



**MARCH 2023**

**297<sup>TH</sup> EDITION**

*This issue is sponsored by Forestry England*

# ***SPRING INTO MARCH***

## **RUSLAND SPRING SHOW**

Saturday and Sunday, 18th and 19th March.

Update - Don't panic!

We apologise to all those under 17 who have planted bulbs for the Spring Show who found that class was not included in the printed Show programme. It is now included as: -

*Class 37 - Children under 17: A pot or bowl of Spring Bulbs of their own choice*" and we look forward to seeing your entries.

There are some great Raffle Prizes, including lunch for 2 at Heft and Sunday lunch for 4 at Cafe Ambio, Grizedale, so be sure to purchase lots of tickets!

For any queries about the Show please email [SpringShowRusland23@gmail.com](mailto:SpringShowRusland23@gmail.com) or text/ call Helen 07881600977.

## **RUSLAND HORIZONS TRUST NEWS**

**Rhody Bashing - Saturday 4th March**

Join us on Saturday 4th March for some rhody bashing at Black Beck Woods, near Bouth. We will be carrying out contion work to help protect the habitats and wildlife of these woods.

Stay for the morning, just a few hours or for the full day, whatever time you can spare! Everyone is welcome and no experience is necessary.

Suitable for children aged 14 years and over. Full details and booking for all our events are on the 'What's On' page on our website. Over the next few months, we have many more events planned so keep checking our website and social media.

<https://www.ruslandhorizons.org/whats-on.aspx>

For any enquiries, including suggestions for events and volunteering opportunities to help support the Trust's activities, please contact [hello@ruslandhorizonstrust.org](mailto:hello@ruslandhorizonstrust.org) Website - [www.ruslandhorizons.org](http://www.ruslandhorizons.org)

## **DISRUPTIONS!**

The next motor rally is happening in the west side of Grizedale Forest on Saturday 11<sup>th</sup> March, so the tracks and footpaths will be closed that day.

Also the road through Grizedale is due to be closed for "works" from Monday 27th February for 18 DAYS! There is no information as to whether it will be open at weekends.

## **WINTER FRIDAY CHARITY PRESENTATIONS**

**THE CARHOUSE CINEMA IN OXEN PARK**

Friday 3<sup>rd</sup> March at 7.30pm. £3 on the door.

Book in with Carol at [crlmcneill@gmail.com](mailto:crlmcneill@gmail.com) or 01229 861507

**DID THE ROMANS CONQUER OR EVEN PASS THROUGH OXEN PARK?**

Ian Smith, a geographer specialising in Roman Britain presents a 'discussion of the evidence for the Roman occupation of southern Cumbria in the way of maps and inscriptions, written history and archaeology'

## **OXEN PARK CINEMA CLUB**

The last films of the season are: -

Tuesday 2nd March - FLEE.

Saturday 18th March - THE COURIER.

Tuesday 4th April - COMPARTMENT NO 6

Saturday 15th April - C'MON C'MON

Book online at: - [oxenparkcinemaclub.org.uk](http://oxenparkcinemaclub.org.uk) and look out for extra shows on Sundays if a film you want to see is fully booked.

Why not have a meal at The Manor beforehand (5.30pm advised) or just bring a drink over to the film of your choice and enjoy a perfect local social evening.



#### **CRAKE VALLEY RIVER VOLUNTEERS**

Coniston and Crake Catchment Partnership  
New volunteers are needed to help monitor and protect the Crake Valley freshwater habitats. If you would like to meet the team and learn how you could make a difference to our environment please join us at our open house event at  
Water Yeat Village Hall  
3<sup>rd</sup> March 6-8pm  
For more information contact: -  
Jayne at [admin@scrt.co.uk](mailto:admin@scrt.co.uk)

#### **RUSLAND & DISTRICT WI**

The WI met in February at the Rusland Reading Room when we were delighted to welcome several visitors, including three men, to hear our own Judi Winterson speaking on the subject of "One Woman's Wardrobe." The room was festooned with many beautiful clothes and Judi told us about her life with fashion and the favourite designers she stocked in her shop in Cheshire.

