

CWT RUSLAND LOCAL SUPPORT GROUP

Our enthusiastic tree-planting work party on 31st Jan put 60 'whips' in the ground on the common near Oxen Park. These mixed species of hawthorn, hazel, rowan and birch were received free from Westmorland and Furness Council's 'Free trees for Residents' scheme. Excellent teamwork and great planting weather in the gentle rain was followed by tea and lemon drizzle cake (thanks to Zella Slater!) in Oxen Park Reading Room.

Look out for the following events:

14th March – 'Rhody-bashing' work party in Black Beck Woods, near Bouth. Please register via our email address below.

24th March – Evening talk at Oxen Park Reading Room, 7pm. Sylvia Woodhead, 'Rocks of Rusland on the Greenwood Trails'. £3 on the door.

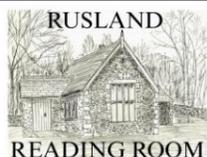
22nd April – Evening talk at Oxen Park Cinema, 7.30pm, Kevin Grice, "The Local Archaeology of the Rusland Valley and Woodlands". £3 on the door.

3rd May - Dawn Chorus Walk, Rusland Valley. Time (early!) and location to be determined. Max 12 people. Please register via our email address below.

Other events to come! We aim to be at the Rusland Spring Show (21st/22nd March – see www.rusland.org.uk) if you would like to chat to one of us. We are looking for additional members for our Group, so please contact us at : - RuslandLSG@cumbriawildlifetrust.org.uk

NEWS FROM THE FOREST

Feb 14th – 4th May- "Wrestle" - An exhibition of paintings, photography, archive images and community embroidery projects. This FREE exhibition at Grizedale Visitor Centre is by local artists celebrating the history and culture of Cumberland and Westmorland Wrestling. 10am – 4pm www.forestryengland.uk/forest-event/events-grizedale/wrestle



RUSLAND
READING ROOM

ROOM FOR HIRE

CONTACT: KIRSTY
07766090106

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
[Facebook/southlakesfitness.co.uk](https://www.facebook.com/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

Yoga for All Beings

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

oneexhale.co.uk
07766090106

OneExhale

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
k



MARCH 2026

329TH EDITION

This issue is sponsored by Rookhow

SPRING THINGS

RUSLAND SPRING SHOWTIME.

Take the chance and have fun sharing your spring plants, limericks, photos of spring action or water and culinary treats and more. Classes for children to have a go too. Maybe a self-portrait or decorated cupcakes? All entries by Sunday March 15th please. Or just come and enjoy a cup of tea, soup and delicious homemade cakes in good company. Doors open at 10am on 21st/22nd March All proceeds for Rusland Reading Room Entries to SpringShowRusland23@gmail.com Details on facebook and Rusland website.

GARDEN COMPETITIONS – CHANGES AFOOT!

In the last edition, we heralded the arrival of new seasons and better weather by reference to this year's eagerly anticipated garden competitions. After consultation with our judges, and taking note of feedback, we have received from entrants in previous years (largely based on the notably earlier flowering times people are reporting), it has been decided to bring forward judging of the Spring competition to the end of April, a fortnight or so earlier than in previous years. (The Summer competition will continue to be judged sometime in the second half of July.) So, please let me have your entries for the Spring Show (just a single category - A Spring Garden) as soon as you like and, at the latest, by April 23rd (St George's Day). Newcomers particularly welcome! Please spread the word!

SATTERTHWAITE PARISH ROOMS NEWS

The Committee are thrilled to announce that SPR has been awarded a grant of almost £19K by The National Lottery - Awards for All. This is intended to cover all the final detailed architects' design work and QS input needed to get Building Regulations approval and to generate a comprehensive tender pack that can be presented to main contractors. The AGM will take place on Thursday 12 March at 11.00am in the Parish Rooms and all are welcome to attend. Details as per last edition of the newsletter. Spring Social evening: it is hoped to run another supper event in April or early May - look out for details in the APRIL newsletter.

OXEN PARK & GREEN SPARKS WINTER TALKS
(In aid of Oxen Park Reading Room.)

