



RUSLAND & SATTERTHWAITE  
NEWSLETTER

MARCH 2025

318<sup>th</sup> EDITION

*This issue is sponsored by Rookhow*

## SPRING JUST ROUND THE CORNER?

### RUSLAND SPRING SHOW

Saturday 15<sup>th</sup> and Sunday 16<sup>th</sup> March.

12noon to 4.30pm

Rusland Reading Rooms

Everyone is welcome to take part by bringing their entries of bulbs, flowers, cakes, photos, chutneys etc. Why not try your hand at writing a limerick? The idea is to bring people together and have a bit of fun, while raising funds for the Reading Room. Call by and see the exhibits and enjoy the delicious refreshments, homemade soup and cakes.

### SATTERTHWAITE PARISH ROOMS AGM

Tuesday 4<sup>th</sup> March, 11.15am

### ROAD CLOSURE!!!!

10<sup>th</sup> -12<sup>th</sup> March, Corker Lane, Force Forge to Rookhow.

### SOCIAL SOUP LUNCHEs

Satterthwaite Parish Room,

Mondays 10<sup>th</sup> March and 7<sup>th</sup> April, 12.30pm

Come and enjoy a warming get-together over a bowl of home-made soup, wonderful fresh sourdough bread and maybe a tasty treat for afters. No cost, but a small donation towards costs on the day is always welcome. If you would like to come, could you please let Simon know by Thursdays 6<sup>th</sup> March and 3<sup>rd</sup> April, . [simonbrock@btinternet.com](mailto:simonbrock@btinternet.com) or 07870 550010

### THE RUSLAND VALLEY COMMUNITY TRUST

The trust has a small pot of money which is available to help activities within our community. We have helped various clubs, schools, nurseries and organised some courses. All of which have been successful. If you need any financial help, please contact Angus on [anguslighthall@gmail.com](mailto:anguslighthall@gmail.com) We look forward to hearing from you.

### RVHS SPRING GARDEN COMPETITION

Is your garden pretty as a picture in May? We would love to have more participants in the Spring Garden Competition, so please consider showing off your lovely blossom and spring flowering bulbs! All types of garden, large and small, are eligible and the judging takes place mid-May. There is only one category - 'The Spring Garden'.

The winner is awarded a trophy and there is a photographic display at the Rusland Show in August so we can all enjoy looking at the results. If you are interested in entering this year's competition, please contact Sally Fisher by email

[sally.fisher072@gmail.com](mailto:sally.fisher072@gmail.com) (or call her on 07908429342 ) as soon as possible to register. Please include your name and address.

We are all looking forward to spring, so let us get gardening!

### EVENTS IN THE FOREST

8<sup>th</sup> March - Malcolm Wilson Rally

15<sup>th</sup> and 16<sup>th</sup> March – Sled dogs (postponed from January due to bad weather)

22<sup>nd</sup> and 23<sup>rd</sup> March – Totally Wild Foraging

22<sup>nd</sup> March - Bike Treks Demo Day

28<sup>th</sup> March – Totally Wild Foraging

29<sup>th</sup> March – Coniston 14

5<sup>th</sup> and 12<sup>th</sup> April – Totally Wild Foraging

For more information please contact

Rachael Morgan, Recreation Ranger

Grizedale, Forestry England

m: 07464 529770

[rachael.morgan@forestryengland.uk](mailto:rachael.morgan@forestryengland.uk)

[www.forestryengland.uk](http://www.forestryengland.uk)

### DALE PARK RAINFALL

The January total rainfall was 6.81", a third less than last year, and there were 13 dry days. February had only 2.4" of rain up to the 23<sup>rd</sup>, but a wet last week may bring the total up to average.

### OXEN PARK CINEMA CLUB

We are nearing the end of our season so make the most of these last two months and book yourself into a film show.

1st and 2nd March (if you get this in time) - two days of our Mountain Film Festival, 2 programmes Saturday 1- 4pm and 7.30 Sunday 2 - 4pm and 7.30pm .

15th March - *Taste of Things* - there might be a second show on Sunday 16th - check the website

25th March - *Rose*

1st April - *One Life* and

12th April - *Perfect Days*

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

### HELP FROM CITIZENS ADVICE

**Q.** I am worried about my energy bills because they are very high and I am getting behind with payments. What can I do?

**A.** The most important thing is to contact your energy supplier as soon as possible.

They have a duty to help you come to a solution and negotiate a payment plan that works for both of you. When making a payment plan, they must consider how much you can afford to pay and how much energy you will use in future. On a payment plan, you will pay in fixed amounts towards the debt you owe over a set period of time.

