



**OXEN PARK READING ROOM PRESENTS**  
 A Winter series of Friday evening fund raising presentations  
 At the Carhouse Community Cinema, Oxen Park  
 Fridays 7.30pm

**24th January Farming Life for a Wife** Maureen Boyren, Marion Bell and Lusa Bennett - A panel of 4 farmers answering questions about today's farming challenges

**7th February Tim Stead - Magician with Wood** A film about Tim Stead. Sponsored by Edward Mills

**28th February Restoring Pine Martens** and rebuilding woodland ecosystems in South Cumbria  
 Dr Michael (Mic) Mayhew

**7th March Breeding Gypsy Cobs** - Eleanor and Jason Lancaster - History, confirmation, breeding programme, showing record, plans for the future .

**21st March S. America on a Bamboo Bike** Kate Rawles, author of 'Life Cycle'

To be arranged - Riding for the Disabled - Karen Hanks  
 Booking essential. Carol McNeill (861507) [crlmcneill@gmail.com](mailto:crlmcneill@gmail.com)  
 Tickets £5 pay on the door. Raffle (£1) at each show.  
 Why not come early and enjoy a drink at The Manor first

Copy date for March 2025 edition: 20th February 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 - [crlmcneill@gmail.com](mailto:crlmcneill@gmail.com)

**JANUARY / FEBRUARY 2025** **318<sup>th</sup> EDITION**

*This issue is sponsored by Rusland Horizons Trust*

## NEW YEAR, NEW BEGINNINGS

**RUSLAND SPRING SHOW**  
 Saturday 15<sup>th</sup> and Sunday 16<sup>th</sup> March.  
 Rusland Reading Rooms

Prepare your entries of photographs, culinary delights, floral art, Lego creations and much more for adults and children or just call by to enjoy the display and the homemade refreshments

The Schedule is enclosed with this Newsletter

**RUSLAND VALLEY HORTICULTURAL SOCIETY**  
**POTATO DAY**  
 Sunday 19th January 2025 10am -2pm  
**GREENODD VILLAGE HALL**  
 Admission £1 (children free)  
**HOMEMADE SOUP AND CAKES!**  
 Sale of 120+ varieties of seed potatoes, fruit bushes & trees, seeds, onions, flower bulbs and tubers, and more! (supplied by Brighter Blooms Nursery, Preston)  
 See Brighter Blooms website for lists of produce available:  
[www.brighterblooms.co.uk](http://www.brighterblooms.co.uk)

**SATTERTHWAITE PARISH ROOMS AGM**  
 The Annual General Meeting of the Satterthwaite Parish Rooms (charity number 1207275) will take place at the Parish Rooms on **TUESDAY 4<sup>TH</sup> MARCH** at 11.15am. All residents are welcome to attend. The agenda will be published on the Parish Rooms notice board at least 14 days before the AGM. Please note that any items for Any Other Business must be advised in writing to the Secretary, Fran Townsend, prior to the AGM. Send to her at Pepper House, Satterthwaite LA12 8LS or [pandftownsend@gmail.com](mailto:pandftownsend@gmail.com).

**CAROLS IN SATTERTHWAITE**  
 The collection from the Carol Service raised £212 and with £114 from Carols Round the Tree, a total of £326 will be sent to *the Children's Society*.  
 Thank you to all who helped with or took part in these events and to those who gave so

**Events in Grizedale**  
 Orienteering event – January 19th  
 Lakeland Paws – Feb 1st (Canix type event)  
 Grizedale Marathon – Feb 2nd  
 Malcolm Wilson Rally – March 8th

**RUSLAND HORIZONS TRUST - UPDATE**  
 At the recent AGM and EGM meetings the members voted unanimously to close the Trust, and transfer the assets to a similar organisation. Whilst the Trustees progress the legal closure process, a less formal Rusland Valley Local Support Group (LSG) within Cumbria Wildlife Trust, is being set up to continue activities in the valley, and ensure a more secure and sustainable presence is maintained. Watch this space for further details or contact [secretary@ruslandhorizonstrust.org](mailto:secretary@ruslandhorizonstrust.org).

**DALE PARK WEATHER**  
 The total rainfall for 2024 was 93.13" with 132 dry days. November was the driest month of the year followed by the wettest month of the year in December, 12.65" and 7 dry days. The only years with higher rainfall since my records began in 2003 were 2012 and 2023.

