

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

RUSLAND VALLEY HORTICULTURAL SHOW

We are looking for new committee members. The committee is a great bunch of people who work together to make the show what it is! If you think you would like to join us, please e-mail us on :- ruslandshowinfo@gmail.com

PERSONAL

It is with sadness that we report the passing of Allan Wilson after a long illness. Allan took over the running of Satterthwaite and Rusland School in 1988 and stayed for almost 20 years until its closure in 2006. He was well-loved by all the pupils at the school. We send condolences to Allan's family.

Copy date for November edition, 26th October 2025. Please send to: - Liz Cringle - 01229 860274 liggerc@hotmail.com ;Frances Townsend - *Pepper House, Satterthwaite* Tel: 01229 860206, pandftownsend@gmail.com.Carol McNeill – crimcneill@gmail.com



RUSLAND READING ROOM

FOR HIRE

Contact: Kirsty Mawhinney
Mobile: 07766090106
Email: bookings.ruslandreadingroom@gmail.com



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
www.southlakesfitness.co.uk



Get the Care You Need

www.jesphysio.co.uk
Phone: 07831 219849
janet@jesphysio.co.uk

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



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

RIDE
BIKES

Your local independent bike shop.
Bikes, parts and accessories.
Professionally trained Mechanics.
Fully Equipped Workshop.
Bosch Electric Bike specialists.
5 Star Customer Service rating.



www.ridebikes.co.uk - 01229 493946
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

FORRESTERS
SOLICITORS

*Friendly advice for all legal
problems*

117 Duke Street,
Barrow-in-Furness, LA14 1XA
Tel: 01229 820297
mail@forresterssolicitors.co.uk
www.forresterssolicitors.co.uk



OCTOBER 2025

325TH EDITION

This issue is sponsored by Forestry England

AUTUMN LEAVES

JAR FEST

We are getting close to the inaugural
holding of Jar Fest (a celebration of home-
made jams and preserves), to be
held between 1 and 4.30 pm on October
19th at Oxen Park Reading Room. Schedules
are available in digital form online
at <https://oprr.org.uk/events/>. Entries are to
be sent to cjbarr50@gmail.com by noon on
October 12th and must be staged in the
room by 11am on the 19th.
Do come and admire what will undoubtedly
be an amazing display of jar-based
creativity. Entry is just £3 and that includes
tea/coffee and a biscuit. Home-made cake
will be for sale. See you there. (Car share if
you can).

SOCIAL SUPPER IN SATTERTHWAITE PARISH ROOM

SATURDAY 22nd NOVEMBER
Drinks from 6.00 pm, Supper at 7.00pm
Come for a convivial evening of socialising
and enjoying a delicious supper cooked by
Simon of Rock Cottage Dining. £17.00 per
head, plus a CASH bar serving wine by the
bottle or glass, beers (including non-alcoholic)
and soft drinks. You can pre-order a bottle of
wine @ £15/bottle. You must reserve your
place in advance, so please contact Fran
Townsend (01229
860206/pandftownsend@gmail.com) to book,
and she will provide BACS details for
payment. All profits will go towards the Parish
Rooms' refurbishment project.

THE FUTURE OF A VALLEY LANDMARK

Everyone is invited to a meeting to hear
about and discuss the current state of
disrepair of Rusland church tower.
Guest speaker, David Wiggins (CLACH
Conservation) who has carried out a survey
of the tower and has many years' experience
of such problems.
There is a serious risk of church closure and
sale if we do not act and we could lose an
important, historic Rusland landmark.
Rusland Reading Room. 7pm. October 22nd.
Cheese and wine
For further info please contact Rachel
Lumsden rachellumsden24@gmail.com

GRIZEDALE FOREST WINTER MARKET SATURDAY 29th and SUNDAY 30th NOVEMBER CALL FOR STALL HOLDERS

The Forestry are holding an indoor winter
market at Grizedale and are offering spaces to
local artists and craftspeople. Cost is £30 per
table per day and all enquiries should go
to Education.Grizedale@forestryengland.uk. T
he market will be open 10.15am to 3.45pm
both days.