If you cannot come to an agreement with your supplier about repaying your debt, contact Citizens Advice for help.

Energy bill debt is classed as a priority debt but it is not the only expense people have to deal with. If you are having problems with other bills as well, seek advice on managing debt. Citizens Advice will help you with long-term strategies to cope, and advise you on grants and benefits you may be entitled to. Another thing you can do is save energy by making sure your home is energy efficient. There are simple changes you can make such as checking your central heating or using your appliances differently. You might also be able to get towards the cost of making bigger energy efficiency changes around your home such as getting a new heating system.

Look online for more information about savings - Citizens Advice nationally is working with the Energy Saving Trust to help people manage their energy bills. If you need personal help, contact South Lakes Citizens Advice.

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.

· Call 015394 46464 (9.30am – 2pm, Monday – Friday)

· Drop in sessions at Wainwright's Yard, Kendal, (10am – 1pm, Tuesday and Thursday)

### OXEN PARK READING ROOM

Friday evening fund raising presentations in The Carthouse Cinema.

All at 7.30pm It is essential to book in with Carol, [crimcneill@gmail.com](mailto:crimcneill@gmail.com)

£5 on the door and £1 a ticket raffle

7th March- Breeding Gypsy Cobs by Eleanor and Jason Lancaster

21st March - Kate Rawles - South America on a bamboo bike (see her wonderful book 'Life Cycle')

### SATTERTHWAITE PARISH COUNCIL

We would like to thank everyone who attended Games Night in the Eagles Head on 7th February, also Gary and his team for hosting us and providing the lovely pizzas.

We are hoping to hold a work party in the next couple of months to tidy up the Graveyard in Satterthwaite. Anyone who would like to help, please keep an eye out for dates or speak to any members of the Parish Council and let them know you are interested. For anyone interested in the Pine Martin Release, there will be a talk in Rusland Reading Rooms on 28th February.

Helen Bright has resigned as a Parish Councillor. She will be greatly missed, and we would like to thank her for her service over the last 7 years.

We now have a vacancy. If anyone would like to join the Parish Council, please contact: - [clerk.satterthwaitepc@gmail.com](mailto:clerk.satterthwaitepc@gmail.com)

Our next meeting will be held on 3rd March 2025 at 7pm in Satterthwaite Parish Rooms.

### RUSLAND WITH BOUTH W I

After January's meeting on Zoom it was very good to get together again in February at Finsthwaite Church Hall. We had been looking forward to welcoming our speaker who was going to give us crafting ideas but, unfortunately, she was in A & E with a severe allergic reaction. Our doughty President, Sally Lister, stepped into the breach and guided us all in making a wallet book which could be used for photographs or other small memorabilia.

The walking group had met at Conishead Priory for coffee and then a walk along the shore and back through the grounds.

Members are going for afternoon tea at St. Mary's Hospice later in March.

Joan Bentley is giving a floral workshop at Rusland Reading Room on 12<sup>th</sup> April and the craft group meets most weeks at Finsthwaite.

The next meeting will be held at Bouth Village Hall on Tuesday, 18th March at 7.30 p.m. when we are looking forward to a return visit from representatives of the Barrow Food Bank. All welcome.

## CHURCH NEWS

*Dear Friends,*

*At the start of April, I will be leaving you to move to Shap, which as many of you have pointed out is very tropical in its climate! As I move to start ministering in a new area on a full-time basis, I reflect upon my calling and how this has developed over time.*

*The first sense I got was of God's glory, similar to when Peter was called in Luke 5:1-11. I got glimpses of the peace that can be found in our lives when we follow God, and that God is all we truly need for our souls to be satisfied. I felt excited to delve deeper into this relationship and assist others in this too.*

*When I considered who I was though, a quiet, reflective person, who did not really relish being the centre of attention, I was a little confused at why God would call me to help his people in drawing closer to him. I felt confused like Mary wondering how this could be (Luke 1:34). In the words of Moses in Exodus 4, I also felt like saying to God "O my Lord, please send someone else".*

*Thanks to your love, care and encouragement, I now have realised that I can be a leader within the Church. My calling therefore more recently has felt a bit like that of Samuel in (1 Samuel 3). Finally, I have realised that God has been calling me to a life of full-time leadership within the Church. So, I thank you all for being part of my journey with God over the last year and a half. I will take many fond memories with me and many moments of laughter. I will miss you! All Best Wishes, Chris*

### CHURCH SERVICES FOR MARCH 2025

Sunday	Colton	Rusland	Satterthwaite
March 2 <sup>nd</sup>		5pm Celtic Evening Prayer	
9 <sup>th</sup>			11.15 Holy Communion
23 <sup>rd</sup>		11.15 Holy Communion	

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
March 2 <sup>nd</sup>	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
5 <sup>th</sup>	6pm Ash Wednesday Service		
9 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
	4pm Lego Church		
16 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
23 <sup>rd</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
30 <sup>th</sup>	10.30 Mothering Sunday Holy Communion Joint Benefice Service		

Thursdays at 10am Hawkshead Methodist Church "Time At 10"

### CHURCH ELECTORAL ROLL

This is a year when a new Church Electoral Roll is prepared. Those on the old roll must reapply. Subject to qualification others can apply. Being on the roll entitles you to attend the Annual Parish Church Meeting and to vote on matters raised there.

