



RUSLAND & SATTERTHWAITE
NEWSLETTER

APRIL 2026

330TH EDITION

This issue is sponsored by the Rusland Valley Community Trust

EASTER GREETINGS

A GREAT COMMUNITY EVENT

Visitors to the Rusland Spring Show at the weekend enjoyed sitting outside the Reading Room chatting in the Spring sunshine, with soup, a cup of tea and a slice of best WI cake. Some had even biked from Kendal and declared it was well worth the effort. The judges had a tough task carefully choosing between entries in 36 classes. Thank you to all who entered, especially the newbies who had a go. The room was full of colour and much to see and delightful scent. Among the entries the culinary judge had 9 soda breads to taste and many jams and chutneys. Colin Barr won the Elsie Wilkinson bowl for his lemon curd, best exhibit in the Culinary Delights section. The judge was very impressed 'light and tangy'. Anne Robinson won the cups for best flower arrangement and the overall most points in show for her baking as well as flower arrangements. The best limerick in a crowded class was won by Clare Farnworth -

*There once was a Cumbrian llama
Who at auction created a drama
He heard "what am I bid
For this fine camelid?"
And made off for the hills,
Now that's karma!*

Rory Tickle won the best exhibit in the children's section with a magnificent pink papier-mâché pig. Many thanks to all the talented ladies of the WI and others who kept the kitchen supplied with delicious soup and cakes. Jean Mack of Rusland Local Support Group of Cumbria Wildlife Trust manned a stand that provided added interest to visitors. Thanks to the volunteers on the door, raffle and kitchen helpers, making it a successful fund raiser for the Reading Room.

SPRING GARDEN COMPETITION TIME FOR ACTION!

It is time to submit your entry to the RVHS Spring Garden Competition, to be judged at the end of this month (earlier than in previous years).

There is just one class, "A Spring Garden". Please send an email to cjbarr50@gmail.com, or ring/text Colin Barr on 07870 581535, with your name and address, by April 23rd (St George's Day) at the latest. Newcomers are particularly welcome! Please spread the word! Thank you. Rusland Valley Community Trust
Colin (cjbarr50@gmail.com)

SUPPER IN SATTERTHWAITE PARISH ROOMS SATURDAY 2ND MAY

Drinks from 6.00pm, Supper at 7.00pm
Come for a two-course supper and the chance to catch up with friends and meet new ones. Food by Simon of Rock Cottage Dining; CASH bar serving alcoholic and non-alcoholic beverages. Places must be booked in advance @ £17.50 per head, and you can pre-order a bottle of wine @ £15. Full details and to book, contact Fran Townsend on 01229 860206 or pandftownsend@gmail.com. Please book NOW, deadline Saturday 25 April. All profits will go towards the Parish Rooms' regeneration project.



PRINTFEST 2026
Saturday
2nd May
10-5pm
Sunday
3rd May
10-4pm

Tickets £5 - www.thecoro.co.uk/printfest
printfest.uk



RURAL DEVELOPMENT OFFICER ROLE

All are welcome to attend an open session at Satterthwaite Parish Room on Wednesday 22nd April between 7-9pm to find out about and give your views on the proposed Rural Development Officer role for the valley that is to be created as part of their regeneration plan. Food will be available so please contact simonbrock@btinternet.com if you're wanting to attend so enough can be provided.

RUSLAND WITH BOUTH WI

At the March open meeting Jess from the Pine Marten Recovery Project talked with much knowledge and enthusiasm about the recent introduction of pine martens in Cumbria. She spoke of how they were carefully transported from Scotland and established in local forests and the benefits of their arrival, including helping keep down the numbers of grey squirrels.

The next meeting is *A Cumbrian Yarn*, as in wool not tales, with Beth Pipe, author and radio presenter at Oxen Park on April 21st. Plans ahead include a theatre trip in May to see at The Victoria Wood Theatre Bowness, a cyber awareness and general tech session, a soup and cake lunch followed by a film at Oxen Park Cinema Club and Judy Shaw has reserved tickets for Calendar Girls at Theatre by the Lake, Keswick. on Sept 1.

Jan Benefield asked members for their help supplying soup and cake for Rusland Spring Show to raise funds for Rusland Reading Room. Meg Fletcher is also having a fundraiser on March 29th. for the food bank and St Marks, Barrow, who ask for clothes bedding etc.

Glitter and Glue sessions continue on Tuesdays at Finsthwaite Hall @ 1.30 Walking and dining group meet once a month. All welcome.