All at The Carhouse Community Cinema 7.30pm £5.00 on the door but please book in with Abigail - abi.bennettgm@gmail.com or Carol - crlmcneill@gmail.com
7.30pm Friday 13th March- Sarah Littlefeather Demik. A memoir of Sarah's story from indigenous beginnings to being adopted and ending up in Cumbria.
7.30pm Friday 27th March - we have a film about bringing worldwide communities together to fight the big corporations responsible for wrecking the countryside - 'Fires and Fascism' - director Pete Knapp will be there to introduce it and for Q & A

OXEN PARK CINEMA CLUB

3rd March - 'September 5th' - the disastrous Munich Olympics.
14th March - now 2 shows, 4pm and 7.30 (now full) our specially selected programme from the London Mountain Film Festival.
Saturday 21st March - 'The Seed of the Sacred Fig'. Our last two films for this season are 'Civil War' on 7th April and 'I'm Still Here' on Saturday 18th April. Book in now while seats are still available. It will not be long before we start selecting films for next season. Do pass on your ideas for us to consider and if you would like to sponsor a film (£25) then let us know; we really value contribution, which go towards our wonderful community cinema being sustainable.



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

COLTON PARISH COUNCIL NEWS

Join us! Colton Parish Council has vacancies for 4 Councillors. We urgently need people from the centre and east side of our parish, including Bouth, Finsthwaite, Lakeside and the surrounding areas to join us so there are Councillors who can speak up for these communities. Please get in touch if you can help. Email clerk@coltonparishcouncil.gov.uk Please note, this is the new email address; our old ones are out of action so please update your contacts. **Good News!** We are delighted that the organisers of the Bluebird Festival, taking place in Coniston in May, have listened to our concerns about the impact on the east shore of Coniston and are working with local partners to put road closures in place (with permitted access for essential users).

We have secured a grant to help us carry out essential work at Bouth Village Playground. We will be working with Bouth Village Green Committee to make sure the play equipment is updated. Did you know Bouth Village Playground holds a special place in the history of playgrounds? It was designed by pioneer of children's play areas, Mary Mitchell, and is one of the few remaining examples of her work. Councillor Kevin Wiley attended the Fibrus Hyperfast drop-in session in Hawkshead on our behalf. We were pleased to hear that Fibrus intend to improve communications, including publishing local articles to help people find out more. If you have further queries you can also contact them: <https://hyperfastgb.com> or see <https://www.facebook.com/Hyperfastgb> To keep up to date with road closures see <https://one-network>.

Possible changes to Local Parish Councils Westmorland & Furness Council is reviewing Community Governance; this could mean changes to local Parish Councils. We are all invited to have our say. Make your views known here <https://consult.westmorlandandfurness.gov.uk/westmorland-and-furness-council/community-governance-review-second-consultation/> If you have an issue you want to bring to our attention, are considering becoming a Parish Councillor or just want to find out more, you're very welcome to join us at one of our meetings: Our next one is at 7pm Monday 23rd March at Oxen Park Reading Room. Keep in touch by emailing clerk@coltonparishcouncil.gov.uk or follow us on Facebook and Instagram

DALE PARK RAINFALL

The January total was 7.3" with 7 dry days in the early part of the month (2025 6.81" and 13 dry). February to the 20th, 4.42" and it will surprise no-one to discover there has only been 1 dry day! (2025 3" and 16 dry days)

Copy date for the April Edition, 26th March
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

Westmorland and Furness Council began a consultation at the end of last year asking town and parish councils whether they would be interested in changing boundaries, grouping or merging as part of their Community Governance Review. Satterthwaite Parish Council responded that they would like to remain the same or group with Colton (the terms are explained on their website). Following the first consultation, their recommendation was that Satterthwaite and Colton merge. We followed this up with a letter stating this did not represent our response and was not in the interests of the local community. Westmorland and Furness Council have opened a second consultation for residents and are sending a letter to this effect. We urge you to fill this in, and share your views.

We have also sent a letter of complaint to the Westmorland and Furness Council regarding Highways issues and Fibrus, and we understand there are conversations ongoing to address issues of poor road conditions and frequent and multiple road closures.

On a more cheery note, Grizedale Observatory have been very engaged in working with us so we can bring residents to experience this amazing facility. We are working on dates (with hopefully clear skies) and will advertise this once we have this sorted.

HELP FROM CITIZENS ADVICE

Q. My water bills are going up again, on top of everything else. I cannot manage to pay the increase. I have tried cutting down on showers and laundry, but what else can I do?

A. You are not alone. Citizens Advice recently found that one in five bill payers in England and Wales were unable to afford their water bill in the last year. 36% cut back on other essentials, 37% cut back on the amount of water they used, and 22% went into arrears.