If you require a form to apply, please contact Angus Adams (01229 860316/[anguslighthall@gmail.com](mailto:anguslighthall@gmail.com)) for St Paul's Rusland or

Grace Elkington-Crabtree ([gracecrabtree@outlook.com](mailto:gracecrabtree@outlook.com)) for Holy Trinity Satterthwaite"

### ROOKHOW NEWS

Jazz Trio gig Tuesday 1st April 7.30pm - Sam Nicholls, a local jazz drummer studying at a music conservatoire in London, will be performing an informal gig at Rookhow with 2 friends, showcasing some of their own compositions and free improvisation.

Refreshments at 7.30pm. Music 8-9pm. Pay as you feel. Please email Sue to reserve a space.

Conservation Days - Friday 21st and 28th March 9.30am-3pm - Marion Brown is organising 2 conservation days at Rookhow clearing some Holly and Beech. Bring a packed lunch & snacks. Teas, coffees and homemade cakes provided (more shared offerings will be gratefully received!).

Bring your own tools and gloves if you have them and we'll have a supply too. Please email Marion if you would like to join for either or both days: [marion.brown@ruslandhorizonstrust.org](mailto:marion.brown@ruslandhorizonstrust.org)

300TH ANNIVERSARY WEEKEND - This June, Rookhow celebrates its 300th anniversary. Rookhow was built in 1725 as a gathering place for Quakers. Today it continues to be a special place open to the wider community where people can come for rest and reconnection. We're planning a celebration weekend 6th-8th June at Rookhow. We are hoping people will come forward to form a 'hosting' team to stay at Rookhow for the weekend to welcome people who are journeying to Rookhow on the Saturday. We encourage people to make their own pilgrimage to Rookhow either by cycling from local Quaker Meeting Houses, walking over High Dam from Newby Bridge or parking nearby and walking (there will be spaces for those with limited mobility).

For more information and to book a place: <https://www.trybooking.com/uk/EFRE>

## CUMBRIA WILDLIFE TRUST: RUSLAND LOCAL SUPPORT GROUP EVENTS

The new CWT Rusland group is now up and running (see <https://www.cumbriawildlifetrust.org.uk/rusland-local-support-group>). There are a few ways to keep in touch: Join the 'Wild about Rusland' Facebook group or sign up for the Cumbria Wildlife Trust newsletter. We know many of you are, but you do not need to be a member of CWT to receive their newsletters. If you want to contact the local support group directly then please email us at [ruslandisg@cumbriawildlifetrust.org.uk](mailto:ruslandisg@cumbriawildlifetrust.org.uk). There are a couple of events we are running this spring you might like to join in on:

1. Rhododendron control, Black Beck Wood, Bouth: Saturday 15th March, 10am
2. Dawn Chorus Walk, Stoney Hazel Woods, Saturday 10th May, 7am-9am

To sign up, see the Cumbria Wildlife Trust Events pages (<https://www.cumbriawildlifetrust.org.uk/events>) or follow the links on 'Wild About Rusland'. The Rusland Rainforest project will continue as part of the new Rusland group and there are lots of events in the pipeline for Spring and early summer. More news to follow. We hope to see you at our future conservation days, talks, walks and other gatherings.

Copy date for April 2025 edition: 26<sup>th</sup> March 2025. Please send to: - Liz Cringle - 01229 860274 [liggerc@hotmail.com](mailto:liggerc@hotmail.com); Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206, [pandftownsend@gmail.com](mailto:pandftownsend@gmail.com); Carol McNeill - [crimcneill@gmail.com](mailto:crimcneill@gmail.com)



RUSLAND READING ROOM

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### NEED SOMEONE TO TALK TO?

Life can be tough at times. As a fully qualified BACP registered counsellor / psychotherapist, I can offer you a caring, compassionate and confidential space to explore your worries. Please contact me for a free, no obligation, 20 minute consultation. I offer face to face, 'walk and talk' and online sessions.

Call or text Mary Fletcher on

07779 154480 or email:

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

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