**RUSLAND READING ROOM**

FOR HIRE

Contact: Kirsty Mawhinney  
 Mobile: 07766000106  
 Email: [bookings.ruslandreadingroom@gmail.com](mailto:bookings.ruslandreadingroom@gmail.com)

**South Lakes Fitness**

**RENELL BRENNAN**  
 PERSONAL TRAINER & FITNESS

Local GB triathlete and personal trainer offering a tailor-made fitness programme. Train in the forest, at home or in a gym.

01229 860433/ 07866261344  
[ren@southlakesfitness.co.uk](mailto:ren@southlakesfitness.co.uk)  
[www.southlakesfitness.co.uk](https://www.southlakesfitness.co.uk)

**Janet Smedley**  
 M.C.S.P., H.C.P.C. Registered  
 Chartered Physiotherapist

**Get the Care You Need**

[www.jesphysio.co.uk](http://www.jesphysio.co.uk)  
 Phone: 07831 219849  
[janet@jesphysio.co.uk](mailto:janet@jesphysio.co.uk)

Unit C, Dixon's Court, 101 Lake Road, Ambleside, Cumbria LA22 0DB

"There is no doubt a new dress is a help under all circumstances"

**2x2**  
 52 Market St  
 Ulverston  
 (01224) 480703  
[twobytwoonline.com](http://twobytwoonline.com)

**UCANDU YOGA**

Yoga is known to have many benefits to health & well-being. The sessions I offer are tailored to the various needs of groups & individuals.

If you're interested in finding out more about classes, 1-1 or bespoke sessions please contact Jenny on:- 07866545760

All proceeds go to the 'Revival of Satterthwaite Parish Rooms' Project

**TO ADVERTISE IN THIS SPACE**

**CONTACT CLARE FARNWORTH**

[clare.farnworth@gmail.com](mailto:clare.farnworth@gmail.com)

**RIDE BIKES**

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[customerservices@ridebikes.co.uk](mailto:customerservices@ridebikes.co.uk) - 5 Union Place, Ulverston

**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)

**FORRESTERS SOLICITORS**

*Friendly advice for all legal problems*

117 Duke Street,  
 Barrow-in-Furness, LA14 1XA  
 Tel: 01229 820297  
[mail@forresterssolicitors.co.uk](mailto:mail@forresterssolicitors.co.uk)  
[www.forresterssolicitors.co.uk](http://www.forresterssolicitors.co.uk)



### OXEN PARK CINEMA CLUB

Films coming up:

4th February - Past Lives

15th February - Poor Things

15th March The Taste of Things

1st and 2nd March - Look out for our

Adventure Film Nights (there could be two) A programme of films selected from the London Mountain Film Festival.

If all the seats are taken put yourself on the waiting list as we often repeat a film on the following Sunday and we will get in touch with you to let you know.

All seat bookings taken on the website

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

### RUSLAND WITH BOUTH W I

A most successful Christmas party was held in the beautifully restored and seasonally decorated Bouth Village Hall. After the usual business part of the meeting a Jacob's Join lunch was enjoyed followed by Christmas songs accompanied by Meg Fletcher on the keyboard.

The January meeting will be on Zoom to avoid turning out in bad weather. We will next meet, in person, on Tuesday, 18<sup>th</sup> February at 7.30 pm at Finsthwaite Church Hall when Sheila Coul will guide us through "Fun with Simple Crafts."

What about a New Year resolution to join this happy band of 40 members. You would be most welcome.

### SATTERTHWAITE PARISH COUNCIL

The Parish Council is holding another Games Night on 7th February 2025 5pm-7pm in the Eagles Head, which will hopefully give you all something to look forward to on a dark winter evening.

### NEED HELP WITH A PROBLEM?

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.  
How to access:

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

• Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)

• Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday) • email advice via the submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)

### COLTON PARISH COUNCIL

First, a Colton Parish welcome to 2025 and best wishes

#### Parish Clerk Vacancy

We have been without a Clerk for several months now, but Beth Workman has volunteered to stand in as a Locum for 6 months. Welcome Beth. In the long term, we will still need a permanent clerk so please contact us if you are interested. Full training will be given and we are in the position to give hands on training now. Thank you very much to Cllr. Gail Dudson, who filled in very ably and diligently.

#### Councillor Vacancy

We still have one vacancy for a Councillor and would like to hear from anyone interested, particularly those from the Finsthwaite, Lakeside area. Full support and training will be given. The only stipulation is that you must be over 18.

#### Colton Christmas Food Bank appeal

Thanks for all who donated, we gave 42.2kg of food, enough for 100 meals You can still donate by leaving food at supermarkets or by online donation.

