fells of the West Riding, four boys from a special school at Sedbergh were found on Monday huddled in a bus shelter at Ingleton. Patrick Birkinshaw, aged 13, of Ossett; Kevin Butterfield, 14, of Oulton, Leeds; Stephen Guest, 14, of Darton, Barnsley; and Peter Smith, 12, of Parkgate, Rotherham, all left Balliol School on Sunday afternoon for a walk. They did not return. Instead, they made for Ingleton and went across the fells to Deepdale, spending the night in a barn and heading towards Ingleton in the morning. The first clue to the direction the boys had taken came from farmer Mr Gordon Middleton, of Deepdale Head Farm, Dent, who saw the boys in Deepdale on Sunday evening. When he heard on Monday morning that boys were missing from Sedbergh, he telephoned the police.

A short time later they were found in the bus shelter at Ingleton. A radio message flashed to Sedbergh, 14 miles away, came just in time to stop 200 searchers from setting out to comb the fells. Most of the volunteers were from Sedbergh School, and the search was to be co-ordinated by Mr R.W. Moore, housemaster of School House.

### Sedbergh man 'serious' after road crash

A Sedbergh man was said to be "seriously ill" in Westmorland County Hospital yesterday with head, leg and chest injuries received when his car crashed into a bridge parapet late on Wednesday night. He is Hubert Crossland Kay, 46-year-old father of two children, of 11 Fairholme, Sedbergh. Mr Kay was seriously injured when his car, a Hillman Avenger, crashed into the parapet of Boundary Bridge, about 400 yards east of Black Horse hill on the main Kendal to Sedbergh road at about midnight on Wednesday. Mr Kay was trapped inside his wrecked car, and was freed by police, ambulance men and a fire service rescue unit.

### Sedbergh will 'go gay' again next Christmas, says Chamber

Christmas lights in the streets of Sedbergh proved such a success that the local Chamber of Trade has agreed they should be a feature again next season. But, members were told at a chamber meeting on Monday, the project had cost rather more than had been expected. The treasurer, Mr A. Bramham, reported that the approximate cost had been 102 pounds. This was made up from the hire of the hire of the illuminations

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at 52 pounds; cost of electricity 20 pounds; labour for installation of the decorations 30 pounds. Donations amounting to 12 pounds had been received, but even so, the cost had amounted to rather more than members had budgeted for, leaving a deficit to Chamber of Trade funds of about 23 pounds. Some of the illuminations had been received in poor condition, and this would be brought to the attention of Morecambe Corporation, who had hired them to Sedbergh. The secretary, Mr H.W. Eastham, was instructed to enquire into the cost and possibility of acquiring some illuminations to be owned by the chamber, and which could be augmented if necessary by hiring others. Local schools had volunteered to participate in future festive decorations by the construction of tableaux etc, and this was appreciated.

## **Mrs M. Atkinson of Garsdale dies aged 79**

The funeral took place at St John's Church, Garsdale, of Mrs Mary Atkinson, of East Littletown and formerly of East Cote Weggs, Garsdale. A native of Garsdale, she was born at Low Smithy, the eldest daughter of Mr and Mrs W. Thwaite, and was educated at Garsdale and Lunds schools. She lived at several places in Garsdale prior to her marriage to the late Mr R. Allen, when they farmed at East Houses, Grisedale, until Mr Allen's death. Later she moved with her in-laws to Knudmaning and cared for them until their deaths, during which time she was employed as a dressmaker. Subsequently she married the late Mr J. Atkinson and lived for many years at East Cote Weggs, but after her husband's death she lived at the home of her daughter, Mrs P. Cowperthwaite. She was a lifelong Methodist and a regular worshipper at The Street Chapel. The service was conducted by the vicar, Canon D.A. Rogers, and there was a capacity congregation. Organist was Mrs J. Bracken, and interment followed at Garsdale churchyard. Mrs Atkinson leaves a daughter, two sons, four grandchildren and two great-grandchildren.

## **Sedbergh YFC leader married at Murton**

The joint leader of Sedbergh Young Farmers Club was married on Saturday at Marton-cum-Hilton Church, near Appleby. The bridegroom was Mr David Woof, younger son of Mr and Mrs J.E. Woof, Low Ridding Farm, Cautley,



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and his bride was Miss Catherine Ann Currah, elder daughter of Mr and Mrs E. Currah of Lane End, Hilton, near Appleby. The Rev A.G.W. Dixon (vicar) officiated, and Miss Harrison was organist. The bride, given away by her father, wore a full-length white satin gown, trimmed with guipure lace and pearls, and a train falling from the waist. A long veil was held in place by a headdress of rosebuds and orange blossom, and she carried a bouquet of pink roses. The attendants, Mrs M. Morland (bride's sister) and the Misses Paulyne and Kathleen Woof and A. Johnston (bride's nieces) had full-length gowns of kingfisher blue milano satin, trimmed with guipure lace, and

headdresses of white rosebuds. Their bouquets comprised white orchids and hyacinth pips. The best man was Mr Edmund Capstick (bridegroom's friend), and the groomsmen were Messrs. B. Woof (bridegroom's brother), K. Morland (bride's brother-in-law), and R. Wilson (bride's cousin). After a reception at the Clifton Hill Hotel, Clifton, the couple left for the honeymoon to an undisclosed destination, the bride travelling in a turquoise dress and jacket. Mr and Mrs Woof will make their future home at the Garden House, Sedbergh.



## CHOLERA

*Karen Bruce Lockhart*

In 1817 a new and frightening disease started to spread in Asia, and by 1827 had reached Europe via Russia. Quarantine precautions were imposed in English ports, but in December 1831 the quarantine failed in Sunderland, and a case which was not reported for several days led to the disease spreading rapidly round the country. By the end of 1832 30,000 had died in Britain. The disease was known as Cholera Morbis or Asiatic Cholera (to distinguish it from other diseases now known as gastroenteritis and food poisoning but generally referred to as English Cholera at the time)

It is a particularly nasty bacterial disease. It kills very rapidly due mainly to rapid dehydration caused by violent diarrhoea and vomiting, followed by lethargy, erratic heartbeat, sunken eyes, dry and shrivelled skin and death. People well in the morning could be dead by the next day. It is said that cholera killed more people more quickly than any other epidemic diseases in the 19th century. It is also known as the Blue Death as the skin can turn blue due to the dehydration. Remedies at the time included treatments to cause vomiting and diarrhoea and restrict water intake, quite the wrong approach! Indeed, cholera is not a very serious disease if dehydration is prevented. The most important treatment is rehydration, and the intravenous saline drip was invented by a doctor working in the port of Leith, Edinburgh, during the epidemic. Although the IV rehydration

was initially successful, the victims appearing to recover almost within hours, most patients eventually died due to the lack of understanding about the amounts of saline to be included, and it was not for a further 70 years that this was solved, and his work recognised. He unfortunately died himself in the epidemic, as did many doctors.

Cholera reached Cumberland by June 1932. The measures taken in Sunderland affected trade and businessmen reacted badly, resulting in some doctors retracting their advice that it was cholera. The disease quickly ran its course in Sunderland and appeared to have been contained, but suddenly on Christmas Day there were 105 cases in Gateshead and 50 deaths by the next day. In the course of 1831-32 over 30,000 died in Britain. The outbreaks were relatively short and it was usually over within a month. The situation in Kendal was bad enough for soup kitchens to be set up.

The official advice for prevention at the time was cleanliness, exercise and temperance . Most of those that died or caught the disease were noted to be "tipplers, beggars, and idle people" (in other words the very poor). At this time, of course, these were the people most likely to be using communal sources of contaminated water, but no one knew the connection. One Kendal yard had 19 cottages, 75 inhabitants, seven pigsties, a huge dung heap and a cesspool – all next to a bakery.

In Kendal a soup kitchen was set up in Woolpack yard at the end of 1831, and many of the houses of the

poor were limewashed with a view to suppressing the miasma or smells. Stones were thrown at a hearse because the crowd thought the unfortunate victim had not taken the proper (useless) precautions. The Kendal Dispensary recorded 17 cases of cholera of whom 8 died. Dispensaries were mostly charitable institutions set up to provide an outpatient service to the very poor.

No sooner had the cholera epidemic faded than another killer hit. Influenza spread north during 1833, and by May had reached Kendal and Carlisle. This disease was not confined to the poor – one of the first victims was Lord Lonsdale. To make matters worse an epidemic of whooping cough broke out in Bothel and the combination of diseases caused several children to die. There

were influenza outbreaks in 1831, 1833 and 1836-7. Life in Victorian England was a lottery: people of all stations of life faced diseases almost forgotten by people now: typhoid (which killed Victoria's husband), scarlet fever, tuberculosis, whooping cough, cholera, diphtheria, smallpox, measles and influenza to name but the most prevalent. They were all killers. It is almost surprising so many people survived to old age (relatively old age – few lived beyond sixty)

Once the cholera epidemic was over very little was done to prevent further outbreaks, and what was was useless – partly because the actual cause was not known. The discovery of germs did not take place until 1864. However, there was an effort to clear up unpleasant smells – miasmas – which were thought to be

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the source. This went some way to help the general health situation, but little had been achieved as far as cholera was concerned by the time of the 1848 outbreak which killed some 52,000. Once John Snow identified contaminated water as the source of the disease in 1854 cholera gradually ceased to be a major problem in countries with adequate sanitation, and there has been none in Britain since 1893 (apart from a few visitors from abroad). It is, of course, endemic in many third world countries. I can find no records of cholera in Sedbergh (which does not mean there was none) but in 1901 four people in a family in Brough died of "English Cholera" – eventually blamed on mushrooms.

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## ROMAN ROADS

*Karen Bruce Lockhart*

The History Society heard a fascinating talk from David Routledge, who until recently lived in the Sedbergh area but is now in Norfolk. He has a very extensive knowledge of the Roman roads around the Lancashire, Westmorland, Cumberland area.

He began by describing what constituted a roman road – their main roads were about 7 metres wide (at least between 6 to 8 metres) with a ditch on either side. They were cambered. The road hump is known as an aggars. They kept them straight by working from a tower to a tower – one behind and one in front and lining them up. Over time these aggars tended to get higher as the roads were repaired, but this was less so in the Cumbrian area because of the ready availability of good stone making repairs less necessary.

He then explained the new and incredibly helpful tool for archaeologists known as Lidar – a system of 3D scanning which hit the archaeological world about 8 years ago. It was first used by DEFRA. It sends down about 100,000 pulses per second mapping the ground below in 3D and has made a huge difference to tracing the ancient roads. . Most of Cumbria has been mapped although there are still huge gaps. About 80% has been done. It works rather like Minecraft (for those who have children!). One advantage is that the sun can be placed anywhere on the "map" and can therefore show shadows in any

direction. He illustrated this by showing a road with the sun shining from the west where the road was pretty well invisible, and then with the sun from the east where the shadows showed up the aggar clearly.

One of the effects that Lidar has had is to remove any idea that the area was a backwater, which one might think looking at the Roman roads shown on Ordnance Survey maps. The whole area was in fact crisscrossed with roads and it was anything but a backwater.

Turning to the roads themselves, he first looked at the road from Lancaster to Kendal, which was one of two almost parallel roads going north. This went north via Bolton-le-Sands. The area here was then full of

"mosses" and variations in the straightness of the road were usually due to having to divert in order to build a bridge. It went through Beethan, Milnthorpe (Dallas Park), alongside the A6, through Stainbank Green crossing the river to the fort at Kendal. Two indicators of such a road were different coloured grass and walls – the aggar could be ploughed out but walls usually go over the aggar.

From Kendal it went through Plumgarth and on till it zigzagged down into the Troutbeck valley. Such descents or climbs were dealt with by zigzagging the road. It crossed over the fell via Hallbeck Lane and descended by zigzag to Ambleside and its fort. The drop in the road was

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usually about one in ten or eleven. Zigsags indicated the road was intended for wheeled vehicles – marching roads would be straight on the slope.

The road then went over Dunmail Raise and instead of veering left to Keswick as had been thought clearly went up St John's Vale to Threlkeld – and on towards Carlisle

The second road north came from Ribchester through Middleton Church and past where the milestone had been (which had been moved to stand beside the old road but is now in the churchyard), across the river at Killington Bridge and on across the Kendal road at the Black Horse. It took this route undoubtedly because the bridges at Middleton and

Killington were built on rock. The Black Horse crossroad had clearly been a well placed public house standing as it did on a main road north. Fox's pulpit also was not somewhere in the wilderness, but was on the main road at the time. It went on north through Tebay services and the Lyvannet valley and Kirby Thore

Thirdly he considered the road over Bluecaster. Was this Roman? Further up the name Street indicated it might be, but it eventually faded out.

Fourthly he looked at Stainmore. The Roman road passed Maiden Castle, the Roman fort at the top of the climb, and on the way up there were three signal or guard towers



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and the road must have passed them. Zigzags could again be clearly seen on this route. There were in fact three routes up the climb. One was a "braided track" which went past Roper Castle, and which may have been a route before the Roman road was built.

Roads were often moved as conditions changed much in the way our modern roads are. Another example was near Temple Sowerby where there seemed to be a "spaghetti Junction" of roads where the road north met the York to Carlisle road and the road from the west, until a bridge had been built to the west.