HAWKSHEAD BOWLING CLUB

On Sunday 21st of September the club held a
memorial knockout tournament in memory of
Gordon Wilkinson who had been a dedicated
member of the club!
32 competitors played from various clubs in
the area.
Martin Gilpin of Windermere and James Duffin
of Levens were in the final with closely
contested match eventually won by James!
The Memorial Trophy was presented by one of
Gordon's daughters Anne and his Great
granddaughter Elsie.
A great day was enjoyed by all.

SPRING CHEER

Now is the time to plant your Spring bulbs,
so why not plant a few extra to bring colour
to the Rusland Reading Rooms.
The Spring Show will be held on 21st and
22nd March.
Classes include a pot/bowl of Daffodils or
Narcissi and a pot/bowl of Hyacinths, Tulips
or miniature bulbs. Have a go ! All welcome.

A BIG THANK YOU!
After more than 20 years of assiduous service, Angus Adams, Secretary of the Rusland Reading Room committee has decided to step back from his role. Angus' contribution to the Committee as Secretary has been invaluable, steering the Room through the uncertainty of Covid, as well as lengthy discussions to complete a new lease. He has given generously of his time, expertise and support. and the Committee offers its heartfelt thanks for his contribution. We are delighted that he will remain a Committee member. The Committee would welcome any expressions of interest for a volunteer to take on the Secretary role - or indeed to join us in caring for one of Rusland's loveliest spaces. Please contact our Chair, John Walton rogerridding@yahoo.co.uk.

OXEN PARK CINEMA CLUB
Tuesday 7th October - A COMPLETE UNKNOWN - Relive the 60's folk and protest world with Bob Dylan.
Saturday 18th October - MR BURTON - the story of how Richard Burton came to fame and become one of the greatest actors of all time. Starring Toby Jones and Lesley Manville
Our first supper special of the season is on 4th November along with the feel-good film THIS IS GOING TO BE BIG so book early so you do not miss out.

FRIDAY EVENING PRESENTATIONS:
The annual series of presentations are scheduled for this winter and will be publicised here when dates are confirmed. They take place in the Carthouse Community Cinema, seats £5 , pay on the door and help raise money for the Oxen Park Reading Room.

RUSLAND WITH BOUTH WI
We met at Oxen Park in September and had an interesting talk on the benefits of using products containing Aloe Vera. The fourth week of September proved to be very busy with the walking group enjoying a walk from Cartmel on Monday, on the most glorious of autumn days. On Tuesday the craft group met at Finsthwaite and on Wednesday 20 members met at Sizergh Castle for a private guided tour led by Alex Mitton, one of our members who is a volunteer guide at the Castle. When do we have time for all that baking WI members are purported to do? The next meeting will be on Tuesday, 21st October.

SATTERTHWAITE PARISH COUNCIL NEWS
Typically the heavens opened on the day of the village litter pick and BBQ which meant it was cancelled, however when the weather looks like it will hold in the not too distant future we will rearrange a date!
The last Parish Council Meeting was held on the 8th September and covered a wide range of topics including village parking, general upkeep of the surrounding areas (walling/verges), a new website (watch this space!), and issues with ongoing road closures and actions amongst other things. Until we get a website, do contact me if you want a copy of the minutes.
Future Proof Cumbria, supported by W&F council, has sent through information on the Crisis Support Scheme aimed at helping people stay healthy at home while reducing the pressure of energy costs. Eligible households can access a range of free support, including fuel vouchers of up to £300 and energy-saving appliances such as electric throws, air fryers, microwaves, and dehumidifiers and access our professional draught-proofing service to help keep homes warmer and reduce energy waste. Contact them for info or to apply as follows homes@futureproofcumbria.org.uk, search the web [Apply for Homes Assistance - Futureproof Cumbria](#) or call 01768 216 500.
The next meeting will be on the 13th October at 7:30pm in the Parish Room - Anything you would like to raise to the Council, please contact clerk.satterthwaitepc@gmail.com.

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
We look forward to hearing from you.