<https://barrow.foodbank.org.uk/> Colton Parish

#### Council Community Grant Scheme

We can give grants to community groups based in Colton or to residents, including village hall committees. We can give small, one-off grants to help your group make a difference and there is no deadline.

Applications will be assessed monthly at the Parish meeting.

For details and an application form see

<https://coltonparishcouncil.org.uk/wp-content/uploads/2023/02/Grant-awarding-policy-and-application-form-October-2022.pdf>

#### Grit Bins

If you notice an empty grit bin or a location which needs a grit pile, please report it to the Council link

<https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/streets-roads-and-pavements/road-maintenance-closures-and-improvements/winter-road-maintenance-and-gritting/salting-grit-heaps-and-salt-bins> or phone 0300 373 3300 9am to 5pm Monday to Thursday or 9am to 4.30pm

#### Support in power cuts

If you are over State Pension Age, have very young children, or have any kind of long-term health condition, please sign for the Utility Companies' Priority Services Register.

To sign up, contact your own supplier or go to <https://www.enwl.co.uk/power-cuts/extra-care/> Our next meetings are 7pm Monday 20th January 2025 at Finsthwaite & Lakeland Village Hall and 7pm Monday 24th February at Rusland Reading Room. All welcome!

### CHURCH NEWS

Dear Friends

*Maybe it is just me, but despite being the shortest month, February always feels really long. I think it is because winter seems to have been here forever, with its dark nights and still-short days, and the fun of being "cosy" has long since faded. It is easy to feel dismal and alone in the darkness, whether it is literal short days, or metaphorical long nights.*

*Christmas feels like a long time ago now, but alongside the familiar story of Mary and Joseph and baby Jesus, we heard the wonderful passage from John 1: "The light shines in the darkness, and the darkness has not overcome it." John is writing about the amazing birth of the Christ-child, the one who brings God's light and love into the world in personified form. Throughout his life, Jesus challenged darkness wherever he encountered it, and ultimately, even the darkness of death could not contain him. The darkness did not overcome him.*

*There is simply no darkness in this world that cannot be overcome by the light and love of God, and for Christians, our eternal hope is that there will one day be no more darkness - of any kind.*

*The words we often say together, 'Thy Kingdom come' are both the longing of our hearts, and a rallying cry, to act in a way that brings God's Kingdom of light and love into the darkness of our world.*

*Though short, this February, may we all endeavour to act in a way that brings more light and love into our world, banishing darkness wherever it is found.*  
Emily

### CHURCH SERVICES FOR JANUARY / FEBRUARY 2025

Sunday	Colton	Rusland	Satterthwaite
Jan 19 <sup>th</sup>		5pm Evensong	
26 <sup>th</sup>		11.15 Holy Communion	
Feb 2 <sup>nd</sup>		5pm Celtic Evening Prayer	
9 <sup>th</sup>			11.15 Holy Communion
16 <sup>th</sup>		5pm Evensong	
23 <sup>rd</sup>			11.15 Holy Communion
Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
Jan 19 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
26 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
Feb 2 <sup>nd</sup>	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
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

Thursdays at 10am Hawkshead Methodist Church 'Time at 10'

### ROOKHOW NEWS

**OPEN DAYS** - 1st & 3rd Fridays 10am-4pm throughout Winter. One of our friendly guides will be happy to show you around the site and tell you about Rookhow's history. Free admission with tea/ coffee and homemade cakes.

**QUAKER MEETINGS AT ROOKHOW** - All are welcome to join us for Quaker Meetings for Worship at Rookhow: 1st Wednesdays 7.30-8pm 1st & 3rd Fridays 12.30-1pm

**BEING QUAKER; DOING QUAKER weekend** 16th-18th May. An opportunity to explore the Quaker faith in more depth looking at the historical context in which Quakerism is rooted, reflecting on our own spiritual journeys and exploring what unites Quakers in beliefs and practices. Led by a grandmother and granddaughter with Sue Nicholls. People curious or new to Quakers are welcome. Email: [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com) for more information and to book a space.

**SAVE THE DATE!** Saturday 7th June - Rookhow will be celebrating its 300th anniversary on Saturday 7th June. More news soon about a day of celebrations at Rookhowduo.

**VOLUNTEERS NEEDED** - We're looking for more volunteers to help in the grounds at Rookhow-processing logs, making kindling, gardening, taking out invasive species from the woodland, maintaining the paths, looking after the yurt. We can offer travel expenses, good company and homemade cake. Every Friday 10am-3pm. Non-Quakers and local people are welcome. Email Sue Nicholls, Rookhow Development Manager: [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com) Tel 07377 971783