## SOME HISTORY OF LOCAL ROADS AND TRANSPORT

*Colin Cowperthwaite*

I have recently acquired a copy of the 1925 guide to Sedbergh, Garsdale and Dent, contained in which is an article regarding roads and transport in the area in days gone by.

A Turnpike Act was passed in 1761 for repairing and widening the roads from Kirkby Stephen through Sedbergh to Greta Bridge, and from Brackenber Gate, near Askrigg, through Sedbergh to Kendal; from which it is to be hoped that the roads down Cautley and Garsdale received some attention. The Act was revived and enlarged in 1784 and 1805, and repealed in 1826, to make way for more extended powers of diverting and altering the roads. Coaching gave a great impulse to road repairing, and it is probably to the last-mentioned Act that we must ascribe the greatest improvements in our lines of transit. Looking at the Act in 1805, I find that it was then considered necessary to increase the tolls between Sedbergh and Kendal; and carts laden with "coals, cinders, wood, heath, furze, ling, turf and flaws, or sods, for fuel", were no longer to be exempt as formerly, but to pay a half-toll. An advertisement dated December 4th 1823 shows that the coaches began to run through Sedbergh shortly before that time. It offers for sale "all that old-established and well-accustomed freehold Inn called the King's Arms" - now a private house and shop - "in the centre of the town of Sedbergh, being the only Posting-house there, and on

the newly established road from Liverpool to Newcastle". The two Lord Exmouths, old and young, one each way daily, were the coaches which ran between Lancaster and Newcastle. A connection with the York coach was also established for a short time from Sedbergh, through Garsdale, by Hawes. One can imagine the interest aroused here as the vehicles, with their spanking teams and freight of unfamiliar faces, rattled up the narrow street. The oldest inhabitant says "I can well remember the first time the coach came to Sedbergh. I was standing at Guldrey Barn door when it passed the toll-bar". It was more than a nine days' wonder. The sleepy village had awoke from its normal torpor, and we can excuse the enthusiasm of the Curate with a predilection for horseflesh, who used to walk several miles to meet the coach for the pleasure of handling the reins and driving it into the town.

The adventure of the late Mr Dover is well known here. He had started in the coach from Sedbergh for Kirkby Stephen, about one o'clock on a dark winter morning, amid frost and snow. The insides consisted of a lady and

gentleman and himself, and the outsides were the driver and another man. When the coach reached the Cross Keys, in Cautley, the driver and his companion went into the house for a drop of something hot and strong to keep out the cold; but the horses, impatient of delay, started off at full trot. The landlord, hearing the noise, rushed out in his slippers and night-shirt, but soon gave up the unequal chase. Mr Dover, aware of the state of affairs, but unwilling to alarm the lady, said nothing, but got out onto the step intending to dismount at the next hill and capture the horses. Unfortunately, in getting down, he slipped and fell on the ice, and the coach rattled on. At length he reached the next inn, at Cross Bank (nowadays The Fat Lamb) where he engaged a saddle-horse and galloped after the runaways, expecting to find them overturned at the bottom of some steep hill. But they had out-distanced him too far to be overtaken; and great was his astonishment when he found the horses standing panting in front of the King's Arms, at Kirkby Stephen, in their accustomed place, and the lady and gentleman blissfully unconscious of the perilous drive they had had during the last ten miles, and wondering what had become of their driver. We have gone ahead since the old coaching days; and the Ingleton Branch of the London Midland and Scottish Railway, opened in 1861, now brings travellers from all parts to within a mile of Sedbergh; and rival omnibuses set them down in the heart of the town without delay.

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## NOTES FROM DENT STATION

### Friends of the Settle Carlisle Line

*John Carey*

We are now well into the winter period and fortunately Dent Station has remained almost fully booked. It is difficult to say if this is a consequence of the 'staycation' effect or whether it will be long-lasting but we would be foolish to be complacent. Guest income is vital if we are to carry out the necessary conservation works and also pay the significant heating bills. It is indeed a large house to heat but, of course, it was designed as railway station not a dwelling. There can't be many houses with 13ft high ceilings. However, despite the rather



unconventional layout and ceiling height it does offer a unique place to stay.

In recent times the tourism sector has embraced the 'Dark Skies' concept and the station provides an excellent location from which to observe the night sky. We have even asked the railway authorities to turn the station lights down. Wildlife is also high on the agenda and a recent bonus to some of our guests has been a family of stoats which seem to have taken up residence in the area no doubt thriving on the abundant

local rabbit population - a good or bad thing depending on your point of view. Of course the highlight for most remains the occasional steam train passing the front door and a view of the 2 mile sweep around the head of the valley.

However, away from Dent Station the Friends are essentially a rail support group and we concern ourselves with the more mundane matters of train services. Indeed, this takes up the majority of our time. Whilst the impact of Covid is generally reducing, the rail industry

still continues to experience high staff absence which can result in short term cancellations of trains of which there have been a few instances recently. This

has no doubt

been exacerbated by withdrawal of 'rest-day working' by one of the rail unions. On a brighter note we have escaped the imposition of a temporary reduced timetable which proved to be disastrous for the line during the early stages of the pandemic. It is however clear that the rail operator needs to recruit more staff.

We continue to argue for an improved timetable better suited to local needs and to provide for improved commuting times to work and college. One particular irritation I

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have mentioned before is the early afternoon train which runs semi-fast from Carlisle to Leeds missing out many of the intermediate stations such as Dent and Garsdale and thus creating a 4 hour gap in the timetable. Sadly, we have just been informed that our request to make this a stopping service has been declined by the rail authorities due to a conflict with freight paths. In essence in order to slightly delay the passenger service this would cause the railway to alter the path of a following freight train. Inertia does seem to prevail but we will continue to argue the point.

It is worth mentioning however that we are anxious to see more freight

return to the railways rather than using the unsuitable Dales roads. Indeed, there is a realistic prospect of the quarry at Horton-in-Ribblesdale becoming rail-connected again in the very near future. Otherwise, the Settle-Carlisle sees daily traffic from the gypsum factory at Kirkby Thore, the regular Kronospan log train from the Scottish Borders to Chirk in North Wales, cement trains from Clitheroe and the inevitable quarry trains. Long gone are the coal trains once a common sight on the line taking coal from the Scottish ports to the English power stations. However, one limitation of the line is that it cannot accept container trains which were simply not a concept at the time the

line was built by the Midland Railway. The tunnels and bridges are slightly too small and creating the headroom would be a major undertaking which has vexed engineers in recent years.

In the last article I mentioned the issue of the Dales Railcard and the introduction of a 08:15 bar on use. For anyone unfamiliar with the Dales Railcard it is a valuable concession offered to Dales residents and provides a one-third discount from a standard fare plus a regular winter offer. We felt that this change was a little harsh on the few commuters that use the line and introduced hastily without any consultation. We naturally made our representations to Northern Trains, however, this was sadly to no avail. We did our best. For their

part Northern Trains maintain that the railcard was introduced as a leisure product and not for commuting. Whilst this is regrettable we can only suggest that regular users might consider the weekly season tickets on offer which, for some, may prove to be a viable alternative. Regardless of this set-back the railcard is still well worth having for those in the qualifying postcodes or alternatively through membership of FoSCL.

On the subject of rural buses Cumbria County Council has recently issued their 'Enhanced Partnership' for the area. This follows their bus service improvement plan. The

document points out that Cumbria contains 5 of the 21 least populated areas in the UK whilst half of the population live in the 9 largest towns. There is much in the proposal about enhancing existing services and infrastructure mostly in the major towns but and rather disappointingly, nothing to offer the Sedbergh area. Rather strangely the plan excludes 'Section 22' services such as the Western Dales Bus and yet such organisations often provide the only services in rural areas.

It should be said that most of the existing bus services in the county are operated by a single large operator. Their decisions are made purely on a commercial basis and therein lies the problem.

Rural buses

outside the major towns and tourist-populated central Lakes are rarely commercially viable and simply cannot operate without subsidy. However, the Cumbria plan to be submitted to the DfT will compete with the many other plans from authorities across the country. It is likely that the overall £3 billion on offer will not go very far and many of the plans will inevitably be rejected or scaled back.

The creation of the new Westmorland and Furness unitary authority may ultimately have an effect on service provision although the east-west division of the existing Cumbria does seem a little arbitrary





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particularly for the Eden area which probably aligns itself more with Carlisle than Barrow. It does however mean that the northern section of the Settle-Carlisle line will sit in the new Westmorland and Furness area, that is, until it reaches Carlisle.

Anyway, enough for now! As always, we would be pleased to look at any public transport concerns in the area at the following e mail address: [john.carey@settle-carlisle.com](mailto:john.carey@settle-carlisle.com)

## MARCH WILDLIFE

*Myles Ripley*

This month look out for

- Returning summer bird visitors
- Songbirds singing
- First woodland flowers
- "Mad" March hares
- Blackthorn in flower
- Frog and toad spawn in ponds

Although there can be warm days, March can often remain in the grip of the winter weather. However it is impossible not to feel the mounting anticipation of Spring and notice the new emergent life. As the nights get longer, and at last the clocks change ("spring forward"), there is a renewed optimism for the new season ahead.

This month is famous for mad-March-hares which are in fact the female hares resisting the optimistic advances of amorous males! With the arable crops still short, where hares can often be seen feeding, this is a good time of year to spot these beautiful and charismatic native animals.

The earliest of the summer bird migrants start to arrive. The wheatear is amongst the first to arrive. Another bird returning at this time is the chiff-chaff with its repetitive and distinctive song. The chiff-chaff is a small green warbler found in woodlands and scrubby areas.

In the woodland the ground is green with shoots and many woodland plant species are starting to come into flower. Early lesser celandines have already shown their yellow petals to the sun, however when its dull the flowers remain closed. Other woodland species such as the wood anemone, town hall

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clock and the sweet violet, with its small purple flowers, also appear. If you are lucky you may find the large and extravagant looking stinking hellebore, with its smelly green and red flowers. Dog's mercury, and ramsons where the ground is damp, can totally carpet the woodland floor with a sea of fresh green leaves.

In the hedgerows towards the end of the month the blackthorn (also known as sloe) flowers. Bushes are covered in clouds of white blossom borne on its dark, thorn laden branches. This shrub is sometimes confused with hawthorn, but the hawthorn does not flower until May and comes into leaf before the blossom opens. A sure sign of spring

are the furry looking catkins of the 'pussy' willow, found in damp places.

The mounting bird chorus can even wake you in the morning if you live in the suburbs. Along the edges of paths and at the foot of shady walls, the diminutive wavy bittercress can be found in small bushy rosettes with white flowers. The first round and shiny leaves of Jack-by-the-hedge (or garlic mustard) start emerging at this time at the foot of walls and hedgerows. The road verges are greening up again, as the fresh new grass growth replaces the dirty winter herbage. Patches of the rather odd looking coltsfoot spring up in hedgerows at this time. Along roadsides the temperature may be

slightly above the surrounding countryside and this seems to encourage the earlier breaking of buds such as horse chestnut, elder and hawthorn. One easily missed plant emerging at this time of year is chives. Wild chives grow in straggly clumps, often in amongst grass stems.

In March and April bats emerge from their winter hibernation, to hunt out flying insects on which they feed. In towns the small pipistrelle is the most common species. Bats are very particular in their hibernating sites requiring a stable temperature and humidity.

As more summer migrant birds arrive in late March, the woodland dawn chorus will swell. However the resident birds are already in full song proclaiming their territories to all comers. Song thrushes, blackbird, greenfinch, great tit and robin are amongst the most noticeable of these. This is therefore a good time to start learning bird song of the more common species, before the summer migrants get in on the act.

Towards the end of the month the likelihood of seeing summer migrants in number starts to grow. You may be lucky enough to see a swallow swooping over fields. However the old saying of "one swallow does not a summer make" is never truer. The weather can turn cold again and quickly disappoint!

Toads start to emerge from their wintering hiding places and move towards their chosen breeding ponds. The frogs are mating with vigour, having risen from the pond bottom where they spent the winter. The



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amorous males cling on to the females for dear life in large numbers. It is surprising that the females can survive. They are all trying to ensure that the eggs laid are fertilised by them. The adults stay in the pond until the weather is warmer in April.

The first butterfly of the year to emerge from hibernation is the beautiful lemon yellow male and greenish white female brimstone. It is possible that the word butterfly is derived from the yellow butter colour of this species - who knows? The adult is an important pollinator of the yellow primroses flowering at this time, whereas its caterpillars feed only on buckthorn.

Bumble bees start to emerge and can be seen buzzing around on the warmer days. Ladybirds also start to appear from their communal hibernation nooks and crannies.

## **SEDBERGH COMMUNITY SWIFTS**

*Tanya & Edmund Hoare*

Our first piece of news is that Sedbergh Community Swifts now has a Facebook page, which we hope will raise the profile of Sedbergh and what we've achieved for swifts in the area over the years. Please do visit and follow it, and hopefully comment and 'like' our posts!