DALE PARK WEATHER
No-one will be surprised to learn that September is so far the wettest month of the year with more than 10" of rain to the 24th and only 5 dry days.
The August total rainfall was 6.97" and 17 dry days. 2024 figures are the opposite of this year. August had 11.69" and 7 dry days and September 4.77" and 12 dry days. Total rainfall so far this year is 53.32" with 136 dry days. Last year's total rainfall at this point was 67" and only 96 dry days.

CHURCH NEWS
Dear Friends,
As the vibrant greens of summer give way to the rich reds, golds, and browns of autumn, we are reminded of the ever-changing rhythm of the natural world, of God's creation. Autumn is a season of transformation—a gentle (sometimes) winding down of the year that invites reflection, gratitude, and rest. We are reminded of God's artistry in creation and the beauty of change, each leaf a fleeting masterpiece fluttering to the ground.
In the quiet falling of leaves, we see nature letting go. Trees release what they no longer need in preparation for a time of stillness. In our own lives, this season encourages us to consider what we too might let go of—worries, burdens, or habits that weigh us down. And, just as trees trust in the promise of spring, we are called to trust in God's timing and provision, knowing that every season has its purpose.
As the days grow shorter and the air turns crisp, may we find peace in the slowing pace. Autumn reminds us that even in endings, there is beauty—and that in every change, God remains constant. So, this season, let us walk through the falling leaves with grateful hearts, trusting that God's hand is in every season of life, guiding us with love and grace.
John

CHURCH SERVICES FOR OCTOBER						
Sunday		Colton		Rusland		Satterthwaite
October	5 th	No Service		6pm	Celtic Evening Prayer	
	12 th	Green H.C. CW1			11.15	Holy Communion
	19 th	No Service		6pm	Evensong	
	26 th	Green H.C. CW1			11.15	Holy Communion
Sunday		Hawkshead Church		Hawkshead Hill Baptists		Sawrey
October	5 th	9.30	Morning Worship	10.30	Morning Service	11.15 Harvest Festival H.C.
	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
Quiet day at Rookhow - Monday 17th November 10am-4pm 'Craft and woodland meditation'. Enjoy a day's peace in the tranquility of Rookhow Quaker Meeting House and woodland. To book a space, email Sue Nicholls contactrookhow@gmail.com .No charge. Donations welcome.
Sound Ecology Day with Propellor- Jack McNeill will be running a Sound Ecology day in conjunction with Full of Noises on Wednesday 19th November. More info from the Rookhow website: <https://rookhow.org.uk/events>
Support for community groups- Rookhow's Retreat Away Fund subsidises stays for community groups. Already over 1,000 people from 65 groups have benefited, including refugees, people dealing with trauma, abuse and addictions, creative groups and local housing charities. Rookhow puts 5% of its bookings income into this fund and local Quaker meetings and individuals support it too. If you would like to make a donation to the fund to help community groups enjoy a break away, please contact Sue Nicholls, Development Manager Email- contactrookhow@gmail.com
Quaker Meetings in the Rusland Valley
Every 1st Wednesday 7.30-8pm and every 1st and 3rd Friday 12.30-1pm
Non-Quakers and local people are welcome, even if you have not been to a Quaker Meeting before. Join with others in a gathered silence. Rookhow, LA12 8LA
Open Days & Quiet Garden Movement Rookhow continues to be open to the public on the 1st and 3rd Friday of every month 10am-4pm. Come and be shown round the 300-year-old Meeting House, take time to wander in the woodland (Rookhow is a member of the Quiet Garden movement) and chat with our friendly volunteers over tea and homemade cakes. All welcome. No charge.
A reminder that on Open Days, Quakers' Wood is available as a 'Quiet space'. Rookhow is now a member of the [Quiet Gardens](#) movement. Just let us know when you arrive that you are here for Quiet Garden time and you'll be free to wander undisturbed!
Christmas availability We have availability in the Bunkbarn over Christmas so if anyone is planning a big family or friends get together, please get in touch. Sole use (includes woodland). Minimum 2 nights. £390 per night for the Bunkbarn. 7 nights for the price of 6. Up to 16 people.