For further details please contact Judy on tspeed585@aol.com

DALE PARK RAINFALL

The February total rainfall is 4.25" and 5 dry days which are exactly the same figures as 2025 - the first time this has ever happened. March to the 26th has seen 4.51" of rain with 14 dry days (2025 1.2" and 20 dry days) Annual total to date is 15.57" and 43 dry days (2025 12" with 47 dry days)

Copy date for the May Edition, 26th April. Please send to: - Liz Cringle - 01229 860274 liggerc@hotmail.com ; Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206, pandftownsend@gmail.com. Carol McNeill - crlmcneill@gmail.com

SATTERTHWAITE PARISH COUNCIL NEWS

Satterthwaite Parish Council have formally complained to Westmorland and Furness Council regarding the proposed merging with Colton and are in conversation with Colton about our final response to the review following this complaint - this is likely to be grouping or informal grouping together, or no change. Our recommendation is *not* merging as W&F documented, grouping means our Parish boundaries and council structure would stay the same. We are happy to explain in more detail if needed via the usual contact methods. The consultation finishes on the 22nd April and we would encourage you to reply with your views.

We would like to thank David Robbins for his time and valuable expertise and support on the Parish Council and wish him well now he has left us. We are now in the formal notice period before being able to co-opt a new Councillor. Some of you may have seen the notice for the vacancy on our website or on the Parish Room noticeboard. If you are interested please do get in touch. We are delighted to have had some interest already in the position.

Clerk@satterthwaiteparishcouncil.gov.uk
<https://satterthwaiteparishcouncil.gov.uk>

Dr Caroline Brock

Clerk to Satterthwaite Parish Council

OXEN PARK NEWS

APRIL EVENTS

Friday 10th April last of our Spring Friday presentations - "Where are we with wildlife reintroductions in Cumbria?" a summary of the current situation in our county. What chance seeing Lynx, Beavers or White-tailed eagles in the future? An illustrated talk from Colin Barr featuring a presentation by Jenny Williams (Natural England). Book in with Carol (crlmcneill@gmail.com). £5 pay on the door. Start 7.30pm. Raffle - £1 a ticket.

OXEN PARK CINEMA CLUB

The last films of the season all start 7.30pm; book these through the website Tuesday 7th April - 'Civil War', Saturday 18th April - 'I'm Still Here'

DOG CLUB will start again - for puppies (yes, Carol has a puppy) and young dogs (also older dogs OK) - obedience and socialisation. Outside by OP Reading Room. £2 per dog. A 4-5 week block starting towards the end of April. Tuesdays 5.30 - 6.15. Start date possibly 28th to be confirmed. If you are interested contact Carol for final details and/or put on the list for information.

CHURCH NEWS

Dear Friends,

This month we celebrate Easter. Easter stands at the very heart of our Christian faith. It is more than a date on the calendar or a beautiful spring celebration—it is the glorious proclamation that Jesus Christ is risen. After the sorrow of Good Friday and the silence of the tomb, Easter morning breaks forth with hope, light, and joy. The resurrection reminds us that death does not have the final word. The stone was rolled away, not only from the tomb, but from people's fears and doubts. In rising from the grave, Jesus conquered sin and death. This is the good news that has echoed through the centuries: "He is not here; He has risen!" This is not just something that happened in the olden days. Easter also speaks powerfully into our daily lives. We all experience seasons of discouragement, loss, and uncertainty. At times, our hearts may feel like sealed tombs—closed off by disappointment or weighed down by grief. Yet the message of Easter assures us that crucifixion, in whatever form it takes, is followed by resurrection. Just as spring brings new growth after the barrenness of winter, resurrection brings renewal to our hearts. It brings forgiveness, restoration, and the opportunity to begin again. Old burdens can be laid down. Broken relationships can be mended. Faded faith can be rekindled. Easter is not just a historical event, but a living reality. Love has triumphed and that changes everything. This Easter, may our hearts be filled with gratitude and wonder. May we carry the light of the resurrection into our homes, our workplaces, and our community. And may the hope we celebrate on Easter morning shape the way we live every day.