On February 7th, via the international swift forum, we heard from our swift colleague in Israel, that he had seen his first swift of the year. How exciting that must be, that 'they're back'. Israel is the most southerly country where Common swift breed, arriving in February and leaving in June. On the same day we also heard from a Spanish colleague that she had seen a swift in southern Spain – that is extremely early. We wonder if it may have been a Pallid swift rather than a Common swift as they arrive earlier.

The summer distribution of Common swift is extremely broad, from Ireland in the west right over to China in the east. They are found throughout Scandinavia, Western and Eastern Europe, Middle East and we hear every year from a swift enthusiast from Irkutsk in Siberia with Common swift news. What is amazing is that all Common swift (*Apus apus*), no matter where in the world they breed, migrate to various parts of Africa to winter. Even the Beijing Common swift does so, an incredible journey over the Tien Shin mountains, Arabian deserts and eventually to Angola. Beijing also has another swift, the Pacific swift, (*Apus pacificus*), which has a very different

migration, migrating south to Australia for winter. There is evidence that some Common swifts from different parts of the world may winter in different regions of Africa. A recent paper from Gibraltar, where several swifts from a single colony were tagged, showed they winter in the Sahel, and one bird, tracked over two consecutive winters, showed remarkable fidelity to the areas visited in Africa between years. Our UK swifts winter in central Africa in the Congo and later move further east.

Altogether there are about 96 species of swift world-wide and of these, 22 swift species are found in Africa. Our knowledge of the distribution of many of the African swifts is unclear, as there are less bird watchers in Africa and some swift habitats are very sparsely populated. Some of the 'rarer' swifts have patchy distributions, often very localised. But only 5 of these 22 African swifts migrate to Europe to breed in our summer, the rest breeding and remaining year-round in Africa.

The 5 species that migrate to Europe to breed are the Common swift, the Pallid swift that is found in Southern Europe, the larger Alpine swift, and the rarer White-rumped swift; and in recent years the Little swift has now been found to breed in south western Spain. The only swift that breeds in the UK is the Common swift.

We always enjoy giving talks about swifts and spreading awareness about the threats they face, and what we can do to help. For two years during the pandemic all talks had to

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be cancelled although several were re-instated over Zoom. It isn't the same though without audience interaction and sometimes the technology can play up which is very frustrating – especially as we show film clips of our Lowgill swifts behaviour. However now in March we are delighted that once again we will be resuming live swift talks. Most of the cancelled talks have rescheduled – sometimes more than once as the regulations persisted - with dates now booked through to 2023! So far we've given almost 80 talks all over the country, including for schools and RSPB young birders groups, where we do activities and quizzes, and also attended many events such as Galas, markets and conferences.

Don't hesitate to get in touch for advice about swift boxes, If you or a neighbour are planning renovations or work with ladders or scaffolding, use the opportunity to put up some boxes, or even incorporate nest bricks into the wall, a simple thing to do from a scaffold.

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## **WOODLAND TRAINEES**

*Yorkshire Dales Millennium Trust*

Two young people have been helping to transform native broadleaf cover in the Yorkshire Dales thanks to Yorkshire Dales Millennium Trust's Together for Trees project.

Woodland trainees Zoe Bullivant and Sam Marshall have gained a wealth of experience working with a professional contractor to further their careers in the environmental sector. They have learned skills such as fencing, walling, invasive species control, willow spiling and peatland restoration as well as gaining experience in mapping and surveying work and the design, creation and management of woodlands. Both have now progressed to full time employment within the Environmental sector.

Sam, 23, said: "YDMT offered a great opportunity to gain the practical skills I needed to follow a career in wildlife conservation. I was looking for a practical conservation traineeship to enhance my career prospects and the range of work allowed me to try many different roles which I wouldn't have otherwise tried. I am now working as Woodland Officer for the Wyre Rivers Trust. It looks at combining woodland planting in riparian habitat with health walks, volunteer days and community activities including water sampling and invertebrate surveying and leaky dam building. I am very grateful for the skills I have learnt, and my new job is exactly what I hoped to get from my experience as a woodland trainee."

Zoe, 24, added: "Before becoming a YDMT trainee, I was struggling to find paid environmental employment. Now I am a Stakeholder Dialogue Coordinator for an award-winning consultancy who design, facilitate, research, train, advise and evaluate stakeholder participation and champion best practice within the environmental sector. My responsibilities include project coordination and support, report writing, desk-based research and facilitation. I learnt so much as a trainee and I'm really happy I am able to undertake environmental work."

Together for Trees is funded by the Government's Green Recovery Challenge Fund. The fund was developed by Defra and its Arm's-Length Bodies. It is being delivered by The National Lottery Heritage Fund in partnership with Natural England, the Environment Agency and Forestry Commission. The project aims to create 26 hectares of new native woodland across the Dales and Nidderdale, restore 1km of



hedgerow and plant individual landscape trees to help mitigate the impact of ash dieback. It also sees YDMT work with the communities in Sedbergh, Settle, Swaledale and Malham to identify areas to create new community woodlands - bringing landowners and volunteers together to help plant and maintain the woodlands.

Carol Douglas, YDMT's Woodland Officer said: "One of the aims of Together for Trees is to help young people access the environmental sector by providing opportunities to gain experience and receive training that gives them skills to secure employment. It's fantastic that both Sam and Zoe not only enjoyed their time as woodland trainees but have also gone on to full time employment. Their time with Moor and Valley Ltd. gave them a real insight into what it is like to work as a contractor, delivering and managing large scale land management projects. We're really proud of what they have achieved and the experience they've gained."

## FAMILY MUSINGS

Sarah E Woof

So, here we are in March, lent cometh and then Easter and hopefully this year the Easter bunny can hop along hiding eggs. As a child there was always an egg hunt in the garden at Easter, then with our children and now our grandchildren. One year, one grandson found quite a lot and stashed them in our summer house before playing with a friend, he kept glancing in the direction of the hidden eggs so I investigated... What a haul! He did give some away to a little girl who hadn't found many so that was kind. Roll on Easter.

Obviously this month brings mixed emotions for me as I retire as Chairman of the Dent Dale Memorial Hall trustees. On the one hand I am ready to stop and I know my successor will do a brilliant job but having been in post as an officer, not just as Chair for 20 years there is going to be a bit of a change. There are many on the committee who have been on for many more than 20 years and the "Hall" and the community are very lucky that they have, and I wish them all the very best. One thing I

won't miss is walking up the road in the dark to lock up etc when John couldn't. As I represent a local organisation I will remain a Trustee but on the back row and I promise not to heckle.

Why does it so often rain at half term? Or is it just that we notice it more due to housebound bored children? Recently me and 2 grandchildren managed almost a whole day with only one session on a tablet, when I was their age a tablet was something Moses brought down a mountain but now I am showing my age. The English language must be very confusing to little children, it confuses me. Sending this via hubbys email as mine isn't working too well probably confused the editor, my apologies, a new more technical mobile phone is taking some getting used to.

Meantime baking is something I enjoy and find therapeutic but the recent attempt which resulted in not one but two trays of Brownies getting burnt was far from relaxing and led to the question "what's that awful smell", not the "can I have some" I had hoped for. Stick to what u can do is what my Grandma used to tell me perhaps it's time I do, another of her sayings was, "there's no such word as can't" and that is something I do act upon. Way back in 2002 when officers were needed for the Memorial Hall I was advised to "not touch it with a barge pole". and we all know what happened there! Living dangerously makes life exciting but in moderation obviously, though I have a new sign for the house which says "I am going to do something outrageous" .. Is it not a bit late?

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## **SEDBERGH LADIES N.F.U.**

*Caroline Sandys-Clarke*

For our November Meeting we enjoyed a demonstration and talk from Pepy Keegan who lives locally and has a business called Backyard Blooms. Pepy specialises in arrangements containing flowers and foliage she has grown herself or foraged from the hedgerows around and about. She does the arrangements in The Bull and The Three Hares amongst other places. We were encouraged to contact a group called " Flowers from the Farm" who are based all over the country, when wanting to send flowers to family or friends, to try and cut down on using imported, hothouse flowers. Pepy also strongly encouraged us to stop using oasis, which does not biodegrade in any way. After watching Pepy do some lovely arrangements in seemingly no time at all we all settled down to do some arrangements of our own with flowers and foliage we had brought in. A very enjoyable evening was had by us all.

Unfortunately our speaker for the December meeting had to pull out at the very last minute. But our

president Carol Thompson organised a quiz and had made some delicious mince pies so after a short business meeting we enjoyed those and finished with carols sung to the accompaniment of Barbara Gorst and her keyboard.

The Christmas meal was enjoyed at the Golf Club on JANUARY 18th at 12.30 when Stephen Gardener had very kindly opened the golf club especially for our group. Chef Dave Scarr had prepared a delicious meal which everyone much enjoyed as well as being able to meet up and chat after the long lockdown restrictions.

We all hope 2022 will be a better year all round.

---

## **JANUARY WEATHER**

*Brian Wright*

January weather: A generally mild start to the year with a maximum temperature of 12C (50.4F) but it had a minimum of -5C (23F). Precipitation was rather light for January with 161mm (6.33inches) but we had a sprinkling of most forms. Winds were generally moderate coming from various quarters but mostly from the westerly region. The average wind

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speed was 22.6m/s (50.5mph/81.3kph) but the maximum was slightly higher at 30m/s (67.1mph/107.98kph).

The jay brought a "mate" this month and one or other have been regularly about. We had little sight of the owl but heard it around the area. Generally, birds have been fewer than usual around the feeders, particularly the sparrows.

Fortunately, despite the weather I haven't had standing water in the field, yet! It is still so muddy that getting water to the sheep is still a problem. Generally, I taken 20 gallons every other day. I am always amazed how many sheep you see without any signs of water yet my few drink so much. I can only assume that the dry proven and hay create the thirst! The next big job is to get some sheep to market, if I can get them from the field sometime. As I write these horrendous gales are forecast!

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## MEAT AND METHANE

*Martin Dodds*

Most climate scientists believe human factors are significant in the climate change crisis. Despite the scepticism of some of my friends, this seems reasonable to me, but I share their suspicion of 'simple' analyses and 'sound-bite' answers.

One response which seems over-simple, is the argument to 'stop eating meat to reduce methane emissions'.

All animals produce methane. Apparently, on average cud chewing animals apparently produce more methane in relation to their size than other mammals. Methane is a powerful 'greenhouse' gas. But it does not last as long in the atmosphere as CO<sub>2</sub>.

Meat eating is part of the natural evolutionary cycle of the 'balance of nature'. Without top predators the balance is upset. However, in a natural environment, predators rarely kill more than they need for survival. It makes no evolutionary sense to hunt their prey to extinction.

[That said, there are examples of predators going on 'killing sprees', for instance a fox raiding and killing most of the hens in a chicken run. However, in a natural environment, there would be no chicken runs. This overkill behaviour may be a 'natural' reaction to an artificial opportunity. Not that that is much comfort to the farmer or the chickens.]

Humanity is a top predator species. Meat has been a significant part of human diet for millennia. The fact that other higher apes sometimes hunt and eat meat suggests that this

may have started before our separate evolution.

According to one source, if I have understood it correctly, global emissions of methane by animals were greater before the emergence of humanity, than they have been in most of the period since. The presence of humanity seems to have led to a dramatic decline in methane production by animals, presumably as a result of hunting.

Global animal methane emissions by the late 19th century apparently still only reached about 50% of the levels in the pre-human era.

But now something new is happening. Overall emissions of methane by all animals today may be 16% greater than in pre-human

times. That is a rapid and continuing growth in emissions through the 20th century up to the present.

As industrialisation and urbanisation has accelerated population growth, demand for meat has grown. At the same time, urban societies have developed a probably unsustainable demand for 'cheap' food. To meet demand, livestock numbers have increased.

In response to these pressures some farmers have been encouraged into intensive methods of production, such as the 'feed lots' of North America. Others have been encouraged to cut down carbon saving forests to create large ranches for extensive grazing for beef cattle, as in The Amazon.

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As well as being a top predator, humanity is also a 'clever' species which has developed technical ways of altering and managing the environment. Unfortunately, this ability often focusses on short term gains for individual or corporate benefit which ignore the natural 'balance'.

A blanket 'guilty' verdict seems to have been passed on all farmers by sections of public opinion. This is hardly fair. Increased demand from consumers in an exploding population means that humanity as a whole must share responsibility for the pressures put on farmers to produce.

Scapegoating all farmers ignores the variety of stock rearing systems within the global farming community. Not all meat raising methods are equally 'bad'.

I believe some recent experiments suggest it is possible to raise livestock in a way which significantly reduces methane production. Perhaps such techniques could make it possible to reach a methane neutral balance?

Increased methane emissions from domestic/agricultural livestock are a

problem, but they need to be kept in perspective. Reducing demand for meat and dairy products to a level where global animal methane emissions are similar to a century ago could be a target.

This could mean fewer farmed animals. To be effective, there would need to be a shift in stock-rearing methods world-wide to achieve best sustainable and welfare practice everywhere. It would probably mean an increase in the price of meat.

It would be important to make sure that the benefits of higher prices were evenly spread across all livestock raising cultures and communities, and not scooped up by a small number of industrial scale global agri-businesses and technologically advanced societies.

Equally important is having a global economy geared to ensuring that poorer urban and rural communities have enough appropriate food. This is already a big question, which is being badly answered.