Help might be available if you are on a low income, such as a social tariff or the WaterSure scheme, but each water company has different rules. First, contact your provider either online or by phone (details will be on your water bill) and check if you are eligible. Water companies cannot cut off your water supply, but they can take you to court for debt and they can have payments deducted from benefits, so it is important to talk to them as soon as possible. The Consumer Council for Water (CCW) website has lots of useful information on saving water – checking for leaks can save a lot of money if you are on a water meter – but do not compromise your family's health.

Citizens Advice say it is a postcode lottery for bill support and creating a single social tariff is the best and fairest way to strengthen support and protect low-income households. If you are still finding it hard to manage, contact South Lakes Citizens Advice for free, confidential advice. How to access:
· Call 015394 46464 (9.30am – 2pm, Monday – Friday)

CHURCH NEWS

Dear Friends,

The season of Lent invites us on a holy journey.

Beginning with ashes, we are reminded of our human frailty and our deep need for God's never-ending grace. As we move through the season, we are reminded to slow down, to pray more intentionally, to examine our hearts, and to let go of those things which draw us away from God. In doing so, we find ourselves renewed - not by a guilty obeisance, but by a remarkable act of love.

As Lent unfolds, we walk with Jesus to the cross. We ponder again the story of sacrifice and suffering. It is not an easy story, but it is an honest one. It is not the story of a god who is aloof and silently observing; it is the story of the God who is sweating blood and feeling the agony of an excruciating death. The Light of the World seems to have been extinguished: snuffed out and buried in a tomb.

And then suddenly - everything changes. Easter breaks in with light and joy. The tomb is broken open. Death has not had the last word. What began with ashes ends in alleluias, as Christ's resurrection proclaims the truth that God's love is stronger than despair, doubt, denial, even death itself.

But the two must go together. Without Lent, we rush past the depth of the Easter joy. Without Easter, Lent is only a season of suffering and longing. Together, they tell the story of our faith: God who shares our suffering, and God who brings new life where we least expect it.
Emily

CHURCH SERVICES FOR MARCH

Sunday	Colton	Rusland	Satterthwaite
March 1 st	No Service	5pm Celtic Evening Prayer	
8 th	Purple MW		11.15 Holy Communion
15 th	No service	5pm Evensong	
22 nd	Purple H.C.CW1	11.15 Holy Communion	
29 th	3pm Songs of Praise	No Service	No Service

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
March 1 st	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion C.W.
8 th	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
15 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion B.C.P.
22 nd	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
	4pm Lego Church		
29 th	10.30 Benefice Holy Communion		

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

ROOKHOW NEWS

ROOKHOW'S RETREAT AWAY FUND - Over the last 5 years the Retreat Away Fund has supported over 2,000 people from 90 groups to have a subsidised stay at Rookhow. Initially set up with a grant from the Quaker Mental Health Fund UK, it is now supported by local Quaker Meetings, individuals and 5% from Rookhow's bookings income. Groups have included refugees, people dealing with addictions and trauma, homelessness charities and youth groups. The next deadline for applications is 1st April.

FUNDRAISER CONCERT - South Lakes Acapella Choir will be presenting a concert at Rookhow on Monday 20th April at 7pm. This will be a fundraiser for Rookhow's Retreat Away Fund. Cash donations on the door.

QUAKER MEETINGS IN THE RUSLAND VALLEY - Every 1st Wednesday 7.30-8pm
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 all year round. Come and be shown round the 300-year-old Meeting House, take time to wander in the woodland and chat with our friendly volunteers over tea and homemade cakes
Rookhow is a Quaker charity. Website: rookhow.org.uk Email: info@rookhow.org.uk

RUSLAND WITH BOUTH WI

We met at Bouth in January and Jenny Hare gave us an excellent talk and explanation of the benefits of the Trager Approach. We were encouraged to try some exercises to help release deep-seated physical and mental patterns and bring deep relaxation, increased mobility and mental clarity.

In February, at Finsthwaite, Dr Caroline Brock showed us the latest, most useful, practical Basic Life Support and Defibrillator training. Members heard when and how a defibrillator could be used and some members had a try at using a machine.

The Glitter and Glue Group has restarted at Finsthwaite on most Tuesdays. All are welcome.

The walking and dining group enjoyed a walk and refreshments at the Manjushri Priory.

There are still 3 tickets left for the Matinee of *Fourteen Again*, an original musical of Victoria Wood songs at the Victoria Wood Theatre, Bowness on May 20th. Contact: - helenlighthall10@gmail.com

On March 17th at Rusland there will be a talk on the Pine Marten Recovery Project about the Reintroduction of Pine Martens to save the Red Squirrels.

Come and join us – there is always a friendly face and, of course, cake.

www.ruslandwi.com