John

CHURCH SERVICES FOR APRIL

Sunday	Colton	Rusland	Satterthwaite
April 5 th	White H.C. CWI	11.15 Holy Communion	9.45 Holy Communion
12 th	White MW		11.15 Holy Communion
19 th	No service	6pm Evensong	
26 th	White H.C.CW1		11.15 Holy Communion

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
April 2 nd			7pm Liturgy for Maundy Thursday
3 rd	10am Tarn Hows Good Friday Passion		
4 th	8pm Service of Light with Resurrection Play		
5 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion
12 th	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
	4pm Lego Church		
19 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
26 th	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
	Thursdays at 10am Hawkshead Methodist Church 'Time at 10'		

ROOKHOW NEWS

Fundraiser concert for Rookhow's Retreat Away Fund- Monday 20th April 7pm at Rookhow Quaker Meeting House, Rusland Valley - South Lakes Acapella Choir will be presenting a concert at Rookhow. This will be a fundraiser for Rookhow's Retreat Away Fund which provides subsidised stays at Rookhow for community groups. The scheme has supported 2,000 people over the last 5 years including refugees, people dealing with trauma and addictions and youth groups from inner city area Cash donations on the door. Email Kath to book a space.

Quiet Day at Rookhow Thursday 14th May 10am-4pm - 'Seeing the wood and the trees'. A creative and reflective day with artist in residence Caroline Stow and ecologist Clare de Villanueva. 10am-4pm. Bring a packed lunch. Donations (preferably cash on the day)

Employed cleaner at Rookhow Quaker Meeting House & Bunkbarn, Rusland Valley LA12 8LA We are looking for a permanent employed cleaner at Rookhow to start as soon as possible. This would be to turnaround the Bunkbarn bookings (16 beds, kitchen, showers) and also to clean the Meeting House. 5 hours per week.

Day: usually Fridays. There are volunteer work parties on Fridays so there will be other people on site.

Pay: £23,835 pro rata. Equivalent of £13.10 per hour (with employment benefits including optional pension)

Overtime: possibility of overtime for mid-week changeovers if the person is interested (Sun & Tues/ Weds)

Holiday: 25 days per year pro rata (works out as 5 Fridays per year)

Closing date: Monday 20th April 5pm

Please contact Sue Nicholls, Rookhow Development Manager for more information and an informal chat and visit if you are interested. Tel 07377 971783 Email: info@rookhow.org.uk Website: rookhow.org.uk

CUMBRIA WILDLIFE TRUST: RUSLAND LOCAL SUPPORT GROUP

22nd April – A talk by local archaeologists Kevin Grice and Philip Minchom on uncovering the Archaeological History of the Rusland Valley. Oxen Park Cinema, 7.30pm, £3 on door.

3rd May - Dawn Chorus walk, Hay Bridge Nature Reserve, 6.30am. Max 12 people. £5. Please register via our email address – see below.

Other events to come! We are looking for additional members for our Group, so if you'd like to take part in steering conservation and wildlife activities in Rusland, please let us know.

As always, you can also keep in touch with us: Join Wild about Rusland Facebook group RuslandLSG@cumbriawildlifetrust.org.uk | www.cumbriawildlifetrust.org.uk/rusland

WALKING AND MUSIC TOUR OF THE LAKE DISTRICT*

with the EMRYS Jazz Trio - Thursday 16th - Thursday 23rd April

Walking across the Lake District, performing a concert of our music at the end of each day's walk in a local community space. We are recording our debut album live in concert each evening. All concerts free entry, donations welcome.

Anyone is welcome to join us on each day's walk.

For full details of the walks and concert venues go to emrysmusic.com/WALKING-TOUR

PERSONAL

Congratulations to Stuart and Hannah of Damson Cottages, Satterthwaite, on the birth of their son Owen James on 16th March.



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CONTACT: KIRSTY
07766090106

bookings.ruslandreadingrooms@gmail.com

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SATTERTHWAITE

Slow Vinyasa Flow to: -

- Build strength & resilience
 - Iron out aches
 - Expand joint mobility
 - Develop posture & balance
 - Adopt a calm and focused frame of mind
- Contact Jenny
07866545760

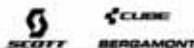
SATTERTHWAITE PARISH ROOM



Book this welcoming space for gatherings, parties, meetings, activities, work-outs, table tennis, children's play days, or as a work space (wi-fi provided)
www.satterthwaiteparishroom.org.uk

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Yoga for All Beings

Monday: Satterthwaite Parish Room 5:30 pm - 6:45 pm
Evenings:
Thursday: Rusland Reading Room 6:00pm - 7:15pm
Evenings:
Individual: Request more info
Yoga:

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