Our 'success' in growing world population could mean we have reached plague numbers in relation to the earth's capacity to support us. The livestock methane issue is one of many consequences.

Despite our 'cleverness', we are as a species blindly or wilfully acting against our own interests by upsetting the balance upon which our survival depends.

There are signs of hope. Many young people understand the threat of climate change to them and future generations, and are taking direct

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action and lobbying those in power to take effective action.

More significantly, the linkages that hold the global environment together are increasingly understood by many young people and other groups. High profile individuals are raising awareness.

But what proportion of the world population is really listening, particularly those living in and managing the comfortable zones of current economic power?

Unless there is wide understanding of the realities of the global environment, which is the basis of all life on our small planet, some of the action needed is likely to be widely unpopular. It will become clear that it may mean lowering material

expectations, or radically changing our ideas about what really makes the world go round. It requires better education of politicians, commercial and business interests, and the general public at all levels and in all parts of the world.

Can we, rationally and humanely, together build a 'new normal' which can soon achieve a drop in world population to a stable level which would permit human and all life to continue sustainably?

Or shall we just leave it to the 'old normal' of war, famine, disease, drought, disaster, poverty, persecution, ignorance, prejudice, indifference, and national and individual selfishness?

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## **SEDBERGH W.I.**

*Moira Folks*

First things first! With the Lookaround 'month' effectively stretching from the 15th of one month to the 14th of the next because of deadline dates, our first item comes from Anne Pitt, leader of our walking group, on 20th January: 'The walking group's January walk is usually a gentle walk to ease in the year, followed by lunch in a café or pub, so we parked at The Highwayman in Burrow as our start and end point. It was a beautiful frosty and bright day for our 5-mile trek. The route took us across fields in the valley to Tunstall Church and then onwards to Cantsfield. From there we followed a track winding gently upwards north-

east to Longriggs Barn where a westward path took us back to Tunstall Church. We then retraced our outward route to The Highwayman where we eventually enjoyed our lunch in the busy pub.'

Sandra Gold-Wood organized a busy coffee morning in St Andrew's church rooms on 26th January, helped by some WI members and other friends, in aid of the Canary Girls Memorial Fund. She raised a staggering £377, of which £70 was raised through a generous donation of seven beautifully decorated cakes from Kelly, the owner/baker of 'Dipped Treats': many thanks, Kelly!

Our first WI lunch club was held at Farfield Mill on Thursday 27th January, a friendly social occasion

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followed by a visit to the exhibitions and the sales floor. There were three excellent exhibitions available to admire: the International Patchwork Exhibition entitled 'Sauvage' (meaning 'Wild' in French, so quite a few pictures of wild animals were featured!); 'Threads in Sheds' – a tapestry exhibition; and Dianne Standen's very interesting 'Cumbrian Retrospective'.

A different kind of hands-on wool craft was available for some of us to try at Valerie's house in the afternoon of February 3rd: Valerie had offered to teach some of us how to crochet at our Craft and Chat session. 'You can't teach an old dog new tricks' is the saying that comes to mind when I think of that meeting! Considering

that we had all been knitters and dressmakers in the past, you might think we would pick up crochet easily: alas, no! Marjorie was the most successful but for the others (and I was the worst!) the benefit was in the therapeutic effect of laughter at our own efforts and the tea and biscuits which rewarded us. It was a very busy day for Valerie because the same morning she had been to the Devil's Porridge Museum in Gretna with Sandra Gold-Wood to be interviewed by Border TV about the Canary Girls Memorial Project; their interview was shown towards the end of the Border News programme on the evening of February 8th and some of our members managed to see it. The airing of this interview has

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led to requests for further interviews from other sources.

We welcomed Malcolm Petyt to our monthly meeting on February 9th to enlighten us about Britain's National Parks. We were a little surprised that his introduction included several photos of AMERICAN national parks - Yellowstone and Utah, for example - that he had visited with Anne in 2009. What was the link? Well, it was in fact the Scots-born naturalist and adventurer, John Muir (born in Dunbar, East Lothian, in 1838, and emigrated to America with his family in 1849), who led the movement towards establishing national parks in America in the 19th century. He is known there as 'The Father of the National Parks': my niece, who now

lives there and loves outdoor activities, calls him her hero! It wasn't until the mid-20th century that the first national park in England, the Peak District, was established in 1950, thanks in large part to the Mass Trespass of Kinder Scout in Derbyshire in 1932 which had brought into the public consciousness the unfairness of private land ownership compared with very little public access to the country which many millions had fought for in World War I. The Lake District was the second national park to be designated in 1951, along with Snowdonia and Dartmoor; the Pembrokeshire Coast and North York Moors in 1952; the Yorkshire Dales and Exmoor in 1954; Northumberland in 1956; and the Brecon Beacons in

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1957. The Norfolk Broads national park was created in 1988, the New Forest in 1999, and the South Downs in 2010. In Scotland in the early 2000s, Loch Lomond and the Trossachs and then the Cairngorms were added. The purposes of national parks include the conservation and enhancement of natural beauty, wildlife and cultural heritage; and to promote opportunities for the understanding and enjoyment of the parks' special qualities by the public: 'They are not ours, but ours to treasure and enjoy.' The Lockdowns of the last two years and the consequent increase in 'staycations' have proved their value to more British people than ever before. We can only hope that

everyone treats our wonderful national parks with the respect that their true treasure merits. Anne Symons thanked Malcolm profusely for the fascinating wealth of information he had given us about all aspects of our national parks and how they are run.

Nine members of the book club met at Moira's home on February 10th to discuss 'The Testaments' by Margaret Atwood (published in 2019), the sequel to her 'Handmaid's Tale' published 35 years earlier, which described life in the imaginary future fundamentalist republic of Gilead. Gilead was created after a war against the US government in the eastern part of North America: women are inferior to men, and most of them are kept uneducated and very badly treated. The story of 'The Testaments' is told through the voices of three female characters whose identity is gradually revealed as they fight against the political system. Discovering who these characters were was not easy, especially if you missed the visual clues in the chapter headings! The symbolism of the book's covers had also been missed by several members of the group! Scores given ranged from 0 to 10/10! The average was 7.7.

'Sedbergh Past and Present' is the subject of our next meeting, which will be held on Wednesday 9th March at 7.30pm in the People's Hall committee room and will be presented by Sedbergh History Society. We welcome new members and guests at our meetings. For further information, please contact our President, Ellen Morrison, on 07702 919745.

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## **HOWGILL AND FIRBANK W.I.**

*Audrey Hoggarth*

We met at Firbank Church Hall for the February meeting. Sarah welcomed a smaller group than usual but nevertheless we had a lively meeting.

The first issue to deal with were the resolutions from the five subjects discussed - we voted in favour to call on the government to fund research to raise awareness on issues facing women and girls with autism and Hyperactivity disorder. They are often misdiagnosed, and under supported.

The result has been submitted to the W.I. Office.

Sarah is to join other W. I.S in the Lune Valley group at Barbon Village

hall to organise the Group meeting on May 17th hosted by Barbon W.I.

Liz our treasurer updated us on subscriptions for 2022 which are due in April.

We have remembered founder member Peggy Postlethwaite with a donation to the memorial fund.

We are continually thinking of ways to raise funds, ideas were put forward for us to discuss and consider.

Sarah introduced Adele Bowker who had set up a display of Enamel Jewellery which we were keen to learn about. This was all her own work which we admired. Following a demonstration and guidance as to what's involved we were eager to get involved. We had the choice - ear rings or pendant. We enjoyed taking

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part and were pleased with our efforts, and look forward to wearing them. Pauline thanked Adele for a most enjoyable evening we all enjoyed.

The competition for a brooch was won by Liz Moore. Mary Stainton went home with the raffle prize

We meet again on March 3rd. Speaker for the evening is Ross Bower. Survival/Bush Craft.

This is a milestone for us as we will be celebrating our 70th year. An occasion for us to show off our jewellery!!!



## DENTDALE W.I.

*Thelma Belfield*

Given the recent easing of government rules with regard to the Covid virus it was decided to go ahead with our February meeting in the usual way and so we met together in Dent Memorial Hall. Our speaker for the evening Anthea Boulton was most relieved, although she had gamely prepared to present her talk using Zoom, her preference was to deliver it live.

As always, Jackie gave a warm welcome to everyone, especially to our three visitors, with a special thank you to Anthea for kindly agreeing to bring forward her talk to this February meeting and for being flexible with her presentation skills.

We began, as usual, with business matters and, after two years absence, the Dentdale Run is being held again this year. As always, our members have supported this event by helping prepare the teas for all the runners and, of course, baking huge quantities of scones, tea breads, tray bakes and other goodies. This year, due to Covid guidelines, the arrangements will be slightly changed with the runners collecting their teas from the Memorial Hall, but not being able to sit and relax inside the Hall enjoying copious mugs of tea. The bonus for our members is that we won't have hundreds of mugs to wash up at the end of the day.

Since our Christmas lunch, with Covid casting its dark shadow over social activities, our dining club outings have been suspended. However, with spring just around the corner Rita, our secretary, had made

a list of suggested places to visit and asked us to add to it any others we would prefer and, also, to remember to add our name to the venue recommended to help with planning the event. It is good to think we will be able to resume these outings as life begins to return to a more normal rhythm.

A second social activity discussed was the proposed al fresco afternoon tea to celebrate the Queen's Jubilee in June. It was decided that the event will take place on Saturday 4th (hopefully the weather will be kind) as Sunday 5th has been nominated for nationwide community parties to take place.

The two final items Jackie shared, firstly the Federation Spring meeting

on the 28th March which she hoped some members will be able to attend. A talk on the Windermere Boys will form part of the meeting's activities. The second item, a treasurers' workshop, on 10th March. Jackie emphasised the need for succession planning for committee roles, saying that Kate had worked extremely hard fulfilling this post for 12 years, that it was important for someone else to gain experience, and she hoped someone would volunteer to attend this workshop. Business completed, it was time for 'Telling it like it was' and Jackie formally introduced Anthea.

Anthea, is one of our own members, and first came to Dentdale in 1972 and has lived here permanently since 1991. Both she



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and her husband worked for the BBC for many years and since retiring Anthea has worked hard researching life here in the Dales a century ago, subsequently publishing two books both entitled 'Telling it like it was' and no doubt there are many Lookaround readers who have knowledge of these. Anthea introduced Andrew, whom she called her technology wizard and who had helped produce the excellent slides and dialogue recordings associated with her talk. Anthea had spent many hours talking to many of the older residents and making live recordings of their memories of their everyday lives.

As she was giving her talk to the WI she had decided to focus on some of the outstanding women of

Dentdale and began by telling us about the life of Cissie Middleton, born in 1914 one of 13 siblings, who married a farmer, and lived and worked in Gawthrop all her life. Cissie was an experienced housewife before she married, as her mother had died when she was 12 years old and she had taken over caring for her younger siblings and running the home. There was no electricity and no running water, no tractors, only horse drawn farm implements. Along with caring for the family she made butter, kept chickens, setting up her own hatchery for chicks, and did any other task on the farm that was required of her. In the evenings she made rag rugs, using material from disused clothes, nothing was wasted.



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

She even found time to learn to play the organ and she was a member of the WI. Life was hard but happy and as Cissie described it, 'there was very little disgruntlement'. The beauty of Anthea's presentation was that we could hear the account of Cissie's life from her own lips.

Anthea went on then to tell us of the life of Mary Ellison, who was born in 1909 in a house on Beech Hill, a row of small houses that sadly are no longer there. Mary's grandmother had a shop at Dee Cottage in Cowgill, which sold nearly everything local people might need, including clothes, pots and pans, Mason Ware and medicines. Supplies for the shop were brought by train to Dent station and then by horse and cart to the shop. Life was not all hard work and social events were held in the Cowgill Reading Room, with music and dancing and potato pie suppers. Electricity came to Dent in 1936, but not until 1960 to Cowgill. Tractors came on the scene in 1950. It's hard to imagine in these days when power is available at the touch of a button, enabling us to use all the electrical, technological and mechanical gadgets we rely on in our daily lives, that it is only 60 years ago that none of this was possible.

Anthea talked of two other women of the Dale, Jenny Kiddle who lived at Holme Hill, she also made butter and kept hens. One her strongest memories was of the war years when evacuees came from London to the Dale and in her words, 'all they thought about was shopping and spending money'. Jenny also recalled

the harsh winter of 1947 when many sheep were lost in the heavy snowfall that year. Finally, she talked of Tizza Middleton, one of the famous 'terrible knitters of Dent' who was also a WI member.

It was fascinating listening to the voices of these women and hearing about their lives in detail. Anthea's work in putting together these historical archives is beyond price and will remain forever as a fascinating look at life in a rural community. She concluded her presentation with a recording of Cissie Middleton reciting her own composition of poem entitled 'ye didna cum' in her unique Dale's accent. Catherine gave a warm and very appreciative thank you on behalf of us all for the fascinating insight into the history of local life.

