



# RUSLAND & SATTERTHWAITE NEWSLETTER

**JANUARY/FEBRUARY 2026**

**328<sup>TH</sup> EDITION**

*This issue is sponsored by St Paul's, Rusland, P.C.C.*

## NEW YEAR, NEW ADVENTURES?

**RUSLAND VALLEY HORTICULTURAL SOCIETY LTD.**

### POTATO DAY

**Sunday 25th January 2026**

**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)

You can also pre order to collect on the day.

More information at [www.ruslandshow.org](http://www.ruslandshow.org)

### GARDEN COMPETITIONS - A CHALLENGE!

As I stare out over a snow-covered landscape, garden competitions seem a country mile away. However, notice must be given, plans laid and the promise of warmer times ahead enjoyed.

First, many thanks to Sally Fisher who has been organising the two garden competitions allied to the Rusland Show for many years. Quite reasonably, she would like to step down. Following the Rusland etiquette of never resigning from anything unless you find a replacement, she has succeeded in that regard and I will give it a go. Whether you believe that it is the winning or the taking part that counts, I hope we can encourage a few more entries this year. The competitions have much the same roll-call of familiar gardens year after year and it is about time they faced some additional competition!

To that end, please start thinking about getting your gardens in tip-top condition for the Spring competition with judging likely to take place in the second week of May with just a single category (A Spring Garden). The Summer competition is judged sometime around the middle to end of July in five categories (large gardens, small gardens, vegetable gardens, hanging baskets/window boxes and children's container garden).

Go on, give it a go, you know you want to! More details later. Keep on gardening.

Colin (Barr)

### SPRING CHEER

It is only a few weeks until the Rusland Spring Show, March 21<sup>st</sup>/22<sup>nd</sup>. All are welcome to take part in entering the many classes for all ages. There is something for everyone. If you have a photo of Spring Action or Water please bring it along or have a go at writing a limerick 'There once was a Cumbrian llama.....'. Plenty for all the green fingered and bakers too. Come and enjoy home-made soup, a cuppa and cake and have a natter. All details are in the schedule inside. We look forward to seeing you.

### CAROLS ROUND THE TREE

On a cold and crisp Christmas Eve, there was a great turnout of folk to sing carols round the tree on the green in Satterthwaite, organised by David and Pat Ham, and Mhari and Grace Elkington-Crabtree. The bucket collection raised a fantastic £195 for the Children's Society, so thank you to all who contributed. And thank you to Gary at the Eagle's Head, for the much-needed warmth, mulled wine and mince pies afterwards!

At John Ruskin School, we help manage the Dorothy Mandall Strong Trust, which has funds available to support higher education for ex-John Ruskin Students. More details are available on the school website at [www.jrs.org.uk](http://www.jrs.org.uk), and applications should be sent to [admin@jrs.org.uk](mailto:admin@jrs.org.uk). If you have any questions please email. Steph Bennett, John Ruskin School

### CWT RUSLAND LOCAL SUPPORT GROUP

Following our coppicing day at Black Beck woods on 17th January, we are planning several events in February and March, but have no exact dates yet. One of these will be tree-planting on a part of the common near Oxen Park. The group and the owner of that part of the common, are lucky recipients of 60 native trees and shrubs from Westmorland and Furness Council's 'Free Trees for Residents' scheme! Look out for our planting days and come and help enhance this lovely area of common. You can also keep in touch with us by:

- Joining the Wild about Rusland Facebook group
- Going to: <https://www.cumbriawildlifetrust.org.uk/rusland>
- Signing up for the CWT Newsletter.

### COLTON PARISH COUNCIL NEWS

Happy New Year and best wishes for 2026 from Colton Parish Council!

A big thank you to everyone who contributed so generously to the Colton Foodbank Appeal. It was greatly appreciated. If you missed our foodbank collection, you can drop off items at most of the local supermarkets, or make an online donation here

<https://cafndonate.cafonline.org/12650#1/DonationDetails>

Assets of Community Value Colton Parish Council has been working with local residents to have some of our wonderful ancient woodlands declared Assets of Community Value (ACV). Recently Glass Knott Wood and Hall Brow Wood have been added to the ACV register.

New Councillor welcomed We are delighted to welcome John Atkinson to Colton Parish Council. Many of you will know John, who is a local farmer. He brings extensive local knowledge and experience of living and working in our community. John joins Abigail and Gail as Councillors for the West of the Parish and Archie and Kevin, who are Councillors for the central ward. There is one vacancy here. Sadly, we still do not have anyone from the East side, which includes Thwaite Head, Finsthwaite, and Lakeside. We would love to hear from anyone who lives or works in the area who might be interested in joining us, contact

[clerk@coltonparishcouncil.org.uk](mailto:clerk@coltonparishcouncil.org.uk)

To find out who is who, see <https://coltonparishcouncil.org.uk/your-council/councillors/>

Our next meetings are:

• 7pm Monday 19th January at Rusland Reading Room

• 7pm Mon 23rd February at Bouth Village Hall.