A welcome cup of tea and the opportunity to taste

some of Marjorie's excellent biscuits and have a catch up chat with friends, not seen for some time. Our competition was for an old family photograph and was won by Chris, with one of her and her sisters. The raffle was drawn and Jenny and Judy were the lucky winners. As always, an enjoyable, interesting and informative social evening. We meet every 2nd Wednesday of the month at 7.15pm in the Dent Memorial Hall. At our March meeting Gordon Nuthall will present 'Everest before the rush' which promises to be another interesting and most likely exciting talk. Visitors are always welcome and we look forward to seeing you.



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### KILLINGTON WI

#### The afternoon WI for the Entire District

*Wendy Fraser-Urquhart*

As we do nowadays, we started our meeting with our speaker's presentation. The speakers seem to prefer this as they don't have to listen to us conducting our business meeting. Mind you, we, ourselves, always enjoy the business but do appreciate that it is of limited interest to our visitors as they are not going to be invited to partake in our thrilling, forthcoming activities. We did however give today's speaker, Rob David, a real treat by hearing us sing our opening song which, he was surprised to realise, was not, "Jerusalem". We prefer to use the song which was sung at the very first WI Meeting, held at Stoney Creek, Ontario, Canada, in 1897, the first

line of which is, "A pleasant thing it is to meet.....". And it always is, especially after so many disrupted months.

The title of Rob's illustrated talk was, "Lakeland Holidays in the 1940s and 1950s". We might have expected a picturesque travelogue of our lovely area but it turned out to be even more informative and memory provoking than that. He outlined the various types of holidays which people could have in those years as we recovered from World War 2. [I wish I had made notes during his talk but I became too absorbed to remember that I shall have to write it up later] Included were camping, youth hostelling; walking; cycling, climbing, static caravans; scout or guide holidays, farmhouse holidays, staying in redundant railway coaches, coach tours, car touring including -up

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Hardknott and Wrynose in an underpowered Ford car, coach tours, and strangest of all, staying in a retired tramcar in Barrow-in-Furness! If you have a chance to hear this talk, don't miss it. Heartfelt thanks were proffered to Rob.

A happy tea-time followed before we moved on. President Susan Sharrocks welcomed us all and gave birthday wishes to Herself, Alison Siddall, and to Anne Macer, a valued, long-time member who now lives in the south of England. We miss you, Anne. Treasurer Margaret Denton told us that the annual subscription, due by 1st April will be £44 - pay up everybody. Lots of future activities were announced and then it was time to consider the resolutions to be presented at this year's National AGM. If you wish to read details of these, I refer you to the excellent report by Dentdale WI in the December issue of Lookaround. Suffice it to say that after consideration we voted that the resolution that "Appropriate Sentencing of Non-Violent Women Offenders", be sent forward for further consideration.

Our raffle was won by Maggie l'Anson. Our competition for "Photo of a 40's or 50's holiday", was won by Barbara Leigh, with a wonderful photo of six young ladies looking over a pack-horse bridge on a summer's walk.

We meet again at the People's Hall, at 2-00pm on Tuesday 8th March, when Gordon Fletcher will introduce us to Curious Creatures of the Northern Seas. You would be most welcome to join us.

## SEDBERGH ART SOCIETY

Jenifer Alison

The Sedbergh Art Society has been quietly coming to life again! John Conway has been doing a wonderful job keeping the Wednesday group going at all possible moments during a difficult two years of restrictions. Since October we have run several Painting Days in the Cornerstone Church Hall, which has been kept warm and welcoming by June and William Allen. We will progress gradually to inviting artists to run workshops, and will soon be discussing at committee level, and in an AGM, the possibilities of running an exhibition.

We have introduced some themes into the Painting Days. On Saturday



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February 5th we each recreated a painting by an artist we admire, but using a different medium. I went dotty copying an oil painting by the impressionist Paul Signac using watercolour (pointillism!). Angela Dixon brought Van Gogh along – he enjoyed his day! There were some superb results.

Painting Days are very popular with members: the atmosphere is very relaxed, and the cakes are good! Thank you to our generous cake makers! We appreciate so much the way that everyone ‘mucks’ in with setting out the room, organising refreshments and clearing away. So, an enormous thank you to all the participants who make such lovely days possible.

We are very sad to learn that Susan Garnett has passed away. Susan was a long-standing, active member of the Society. There was one particular occasion we shall never forget! She had the vision of creating opportunities for art lovers

from Zreče to meet members of Sedbergh Art Society. This resulted in a few memorable days in November 2016. One Saturday, in the People's Hall, we painted alongside our guests and formed friendships. Gill Impey sketched a picture of the art teacher from the school in Zreče while he painted a wonderful acrylic picture of Sedbergh High Street, which he has donated to us. Although his name was Nilian Lamovec, everyone addressed him as Didi! This day was followed by a demonstration the following Friday by Clive Wylie, leading into a workshop on the Saturday. We were so grateful to Susan for creating the opportunity to meet some of the people from our twin town in Slovenia.

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## **LOVING THE EARTH** **Local, live textile art exhibition**

*Sally Ingham*

"The greatest source of so much in life that makes life worth living"

David Attenborough here was speaking of our natural world. Anybody who watches programmes by him would find it hard not to be in awe of the world around us.

A new project called the Loving Earth Art Project aims to inspire us in the same way, and also to engage us with the issues raised by the challenges of climate change. It is a travelling exhibition of community created textile panels.

Sedbergh is fortunate in being able to act as host to a significant number of these panels from Wednesday 6th April to Monday 30th May. After this they will move to Grange-over-Sands and be at the Victoria Hall for the bank holiday weekend from Thursday 2nd – Sunday 5th June.



The exhibition already consists of about 400 textile panels: each one foot square (30cm x 30cm) produced by people all over the country of all ages. Some of these will be exhibited at Farfield Mill in the room next to the porch leading into the café. But also many of the shops and businesses in Sedbergh have generously agreed to display panels so that as many people as possible may see some of them.

In addition, there will be an art quiz trail aimed at children, as well as the

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many of us who are young at heart. Copies of these will be available at Sedbergh Tourist Information Centre.

You may actually not just want to view the panels, but want to contribute a textile panel as an individual or group. This can be done before, during or after the local exhibitions. Anybody may participate in the production of them. If so, as well as whatever image(s) you choose, a short accompanying text saying how your panel relates to the 3 core questions of the project is encouraged. These are:

- What/who/which place do you love that is threatened by environmental break-down?
- How might you yourself be contributing to that threat?
- What more could you do to be part of the solution?

Further details of what's involved can be found on the Loving Earth Project website.

Workshops are also available to help get you started: at Farfield Mill on Thursday 14th April 10am – 3pm, or, before this at Grange on Wednesday 23rd March 2-4pm with a follow up session on Wednesday 13th April, also 2-4pm, both in the Victoria Hall. If interested in these, contact Sue (email -



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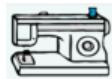
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[atyldeley@aol.com](mailto:atyldeley@aol.com)). Do also contact Sue if you are part of a group who would like to organise a workshop at a different time.

NOTE: All workshops are FREE.

Alphabet books and greetings cards will also be available to purchase.

Any shops or businesses who I have not yet managed to approach who would like to display a panel, just email me - [justsally1961@gmail.com](mailto:justsally1961@gmail.com).

Hoping you may have time during the 7 weeks the exhibition is here to spend some time enjoying and reflecting upon the panels.



## MAGIC PEN WRITING GROUP

Alex Brown

**M** stands for magical

**A** stands for acceptance of the group

**G** stands for great delight we take in each other's work

**I** stands for interest we take in each other's work

**C** stands for the care we have for each other

**P** stands for presenting our work to each other

**E** stands for encouraging each other

**N** stands for how nice everyone is to each other

That is why I love being part of magic pen

Mary Bottomley,  
28-05-2021

The Magic Pen Writing Group is Growing! We are The Magic Pen, a fun, learning disability and autism friendly creative writing group for people all over the UK. "I love coming to the group because it's a friendly, relaxed and welcoming group – it's a

safe space to be having fun with words." - Joanna

We meet every week, online to chat, share stories and write things together. There is no pressure to speak or share if you don't want to, just a guarantee of friendly faces and lots of laughs.

"I really get a lot from this group on a Friday and we really want to spread the word to people from different areas around the country" - Georgina.



Run in collaboration with Sheffield Voices by Anne Grange, Sheffield, and Alex Brown, Manchester-based copywriter, it has been a wonderful journey for all of our

members, growing in skill and confidence every week!

"I love going to The Magic Pen every week to meet new people and make new friends" Rachel

To see what we've been up to recently, head to [www.sheffieldvoices.com](http://www.sheffieldvoices.com)

"My confidence in reading and writing has grown so much with The Magic Pen, and I love having an hour every week just for me to relax, have fun and be creative" -Mary

"It's great for encouraging confidence!" - Lee

The Magic Pen takes place every Friday at 2pm on zoom but we would love to introduce new sessions and reach more people. Contact us today to find out more and register your interest. [Anne.grange77@gmail.com](mailto:Anne.grange77@gmail.com)

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## THE TALE OF BARNEY SYKES

Sandra Gold-Wood

Barney Sykes stood alone in the playground watching. He was the new kid in town having just moved to Mayfield because his Dad had changed his job. The other kids in the playground eyed him suspiciously, turned their backs and carried on with their games. Barney shrugged he didn't mind he knew their curiosity would get the better of them in a while.

A group of girls chatted a few yards away from where Barney stood. They pointed at him and one walked towards him. Barney didn't know whether to run or stay still. At almost 12 years old girls to him were a bit of an oddity.

Suddenly a girl with the sweetest face, lovely blonde hair and deep blue eyes was standing in front of him saying, 'You're new here aren't you?'

Barney nodded his mouth was so dry that he couldn't speak, at least not coherently. Then she smiled and he felt a kind of delicious helplessness flood through him and he was spellbound. The girl took his arm and chatted on telling him her name was Freda.

'Freda', he managed to whisper and the other girls laughed. Freda told him not to mind them as she gently coaxed the details of how he had just moved to Mayfield and landed in the playground at Broadmead High.



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The years marched by with predictable certainty and Freda grew into a young woman. She had always been enchanting and now she was beautiful too. Barney had grown taller and larger he had always been on the heavy side. Through the growing years he and Freda, along with their mutual friends from Broadmead High had shared many adventures. Camping holidays, school field trips, festivals, visits to the cinema and theatre. Barney always had a joke to tell and his willingness to help with homework made him very popular. He was bright and learning came easy to him.

Inevitably, the time came to move on from school and look to the future. Some of the friends went straight into jobs, some went traveling, others to university. In those last few weeks the school head arranged a social evening for the leavers. It was a rather formal affair with parents and teachers attending. As the evening wore on Freda, Barney and some of the other leavers left and went to a newly opened night club. It was quite a night and one that Barney was never likely to forget. As he watched his friends dancing he recalled how

Freda had tried to teach him to dance on many occasions. Barney admitted he had no sense of rhythm but he liked being close to Freda. All his friends teased him knowing he carried a torch for Freda. Tonight he was standing at the bar chatting and watching his friends having fun. As the night wore on everyone began to sing along with the music it was then that he noticed Freda slipping out the exit that lead to the smoking area. Barney thought it odd, knowing she didn't smoke. As soon as he could he ended the conversation he was having with an acquaintance from his Chess Club and went in pursuit of Freda.

Pushing through the heavy door Barney looked around for Freda. Here at the back of the club there were stacks of empty bottles, large rubbish hoppers and a few old chairs for the smokers to perch on. He couldn't see her and became a little anxious. Venturing further round the building he heard voices. There was a pool of eerie green light coming from the exit sign and in it he caught sight of Freda. She was with a man; one he had never seen before. They were obviously more than friends. Stepping back into the shadows Barney felt his heart break. He almost laughed, how could he have ever thought Freda would look at him. He was just jolly old Barney, a good laugh, great to have at parties and as a friend but nothing more.

A few days later Freda, called round to Barney's to wish him luck and ask him to keep in touch. She was off to London to study law. While he had got into Oxford which pleased

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his parents and he'd been happy too, but after seeing Freda in the embrace of an unknown man the edge had come off his happiness. At the door Freda stood on tiptoes and planted a kiss on his cheek, saying, 'You are the best Barney, see you in the summer perhaps.'

In an instant she was gone, waving to Barney's parents as she walked quickly up the street. Barney stood watching the street long after Freda had turned the corner trying to get his feelings under control. Instinct told him that he would probably never see her again. Taking a deep breath, he went back inside and listened to his parents saying what a lovely girl Freda was. He agreed of course and shoved his sadness down inside.

At Oxford he quickly made friends and made a point of joining many of the social groups on offer. The Drama group, the Chess club, the Ramblers, the Debating society and the Diners circle. Barney reminded himself that he should be enjoying this time of his life and in truth from time to time he did. Drama didn't suit him but he made his mark at stage management and was in demand for the various college productions. He excelled at chess and often defended his college's title. Membership of the ramblers soon slipped away as he wasn't keen on too much exercise. Debating was ok if he was interested in the subject. However, the diners circle was perfect for him as he loved to plan and serve meals to his university friends and in turn they would entertain him. They would all joke about his ever-expanding

waistline but Barney would take it all in good humour.

That first year at university Barney went home for the summer break hoping to see Freda. She, his mother told him, had gone to America with a friend. He ate the large dinner his mother placed before him although he wasn't the least bit hungry. Barney knew it was his longing for Freda that made him comfort himself with food. His weight was creeping up and he told himself he'd go on a proper diet when he went back to Oxford. Once back at Oxford he forgot about dieting and by the time he picked up his degree he weighed 19 stone. He was tall, 6ft 3inches so he could carry it off but for how long.

Barney was offered a job at the university while he carried on studying for a doctorate and he settled in Oxford. With his work in designing future proofing computer programs he won many accolades over the years. The odd girlfriend had come and gone. They'd tell him that he wasn't committed and he knew they were right. By now his dinner parties were legendary and would be attended by the great and the good of the university with an occasional

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smattering of celebrities. It was at one of his monthly dinner parties that he heard some news about Freda. A guest, the wife of a Don was talking about a Freda Carmichael who was all over the news in America. It transpired that Freda had married a very wealthy industrialist. Trouble was that to fund their billionaire life style, he had embezzled vast sums from his partner companies. It was also rumoured that Freda and the embezzler had left America and were in hiding probably in South America.

After the guests left Barney checked the story out on the internet. There she was, Freda, looking as lovely as ever. The story was a fairly familiar one, greed having got the better of the man. Barney could see

that it wasn't going to end well and he wondered how life felt as a fugitive. His thoughts turned to the girl Freda had been, her kindness, her joy in living. For a while he searched around for an Email address for Freda and found a couple of possibilities. With his finger hovering over the send button he began to think. If he sent this email and she replied what then? Freda was married and in hiding so what was the point, she had her life and he must get on with his. It was time for a change.

Years passed and Barney's 40th birthday came around. A big celebration had been planned, all his university friends, his staff and even some Broadmead friends would be

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attending. Barney stepped in front of the full length mirror in his bedroom and checked his appearance. A crisp white shirt accentuated his tanned face, his fashionable cut navy three-piece suit fitted perfectly. Tying his tie loosely to complete the casual look he had lately adopted he combed his hair which showed a few stray greys but they just added sophistication to his appearance. Pleased that he looked his best he took a taxi to the university where the ballroom had been especially prepared and decorated for his party.

As the taxi made its way through the wet streets a fire engine with its sirens blaring overtook them. A little further up the street the police were holding up the traffic. The taxi driver stopped and a policeman knocked on the window to say they would not hold them up for long. The taxi driver was talking on his radio. So Barney settled himself and let his thoughts drift back over the last few years. In the years since he abandoned his love for Freda, Barney had become a different person. The first thing he had done was to take up membership of the rambling club again. The next was to change his eating habits. After six months he had lost 3 stone at this point he joined a gym and lost a further 2 stone. Barney had astonished his friends and himself at his dedication to fitness. The diners circle continued but Barney was far more selective about what he ate while still remaining as entertaining as he had always been. It was a further surprise to him when he caught sight of his reflection he now

found it pleasing. For most of his life he had avoided looking.

Arriving at the University, Barney could see the lasers on the building proclaiming his age and congratulating him. A party of his friends were waiting on the steps to usher him in and as soon as he stepped into the ballroom the band stuck up 'Happy Birthday' and everyone was singing. A glass of bubbly was placed in his hand and everyone cheered and toasted him. Freda was beside him and they planned to marry shortly. Many more toasts were made and drunk and after the buffet had been demolished the band began to play more upbeat numbers and people took to the dance floor. Barney took Freda in his arms and thought how fortunate he was. Barney loved her simplicity, her shining black hair, her eyes of deepest brown and her smile that twinkled up at him as he smiled down at her. As they danced he recalled when they had first met her name had almost sent him running for the hills. Holding his soon to be wife close Barney knew he was very glad he'd met this new Freda.

Robert Powell

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## TOWN TWINNING

*David Smith*

It is with great sadness that I write to say that those of us who have been involved with the Town Twinning between Sedbergh and Zreča, in Slovenia, have lost our dear friend and committee secretary Susan Garnett to cancer.

Susan's death has particularly highlighted the precarious situation that our Town Twinning now finds itself in. Over the last few years, the committee membership has fallen, and we are now desperately in need of new members who are keen to get involved and take an active part in organising visits to Zreča and working together to host return visits from our friends in Slovenia. I can

assure you that that responsibility is immensely rewarding. Continuing the close links with our friends in Slovenia has been so enriching; it is a great pleasure to engage so closely with people from a markedly different culture, as well as working as a team with other committee members. Slovenia is a very beautiful and interesting country and well worth getting to know.

For those of you who don't know much about the Town Twinning you need to know that Susan was a driving force right from the very beginning when in 2005 a film crew descended on Sedbergh to invite us to take part in a twelve-episode BBC programme called 'The Town That Wanted A Twin'. Sedbergh was

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offered a choice between four similar-sized communities in France, Austria, Cyprus and Slovenia, and each of those towns was given one week in which to visit and connect with us through a range of events and activities which they presented as indicative of their cultures, featuring music, dance, food, drink and laughter. At the end of the process the people of Sedbergh came together in the People's Hall to vote for their choice. We had had a wonderful time getting to know each representative group, and friendships that developed during that time with one of the losing towns lasted for many years. However, Zreče in Slovenia was the clear winner and won by an unassailable margin with over half of the votes. The people who came to represent their country, including two teenagers, captured our hearts with their genuine warmth, enthusiasm, and overwhelming friendliness. From that time onwards the twinning between our two communities has developed and thrived. Links in sport, art, music, and cultural appreciation have been fostered by regular visits from both groups and individuals, and always there has been a welcoming committee at the other side with a varied programme of visits and activities organised to highlight the very best of our respective cultures.

Our Sedbergh secondary schools immediately made close links with the school in Zreče, and groups of secondary school students from the town have regularly travelled both ways to make friendships and learn about each other's countries at incredibly reasonable rates. About

500 students have now been involved, and for Sedbergh teenagers one of the big highlights has always been the skiing.

Of course, Covid has created a huge disruption to our activities over the last two years and the Slovenian ambassador has been scheduled to visit Sedbergh ever since the first lockdown occurred. It is likely that the renewal of our links will still be delayed for some time, nevertheless we need a new committee to prepare the ground and possibly to make the first visit to Zreče to rekindle our connections. We have been very fortunate to benefit from very reasonably priced accommodation in Zreče and we have always managed to find cheap flights.

On behalf of our many past committee members I wish to pay tribute to our wonderful departed secretary who loved our friends in Zreče and worked tirelessly to enable so many other members of our community to share that love.

If you'd like to join us or find out more about what the twinning entails please contact me by email at [dsfatherhaw@hotmail.com](mailto:dsfatherhaw@hotmail.com) or phone 07722006858

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## PEOPLE'S GYM & FITNESS CENTRE

*Martin Lewes*

The People's Gym & Fitness Centre at the People's Hall in Sedbergh has reopened after work to install a ventilation system that should reduce the risk of viruses like Covid spreading.

It's accepted that ventilating places like gyms or other leisure facilities is one of the main ways to reduce transmission of Covid and other illnesses, and the system should ensure the Sedbergh gym meets Sport England guidelines for fresh air.

The only other way to achieve this was by keeping doors and windows open, which was very cold in winter and restricted us to a limited number of supervised sessions.

The new system will mean a big step towards the gym operating as it did before the first Covid lockdown, with members being able to exercise at a time of their choosing.

Members can now check in for exercise throughout the day, from 0500 to 2100, although a booking system developed during the pandemic will be used to control numbers for a few weeks while the



system is monitored to make sure the settings are right.

The ventilation was designed and fitted by a company from Morecambe, Bay Building Services Ltd, to time and budget. It includes a heat exchanger so warmth from stale air being expelled is transferred to the fresh air being brought into the building.

The gym is extremely grateful for funding from the Sport England 'Return to Play' fund, a generous contribution from the Sedbergh and District CIO Community Fund, and a grant from Cumbria County Council. If you've done business with the Clutterbooks charity shops in Sedbergh, thank you, that's where the community fund money has come from. The county council had already assisted us once last year with a grant to buy equipment and help with pandemic costs.

The committee would also like to thank Phil Grice of the consulting engineers Parker Wilson, who was generous with free specialist advice.

So if you've had your membership on hold because of the limited access, it's time to return to the treadmill and the weights. And whether you are a returning member or joining for the first time, hoping to lose weight or gain fitness, all the information you need is on our website. <https://www.sedberghgym.club/>

In other news: We need more members to join the committee to help us run the gym.

It's an organisation with over 100 registered members, and the current committee has shrunk to the point

## Lookaround Editorial Team

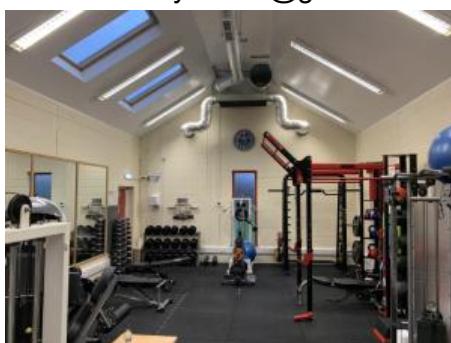
<b>Myles Ripley (T)</b>	<b>Team Leader and Chairman</b>	<b>Jane Fisher (T)</b>	<b>Proofreading</b>
<b>Susa Ellis (T)</b>	<b>Treasurer</b>	<b>Ed Welti (T)</b>	<b>Compilation and Vice Chairman</b>
<b>Philip Johns (T)</b>	<b>Secretary</b>	<b>Valerie Welti (T)</b>	<b>Advertising Administration</b>
<b>Elspeth Griffiths</b>	<b>Proofreading</b>	<b>Eileen Bartlett</b>	<b>Advert Design and Compilation</b>
<b>Karen Bruce Lockhart</b>	<b>Proofreading</b>	<b>TBA</b>	<b>It could be you!</b>

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

where it cannot sustainably manage its affairs.

You don't have to be enthusiastic about building muscles or thrashing away on an exercise bike, some of us are only casual users, but the gym does hold an important place in the community, used by young and old, sometimes by people recovering from injury, and occasionally by Lizzie Bird, an Olympic athlete with family in the area!

In particular, we need a new Treasurer as the existing Treasurer is stepping down at the end of March. The gym cannot function without a Treasurer so it's vitally important that we find a replacement. To find out more about what is involved please email [rosemary.lewes@gmail.com](mailto:rosemary.lewes@gmail.com)



### **SEDBERGH SENIOR GOLF CLUB**

#### **Sotogrande.....Who Needs It?**

*Adrian Braddon*

The Costa del Sol , the Algarve or even Turkey for Christmas have their attractions as locations for Winter Golf. None however have been hassle free in recent pandemic peppered times. Much more straightforward to stay at home and play golf at Sedbergh.

Like the Windmill Theatre in wartime, Sedbergh Golf Club is never closed and the mens and ladies sections have kept playing throughout the Winter months. There is a strong turnout of those who work, without doubt the curse of the golfing classes, on a Sunday morning.

The SEGGS, Sedbergh Golf Club's senior section, have kept playing on Mondays and Thursdays throughout the winter and come rain or frost . . . and even some shine, have attracted fifteen or so players regularly. The weather may not have been that warming but some friendly competitions and good camaraderie

in the clubhouse and a Dave Scarr lunch more than compensates.

Nonetheless, as the weather improves at home, there is a full programme of events overseen by the 2022 SEGGS Captain, Steve Ockerby including friendly matches against other local clubs, away trips and light-hearted informal competitions.

There is nothing stuffy about the group. New members are guaranteed a warm welcome whatever standard of golf they aspire to or do play. The same is equally true for younger folk.

The drivers for the SEGGS in particular are exercise and friendship and because the aim is to ensure all can keep playing as long as possible, they have funded a number of single seat buggies for those who may find the walk less easy than it once was.

More details via the website or from Steve Gardner (015396 21551) or Adrian Braddon (0330 113 8850).

## SEDBERGH PEOPLE'S HALL

*Dr Gina Barney*

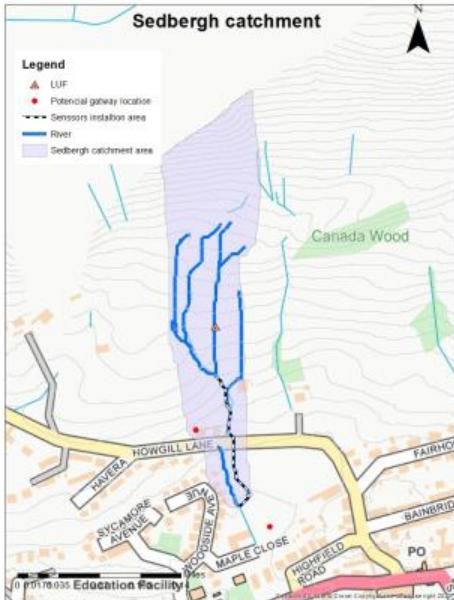
The People's Hall has received funding from the Awards for All scheme run by the National Lottery and from the Community Fund run by the Community Trust to install modern heating into the Main Hall and Committee Room. We thank these donors. Our reserves will make up the difference and may well be empty.