All welcome! To find out more see

<https://coltonparishcouncil.org.uk/your-council/meetings/> or follow us on Facebook; search for Colton Parish Council, South Lakes.

### RUSLAND COMMUNITY TRUST

We have a small pot of money and in the past we have helped local schools, organised courses such as computer, photography and upholstery and have started clubs such as writing, hand bell ringing, table tennis and orienteering. If you need help or have an idea.

Contact: - Angus - [anguslighthall@gmail.com](mailto:anguslighthall@gmail.com) or Anne - [ruslandannie1@icloud.com](mailto:ruslandannie1@icloud.com)

### DALE PARK RAINFALL

The total rainfall for 2025 was 91.22", almost the same as 2024 which was 93.13". The two wettest months of the year were November (13.76") and December (14.97"). 2025 saw 168 dry days but 2024 had only 132 dry, despite almost an identical annual figure. The first 8 months of 2025 totalled 43" and the last 4 months totalled 48".

Copy date for the March Edition, 20th February  
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 -

### SATTERTHWAITE PARISH COUNCIL NEWS

Satterthwaite Parish Council has combined forces with Hawkshead and Claife to grit all the smaller roads that cannot be done by the council so you will hopefully see a gritter go by at intervals when the colder weather is here. If you have not already sent any ideas regarding the tennis court and playground refurbishment, please send them. We have had good suggestions for new games and equipment so far. If you notice any issues with our local roads including their upkeep or closures, do send them to the email below. Please remember that the new website is now live for the Satterthwaite

Parish Council <https://satterthwaiteparishcouncil.gov.uk> and the new

email: [clerk@satterthwaiteparishcouncil.gov.uk](mailto:clerk@satterthwaiteparishcouncil.gov.uk)

You will find the agenda and minutes here as well as any current consultations. It is still a work in progress and we welcome suggestions of what you would find useful. We look forward to hearing from you soon.

### RUSLAND WITH BOUTH WI

At the December meeting 20 members attended the WI Christmas lunch at Oxen Park Reading Room, lushly decorated by Chris Jackson and Penny Seeds. Chris Jackson asked members to raise a glass to absent friends, mentioning the recent loss of Lynn Sly's mother. Gill Faulding was presented with the Dorothy Ham Trophy for the special item competition and Sue Smith was given the Nancy Butchart Cup for the flower competition. After an excellent Jacobs's Join lunch carols were sung with Meg accompanying on the keyboard and secret Santa gifts were exchanged.

Judy Dent and Sue Brooke jointly won the limerick competition.

A festive tea held at Bouth by the Glitter and Glue group has brought the total raised this year for the Foodbank up to more than £1,000.

The next meeting is at Bouth at 2pm on 20th January, with Jenny Hare giving a talk on The Trager Approach.

Happy New Year to all and a warm welcome to anyone wanting to join us in 2026.

### SATTERTHWAITE PARISH ROOMS AGM

The Annual General Meeting of the Satterthwaite Parish Rooms (charity number 1207275) will be held on THURSDAY 12th MARCH at 11.00am in the Parish Rooms. All residents are welcome to attend. The Agenda will be published on the notice board at least 14 days beforehand. 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 8L or [pandftownsend@gmail.com](mailto:pandftownsend@gmail.com).

### THE PARISH OF SATTERTHWAITE VOL 2

Suzanne Tiplady and Kevin Baverstock have just published "The Parish of Satterthwaite – A Landscape History, Vol 2" of their history of the area. Locals can order a copy of Vol 2 through [kevin@kbaverstock.co.uk](http://kevin@kbaverstock.co.uk)



## CHURCH NEWS

Dear Friends,

We are so lucky to live here, or to be able to visit these parts. The Lake District has long been a place where people sense something greater than themselves. With its wide skies, quiet waters, and ancient fells it invites us to slow down, breathe deeply, and reflect. At first glance, it is the surface beauty that captures the heart: lakes that mirror the changing light, valleys softened by mist, and paths that wind through fields and stone walls shaped by generations. Yet beneath this outward loveliness lies a deeper gift. Our corner of Cumbria offers space — space to think, to pray, and to listen. Away from the noise of everyday life, even a simple walk beside a lake can become a moment of thanksgiving. It is no surprise that writers and poets have been inspired by this landscape. William Wordsworth, who lived much of his life in these parts, believed nature could shape the soul and draw people closer to what is good and true. His words still echo the experience many have today: that creation, in its quiet faithfulness, speaks of its Creator. For a church community, the world around us can remind us of the importance of Sabbath rest. God's world does not hurry. The seasons unfold in their own time, and the land bears witness to patience, resilience, and care. Sheep graze, streams flow, and hills endure — all without striving. Our landscape encourages gratitude. It points us back to the psalmist's words: "The earth is the Lord's, and everything in it." In contemplating such beauty, we are gently drawn into worship, reminded that God's presence is not confined to buildings, but is woven throughout creation itself. John