Hirers' have complained about the hall heating system which is electric and expensive for years. The overhead IR heaters in the Main Hall and the electric convection heaters in the Committee Room are to be replaced by an efficient "wet" radiator system. The grant from the Community Fund enables us to install "low surface temperature" radiators. Modern user-friendly controls are to be installed to allow hirers to change the room temperature to suit their activity: lower for fitness classes and higher for mediation.

Work is to begin in March and we will endeavour to reduce disturbance to hirers to a minimum.

As far as COVID is concerned the legal regulations and guidance have all but disappeared. We are to continue to provide sanitising facilities and look to keeping the hall





at a high level of cleanliness. Hirers will be responsible for their behaviour as they see it. We can still provide guidance we receive from ACRE and Voluntary Action Cumbria.

We have been invited to assist the SENSUM project into landslide and flood prone sites to detect and track hazardous movements. Sedbergh is prone to these (we know) and is one of a number of sites. We have been asked to host the relay station connected to sensors in fields nearby. We are pleased to assist.

<https://georgielbennett.wordpress.com/sensum/>

Interestingly Lancaster University have flume monitoring equipment (LUF) already installed nearby.

<http://www.es.lancs.ac.uk/people/nickc/nproject20.htm>

BOOK the Hall at  
[www.sedberghpeopleshall.org](http://www.sedberghpeopleshall.org)

## SPRING CLEAN THE ZERO PANTRY WAY

Kim Bradshaw

Yes folks, it's that time of year again. The daffodils are sprouting and the snowdrops are showing their heads which, for me, always means I need to roll up the sleeves and give the house a good clean. Previously this would mean dousing the place in cleaning products filled with all sorts of chemicals, parabens and goodness knows what else but now I'm trying my hardest to be more eco friendly and select natural products. So here are my top 5 products to help you on the way - all tried and tested by me!

1. Eco Vibe Bath & Hob Cleaner - this has to be one of my favourite products. I have always used cream cleanser in the past and was wrapped when I discovered this eco friendly alternative. It is tough on germs and grime but gentle on the environment. It's non-toxic and bleach-free, so safe for you and the planet. Completely plastic-free packaging and made in the UK. To use, apply a penny sized amount to a damp cloth, rub the area you want to clean and then rinse with water. 100% LOVE this product and it really works!

2. Natural Bleach - also known as oxygen bleach or Percarbonate of Soda. This is a safe and non-toxic biodegradable alternative to harsh chlorine bleach. When dissolved in water it releases oxygen which acts



as a powerful stain remover, deodoriser and disinfectant. Plastic free and home compostable packaging.

3. Ocean Savers - Kitchen Degreaser - I do like all the Ocean Savers but my favourite is the kitchen degreaser. They come in a variety of cleaning refills that can be put into your own reusable bottle. The concentrated cleaner comes in a plant based pouch that you just drop into your bottle, add water, shake and clean! Why pay for water when you have it at home!! All packaging is biodegradable - even the bottle stickers!

4. Victorian Candle Company - I love to burn a candle when I clean, it just makes everything smell so much nicer. We have recently started stocking the Victorian Candle Company who are based up in Carlisle and their scents are amazing! Hand poured soy wax and vegan friendly - and Cumbrian - what's not to love.

5. Make your own carpet freshener - this is so easy to do and really freshens up your carpet. Vacuum your carpet first to remove debris. Sprinkle baking soda directly onto your carpet or combine it with any fragrance you would like (I use 1/2 cup baking soda and 1/4 cup dried lavender). Leave for at least an hour or overnight. Vacuum again in the morning and hey presto - fresh lavender smelling carpets!

So there you go, five simple easy plastic free alternatives to your everyday cleaning regime. All products are available at The Zero Pantry in Kirkby Lonsdale and Sedbergh.

## THE POWER OF SOCIAL MEDIA

*Beth Handley, Cobble Country*

Social media has become pivotal to building and connecting with large audiences, to harness opportunities to gain instructions for both sales and letting properties. While TV, newspapers and radio advertising have been successful, previously, the transition to online digital marketing allows one to target wider audiences, whilst keeping costs down.

As Agents we are present on Facebook, Instagram and Tik Tok. We have a coordinated and consistent strategy which controls the content we deliver on each site.

Tik Tok, is it the next big thing for agents? The platform is focused on social networking, forming a range of

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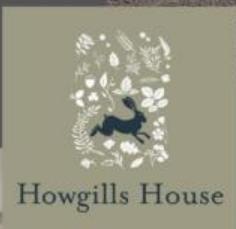
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short form videos advertising, and entertaining audiences exceeding one billion users per month. This, an unmissable opportunity, we can utilise it to gain leads. When posting video content, whether it be a virtual viewing of a property, or something a little light-hearted relating to the industry, we attach related hash tags (#) which are how views are received. For example, #houseforsale. Our video is then circulated worldwide. Statistics show, the hash tag #houseforsale receives around 22.2 Million views worldwide. Our aim is to inform and entertain, and to showcase what we can offer as agents. Follow our social media platforms to enjoy our content.

## WORKPLACE INSPIRATION?

*Dawn Wells*

In need of some inspiration at the workplace? Team training and development on the agenda?

Over the last few years, Covid has brought about a real change to the way in which we work. As many of us now return to our place of work there is no better time to re-unite, re-train, develop and upskill your team, or simply re-connect with everyone again.

Many companies are breaking away from the confines of stuffy hotel board rooms where 'death by Powerpoint' was the norm! Switched on companies are realising that a 'work-cation' can result in dramatic

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improvements with team relationships, communication and work productivity. It's what we're all looking for, right?

I could give you a tick list of the facilities at Howgills House for Corporate events - but we're really so much more and that wouldn't do us justice. Our dedicated Adviser, Dawn will work with you to help you organise as much or as little of your event as you like. Over the last few years she has built up relationships with local companies to make sure that your event will not only meet your objectives but it'll be one to remember for all of the right reasons. So whether it's organising charcuterie boards for lunch, inviting our local chef to come and cook homemade pizzas on the pizza oven whilst you brainstorm over a cocktail, or organising for the local farmer to drop off a dozen Indian Runner ducks to be herded by your team.... (insert runner duck pictures here).

Of course, the stylish communal areas flooded with natural light, 12 individual bedrooms and stunning views of the countryside will leave you feeling inspired. Plus we have all the kit and kaboodle with B4RN wifi, bluetooth sound systems and Audio Visual Equipment.

If you work locally and are thinking about holding a Corporate or training event, then please do get in touch. We're keen to support local companies and see our local area and community thrive. We'll offer a 5% discount to local businesses and as a way of thanks we'll also provide anyone who recommends us with a £50 Amazon voucher. Plus you'll receive a 5 star service in the organisation of your event -so why delay? Call Dawn today on Tel: 0330 321 3219 or go to [www.howgillsaccommodation.co.uk/business-days](http://www.howgillsaccommodation.co.uk/business-days)

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### THE ANNE ROBSON TRUST Time to Talk

*Suzanne Brown*

The Anne Robson Trust is a pre-bereavement charity that passionately believes that "no one deserves to die alone". Liz Pryor, our founder and Chief Executive, has recently been awarded the Member of the British Empire Medal (MBE) in the Queen's 2022 New Year's Honour's list, for services to end-of-life care.

We work alongside NHS hospitals to train volunteers, who sit with patients in the last days and hours of their life to provide companionship, so they know they are not alone. However, due to COVID restrictions the volunteers were unable to visit

hospitals, and in response to this, we set up a free, National Helpline, so that we could continue to offer comfort and support where needed. As restrictions have lifted the volunteers are gradually starting to return to hospitals and, in addition, the introduction of the helpline is showing to be a valuable resource for anyone in the community, to access support from the comfort of their own home.

The helpline is for anyone who is struggling to cope with a terminal diagnosis, or the imminent death of someone they care about. Whether they are family members, friends, neighbours, work colleagues, or even a member of the care staff, who may just need someone to talk to, we understand the pressures of working and caring for people who are end of life. We are fully committed to ensuring that people facing end of life and their families have access to as many layers of support as possible.

For more of the government's latest advice on how to stay secure online, visit the Cyber Aware website: <https://www.ncsc.gov.uk/cyberaware>

Thanks for reading! If you found this information useful, please help us spread the word by forwarding this information to your friends.



## GIVING NOTICE TO AN EMPLOYER

*South Lakes Citizens Advice*

I've just been offered a new job and I need to tell my current employer. The new company wants me to start as soon as possible. The problem is, we're already a bit short-staffed and I don't know how soon I'll be allowed to leave. How should I bring all this up with my boss?

The time between telling your employer you've found a new position and leaving is known as your notice period. If you've been in your current job for less than a month, you won't have to give any notice (unless your contract says otherwise). If it's more than a month, you'll have to give at least one week's notice. Your contract should make it clear exactly how long is expected. If you don't have a contract, and your employer has no written record of you agreeing to a notice period, you should give at least one week's notice.

Wait until your new employer has confirmed your employment by giving you a start date before handing in your resignation. It's then best to resign in writing (e-mail is fine), so that you have a record of the date you told your employer. On the Citizens Advice website there is a page on handing in your notice with tips on how to write your notice letter.

You can work longer notice than your contract says, if your employer agrees with this. If you're keen to move on sooner rather than later, it may also be possible to negotiate a shorter notice period than your contract says. If you want to go down this route, it can be useful to reassure

your current employer that you will tackle any urgent work before finishing.

Fixed-term contracts are a bit different, as you won't need to give notice if you intend to leave on the last day of contract. Leaving early would usually mean giving at least one week's notice unless your contract says otherwise.

If you have unused paid holiday days, you should speak to your employer about either taking these during the notice period or being paid for them.

Finally, sometimes people can change their mind about moving jobs or find their circumstances alter. If this happens to you, you should speak to your current employer to see what the options are and if you may stay in your current role. If you need to speak to an adviser, call South Lakes Citizens Advice on 015394 46464.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access:

- Call 015394 46464 - this line is staffed from 9:30am – 2pm
- Adviseline: 0808 2787 984
- E-mail advice via our submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)
- Help to Claim (Universal Support): 0800 144 8 444



South Lakes

## PASSWORD SECURITY

### *Neighbourhood Alert*

23 million users used 123456 as a password!

Whether it's your Facebook, Amazon, or Netflix account, the explosion in popularity of online apps and services means more and more of us have to remember an increasingly long list of passwords.

Unfortunately, some of us cope with this challenge by resorting to practices that leave our data, devices and money at risk - by using the same password across multiple accounts, or by creating simple passwords that could easily be guessed by hackers. Bad password practice is more prevalent than you might think - the UK's National Cyber Security Centre carried out analysis of passwords leaked in data breaches and found that more than 23 million users worldwide used 123456 as a password. You can read more about it here: <https://www.ncsc.gov.uk/news/most-hacked-passwords-revealed-as-uk-cyber-survey-exposes-gaps-in-online-security>

Here are some top tips that will make your life easier and your online accounts more secure:

#### 1: Creating memorable passwords

A good way to create strong, memorable passwords is by using 3 random words. But remember, don't use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, "RedPantsTree4!"

#### 2: Saving passwords in your browser

Saving your password in your browser means letting your web

browser (such as Chrome, Safari or Edge) remember your password for you.

This can help:

- make sure you do not lose or forget your passwords
- protect you against some cyber crime, such as fake websites

It is safer than using weak passwords, or using the same password in more than one place.

Here are some useful links on how you can start saving passwords in your browser: Google Chrome, Microsoft Edge, Firefox, Safari.

### 3: Email account passwords

If a hacker gets into your email account, they could:

- reset your other online account passwords
- access personal information you have saved about yourself or your business

Your email password should be strong and different to all your other passwords. This will make it harder to crack or guess.

Need help changing your email account password? You can use these links to find step by step instructions: Gmail, Yahoo! Mail, Outlook, BT, AOL Mail.

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# LOOKAROUND

## DIARY

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

### NANCY RECIPE Simnel Cake

Nancy Murdoch

Here's a seasonal recipe from Nancy's Lookaround Cookbook. Copies of the cookbook are still available from the box on Joss Lane!

#### Ingredients.

6oz Butter  
6oz Caster Sugar  
4 Eggs  
6oz Plain Flour  
1/2 tspn Baking Powder  
2 tspn Mixed Spice  
8oz Sultanas  
8oz Raisins

2oz Candied Peel

For the almond paste

12oz Ground Almonds

Almond Essence

6oz Caster Sugar

6oz Sieved Icing Sugar

2 Beaten Eggs

#### Method—Almond Paste

Mix almonds, a few drops of almond essence and sugars together into a stiff paste with beaten eggs.

### **Method—Cake**

Cream butter and sugar until light and fluffy, add beaten eggs gradually with the flour, baking powder and spices then fold in dry fruit. Prepare an 8" cake tin with a double lining of greased greaseproof paper. Put 1/2 of cake mixture into the tin, cover with a layer of the almond paste using just under half the prepared amount. Put rest of cake mixture on top of paste. Smooth the top. Bake for 2 1/4 to 2 1/2 hours at 160C, 325F, Gas 3. Allow cake to cool in tin and store for at least two weeks.

Roll out 3/4 of the remaining almond paste to cover the top of the cake using a little egg white to seal together. Roll the remaining paste into 11 small balls and fix around the

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#### **Medical in any area**

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#### **Pension Service Surgery**

Stricklandgate House every Tuesday 1400 -  
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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.*

cake with egg white. Brush almond balls with a little egg white . Heat oven or grill to a very high heat then place cake under for a very quick toasting. Decorate cake with a pretty ribbon or cake frill.

Good quality almond paste can be bought instead of making your own.

### **EDITORIAL**

The committee are currently reviewing some of the community information in the back of Lookaround. Firstly we are going to go through the Groups table. Many of the contact details are incorrect, and even before Covid it is likely that many of the groups were not meeting any more. All groups which have ceased to exist will be removed, and in future the table will only contain current and confirmed details. If you are aware of any updates that we need to make please let us know. If you are running a group which is not currently featured and you are happy for the details to be there, send them to us.

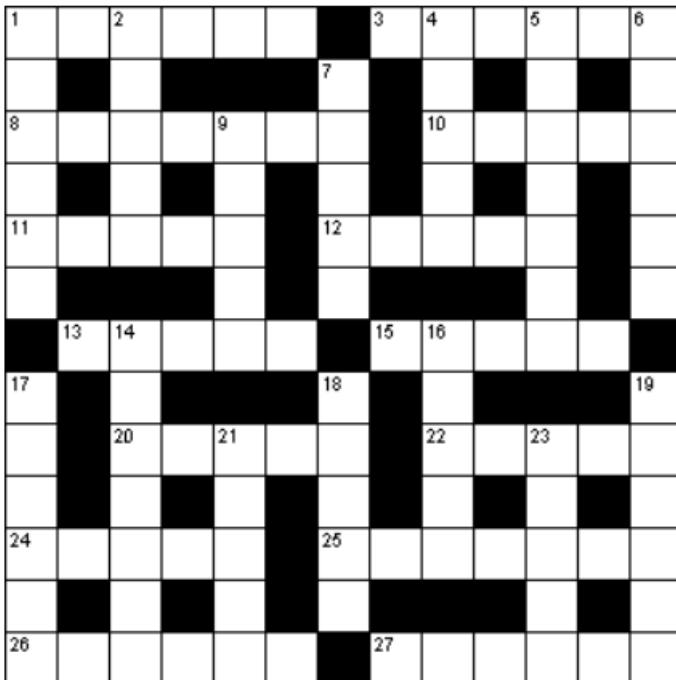
Similarly we will be restoring the Regular Meetings feature, but again we're reviewing the contents and only those which have revived since Covid will be included.

No doubt both will be significantly shorter than they were.

And don't forget it's our AGM on 31st March. We are always happy to take on extra members to the committee. I would particularly like to find somebody to help me with the compilation! If you think you can help come along.

*Ed*

## PUZZLE 1 (SOLUTION ON PAGE 97)



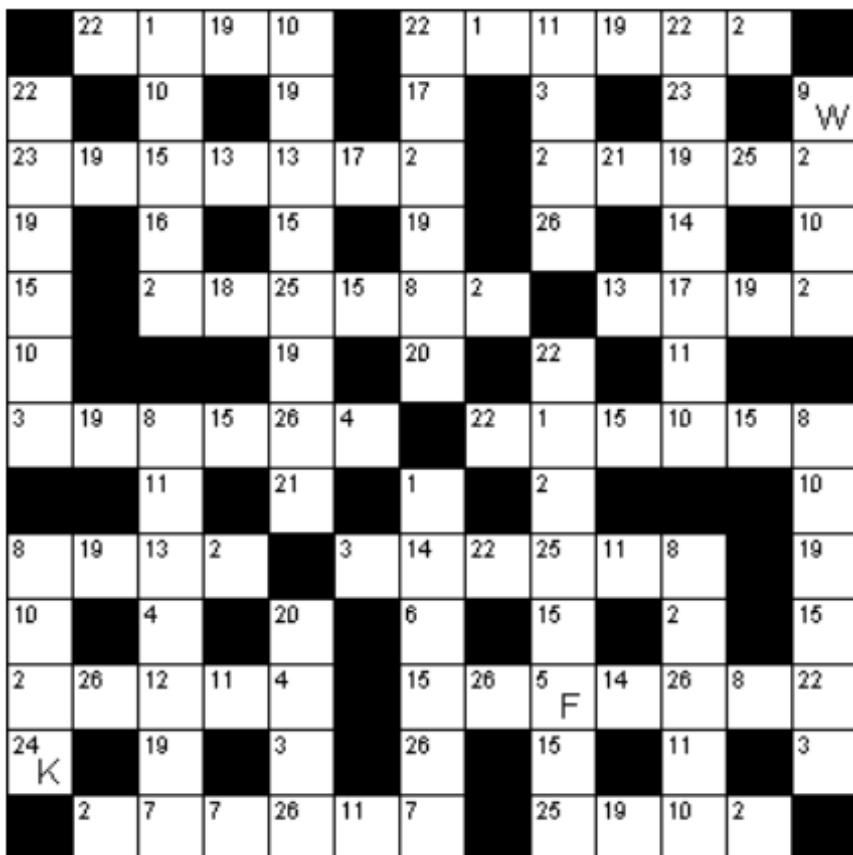
### Across

1. Sounds like a sum of money for a horse (6)
3. Also peters to change inclinations (6)
8. Piece of shattered gem sent (7)
10. Series of notes in Tosca lead-in (5)
11. Broken in there for more than the eighth time (5)
12. Sign, omen reveals legendary old man (5)
13. Sounds like a flower came into existence (5)
15. Regular guests hold differing opinions (5)
20. Walk in step for a month (5)
22. Stringed instrument discovered in suburban journey (5)
24. Ate in lived in edifice (5)
25. Mixture of scent is for small creatures (7)
26. Assortment of spares provides lances (6)
27. Rustic concoction or juicy fruit (6)

### Down

1. Not here in drab sentence (6)
2. Junior gang held keyboard instrument (5)
4. Lariat found in Dallas souvenir (5)
5. Tableland plate auction, essentially (7)
6. Protection for eggs found on a beach (6)
7. Essential platform for fiesta gestures (5)
9. Rearrange those for a cultural spirit (5)
14. Roman certain to reveal love affair (7)
16. Change sober flowing garments (5)
17. Gardening suit? (6)
18. Found somewhere to sit in French airport (5)
19. So less change makes financial failure (6)
21. Detection device held in ultra dark (5)
23. More pleasant in picnic errand (5)

**PUZZLE 2 (SOLUTION ON PAGE 97)**



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

## **LOOKAROUND DETAILS**

### **LOOKAROUND INFORMATION**

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

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

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

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

### **ARTICLES**

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

the text of the same email.

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

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

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

### **CALLING ALL ADVERTISERS**

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 14/12/2022

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.

### MARCH 2022

01	1000	Grief Share (15)	CCCN
02	1200	Lenten Lunches (9,5)	StAS
02	1830	First Responders AGM (9)	RR
02	1930	HS - A Closer Look at Ulverston	StAS
03	1930	Howgill & Firbank WI Survival	HVH
04	1400	World Day of Prayer (Feb)	StAS
06		SDHS Dark Skies Exhibition (Feb)	StAS
08	1930	Domino Drive	FCH
09	930	Christian Aid Coffee Morning (Feb)	StAS
12		Dentdale Run	Dent
13	1600	Messy Church (Oct)	CCCN
13	1900	Sedbergh School Jazz and Swing	SS
13	1930	Concert Solway Saxophone quartet	Appleby
15	1000	Grief Share (15)	CCCN
16	1300	Medical Centre Staff Training (Feb)	MC
16	1930	HS - The Pilgrimage of Grace	DMH
18	1900	Yoga and Gong Meditation (25)	MCD
19		Love Yourself Self Care Saturday	MCD
19	1900	Sedbergh Band Dance Night (10)	PH
20		Tai Chi For Health and Vitality	MCD
22		Wilson Run (Feb)	TBA
24		Sedbergh Choral Mozarts Requiem (Feb)	SS
25		Sedbergh School Term Ends	TBA
25	1900	Yoga and Gong Meditation (Feb)	MCD
26		Sedbergh Spring Show (Feb)	PH
26		Sedbergh Spring Show (Dec)	PH
26	1000	Learn to Meditate (Feb)	TBA
27		Mothering Sunday	TBA
27		Mothering Sunday Church Services (14)	TBA
28		WI Federation Spring Meeting	Kendal

### APRIL 2022

03	1930	Concert Meliora Collective (Oct)	Appleby
06		Loving Earth Art Project (64)	FM
07	1930	Howgill & Firbank WI sign language	FCH
10	1600	Messy Church (Oct)	CCCN
13		Lenten Lunches (9,5)	StAS
13	1915	Dent WI Breking News	DMH

### MAY 2022

05	1930	Howgill & Firbank WI Five boxes	HVH
08	1600	Messy Church (Oct)	CCCN
11	1915	Dent WI Grandma's attic	DMH
15		Christian Aid Week (Feb)	TBA
17	1930	WI Lune Valley Group Meeting	BVH
18	930	Christian Aid Coffee Morning (Feb)	StAS
21		Christian Aid Week (Feb)	TBA

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 them inside in the seating area, or take them away for home or al fresco consumption.

### WEAVERS CAFÉ

FARFIELD MILL, HAWES RD - 015396 21958

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

## PLACES OF INTEREST TO VISIT IN THE AREA 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:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB e-mail: <a href="mailto:Daleslea@outlook.com">Daleslea@outlook.com</a>	21789

## CAMPING, CARAVANNING & SELF-CATERING

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

## KEY

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

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	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	TBA		
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 Micklithwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/22	Sedberghswimmingclub@gmail.com			
Swimming Group for Over 50's	12/21	Linda Greensmith	07919	152526	
Tennis Club	04/19	Mr Lewes	Sed:	20052	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	TBA			
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	..

### 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

## BUS SERVICES

### S5 Thursdays - Kirkby Stephen Shopper

#### Western Dales Bus

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

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

### DENT RAILWAY STATION TIMETABLE

*Valid from January 2022*

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.50	07.54	10.34	07.03	09.08	10.40
09.16	09.16	14.01	09.38	10.41	13.38
10.48	10.48	15.53	12.13	12.13	16.33 (N)
12.17	12.17	17.48	16.04	16.04	18.41
14.43	14.43	20.20	17.32	17.32	20.26
16.46	16.46		19.38	19.38	
18.15	18.15				
19.44	19.44				

(N) Through train to Leeds, Sheffield and Nottingham

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

## PUZZLE 1 SOLUTION

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

## PUZZLE 2 SOLUTION

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

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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

#### Sedbergh and Dent

St. Andrew's Parish Church

Sunday 10.30

Wednesday 12.00

#### *Vicar of Sedbergh and Dent*

**Rev. Andy Burgess Tel: 20018**

**andy.burgess@westerndales.org.uk**

#### *Church Wardens:*

Sedbergh: Tony Reed Screen 21081

& Susan Sharrocks 20754

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

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Inquiries -Tony Reed Screen  
21081

#### Dent & Cowgill

**Rev. Christine Brown Tel: 25418**

**Email: christinelucy2014@gmail.com**

#### *Church Wardens:*

Dent: Janet Skublits 25296

Cowgill: Janice Moorby 07815438662

and Heather Fraser 25727

### ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Holy Days 19.30

#### **Parish Priest Kendal**

**Tel: 015397 20063**

### PEOPLES HALL

**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**

### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

### PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

**Becca Gilbert**

**Email: becgilb@gmail.com**

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

**Rev. David Crouchley Tel: 20329**

Combined plans for Western Dales Mission Community - March 2022					
	Time	6 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>	27 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	HC United Sunday	HC	HC	Mothering Sunday Family Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Contemporary worship United Sunday	Service HC 4pm Messy Church	Service	Mothering Sunday Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP	
St. John's, Garsdale LA10	10am	MP		HC	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service
All Saints, Killington LA6 2HA	2pm				EP
Holy Trinity Howgill LA10 5JD	10.30am		HC		
St. John's Firbank LA10 5EF	2pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	Mothering Sunday Service
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP	Mothering Sunday Service
Dentdale Methodist Chapel LA10 5QJ	2pm	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.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Wednesday	2 <sup>nd</sup>	9 <sup>th</sup>	16 <sup>th</sup>	23 <sup>rd</sup>
St. Andrew's, Sedbergh LA10 5BZ	NB 11.15am during Lent	11.15 HC-BCP	11.15am HC-BCP	11.15am HC-BCP	11.15am 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		
<b>Please note that these services are subject to change due to coronavirus.</b> <b>To be covid safe on numbers at Brigflatts Meeting House please contact correspondence clerk 015396 21715,</b> <b>and for Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063,</b>					

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## Option 1 - 24hr Prescription line

## Surgery and Dispensary Opening Hours

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

## **Doctors Clinics**

Monday – Friday

Open Surgery – 8.30am – 10am

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

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

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

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

## Dent Surgery

## Currently cancelled due to Covid-19

## Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

## Saturday morning clinics

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

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

## Bridging the Gap

First Monday - 1400 - 1600  
Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street

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

Access Codes to the 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](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

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

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

## VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 \*

Monday-Friday Appointment Only 1400 - 1500 \*

## **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

## **POST OFFICE**

Main Street - Phone 20406

## **MARKET DAY**

Wednesday

Last Page Update:

July 2021