### CHURCH SERVICES FOR JANUARY AND FEBRUARY

Sunday	Collon	Rusland	Satterthwaite
Jan 18 <sup>th</sup>	Service of Christian Unity Tottlebank	5pm Evensong	
25 <sup>th</sup>	White H.C CW1	11.15 Holy Communion	
Feb 1 <sup>st</sup>	All Age Service	5pm Celtic Evening Prayer	
8 <sup>th</sup>	Green MW		11.15 Holy Communion
15 <sup>th</sup>	No service	5pm Evensong	
22 <sup>nd</sup>	Purple H.C.CW1		11.15 Holy Communion
Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
Jan 18 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
25 <sup>th</sup>	9.30 Holy Communion		11.15 Holy Communion
Feb 1 <sup>st</sup>	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
8 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
	4pm Lego church		
15 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
18 <sup>th</sup>	6pm Ash Wednesday H.C.		
22 <sup>nd</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
Thursdays at 10am Hawkshead Methodist Church 'Time at 10'			

#### BIBLE IN ART

John Dixon will be leading a Bible in Art session on Monday 9th February at 2.30pm in Hawkshead Church, using great art for some reflection. No prior knowledge is needed or expected.

Satterthwaite PCC are very grateful for the kind and generous donation that was given anonymously to All Saints Church, Satterthwaite, in October.

### ROOKHOW NEWS

Thursday 15th January - Winter Social 'Let the light in' for locals in the Rusland Valley- 5pm lantern making 6pm food. Finishes 8pm.

A seasonal celebration of welcoming the light back after the dark Winter nights organised by Kath with some local people. Bring and share supper. Bring a jam jar and a tealight. Donations to Rookhow's Retreat Away Fund welcome. Anyone local musicians willing to offer some background music or anyone who would like to share a poem or story, please get in touch. Contact Kath Becker, Assistant Development Worker- 07572 326440. Email: [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com)

Thursday 26th February 2026 - Cello concert - 'MIGRATION' with Maja Bugge, professional cellist and Ben McCabe, drums. 7pm refreshments. 7.30pm Music. Donations on the door- pay as you feel

The MOOT duo will perform compositions and improvisations from their album 'Together' as well as new tunes featuring the sound of declining seabirds alongside melodies, grooves, repetition and stillness. Website link: [www.majabugge.com](http://www.majabugge.com) To book a seat email Sue: [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com) Tel 07377 971783

13<sup>th</sup>- 15<sup>th</sup> March - Storytelling for Restoration and Connection weekend. A creative development weekend for adults involved or interested in peace and reconciliation, restorative practice and community building with Hannah Moore, storyteller supported by Sue Nicholls. Explore storytelling as a powerful ingredient for peace and reconciliation work and for bringing people together. Suggested donation £150 or pay what you feel. Local people could stay at home overnight and join in the days if they would prefer. <https://rookhow.org.uk/events>

## NEWS FROM THE FOREST

LDNPA will start work in next few weeks to repair and improve drainage on Moor Lane 17<sup>th</sup> and 31<sup>st</sup> January- Orienteering talent scout event. Parking north end of Dale Park and using a small area south of Grizedale Tarn.

1<sup>st</sup> February - Epic Events. Half and Full Marathon, starting and based at the Visitor Centre.

8<sup>th</sup> February - Lakeland Paws, canicross type event based at Visitor Centre using East side of forest.

15<sup>th</sup> February - May 4<sup>th</sup> - Janet Moss & Chris Routledge, Ambleside artists exhibition "Wrestle".

Cumberland and Westmorland Wrestling paintings and photographs.

The new waymarkers should be put in place this Spring so expect to see new signage, new maps and different waymarked bike and walking trails. We are not removing any paths just re-waymarking the existing ones. The trail lengths will change also. Most local people make up their own routes anyhow, so this should not affect anyone who is familiar with the forest.

If anyone would like further info the Visitor Centre number is 0300 067 4495

## OXEN PARK CINEMA CLUB

3rd February - our Winter Supper Special - 'The Ballad of Wallis Island'.

21st February - 'Santosh'

3rd March - 'September 5th' (1972 Munich Olympics).

## OXEN PARK AND GREEN SPARKS WINTER TALKS

(In aid of the Oxen Park Reading Room.)

At the Carthouse Community Cinema 7.30pm. £5.00 plus £1 raffle. Book ahead with Carol

Friday 16th January - Karen Hanks tells us about Riding for The Disabled on the Furness peninsula.

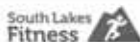


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## SATTERTHWAITE

Slow Vinyasa Flow to:

- Build strength & resilience
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- 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](http://www.satterthwaiteparishroom.org.uk)

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## Yoga for All Beings

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

[oneexhale.co.uk](http://oneexhale.co.uk)

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