There was a sales table in aid of the Turkey/Syria Earthquake Appeal which raised £163.

The next meeting will be held at Satterthwaite Parish Room on Tuesday, 21<sup>st</sup> March at 7.30 pm when Jack Elerby will give a talk on "Dark Skies." All welcome.

#### **SATTERTHWAITE PARISH COUNCIL:**

Unfortunately, there is no report of the meetings which took place on 21<sup>st</sup> January and 13<sup>th</sup> February.

#### **DALE PARK RAINFALL**

The January total was 12.42" with 9 dry days (2022 4.12", 13 dry days)

February to 22<sup>nd</sup> is 2.41" and 7 dry days (2022 9.98 and 2 dry days.)

The yearly total is about the same as last year.

Copy date for April edition, 26<sup>th</sup> March 2023. 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)

#### **COLTON PARISH COUNCIL:**

We are pleased to report that our application to renew Stony Hazel Wood as an Asset of Community Value has been confirmed. We continue to support registration of eligible assets and you can find a full list of criteria and currently registered assets in South Lakeland on the SLDC website.

Highway safety remains a much-discussed issue at our meetings and the council is working with Paul Harris, our local PCSO to identify sites for the sighting of Speed Indication Devices (SIDs) to monitor traffic. If you believe there is a spot where SID monitoring would be useful, please get in touch with the clerk at

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

Water quality is also a key concern, and we are supporting the bid for bathing status qualification for Coniston Water. This would provide additional legal safeguards. As many of you will know the Love Windermere project was launched in July 2022. This is the biggest ever cooperation of sectors to tackle challenges in that lake. The partnership is developing a science-based plan to set out a road map for environmental protection that could be replicated across the UK. The parish council will continue to support all initiatives to improve water quality including reviewing planning applications in terms of suitable water treatment solutions.

The Colton Parish Link, which we know is a valuable communication method for the parish, is to be updated to allow for easier creation and circulation of local information. We do not expect any disruption whilst undertaking this changeover so please continue to supply information as before on local events or news.

The next parish council meeting will take place on Monday 20<sup>th</sup> March 2023 at 7pm at Oxen Park Reading Rooms.



## CHURCH NEWS

**Dear Friends,**

**Lent is here. For Christians it's traditionally a period of testing and reflection as we remember Jesus' forty days and forty nights alone in the wilderness. Not quite alone, we're told that there were wild animals and angels who attended him. Lent is then followed of course by Holy Week and Easter. With all that's going on in the world at the moment we might well feel that Lent will have a special resonance this year. People have been experiencing significant testing in a whole variety of ways, both at home and abroad, for some considerable time already and with no quick end in sight.**

**Christians, however, hold on to the message of Easter – that Jesus rose from the dead over 2000 years ago – which we will celebrate afresh on 9 April this year. Jesus' resurrection is the bedrock of our faith and hope in God and this includes hope in the midst of testing, not just when it's over, and this is something we seek to share with others and get alongside them in their time of need.**

**There are both Biblical and contemporary examples of people who find themselves in particularly difficult and challenging situations, and feel desperate, but are then touched by God in some way and things turn round. For example, the disciple Peter who denied Jesus publicly but then he met his resurrected Lord and became a confident and strong leader. Or Joseph of Joseph and Mary. Prior to their marriage, Mary became pregnant and not by Joseph. Assuming she'd been unfaithful his position suddenly felt untenable and the least-worst option seemed to be a quiet separation for both their sakes. Then an angel explains to him that the Holy Spirit had brought about Mary's pregnancy and instructs him to hold firm to his commitment to her. This he obediently does and the rest we know.**

**Life is not easy at the moment. Let's all be supporting one another and provide a listening ear and practical help if possible. May this Lent be a time of reflection and of hope for you.**

**Nick Hallam**

### CHURCH SERVICES FOR MARCH 2023

Sunday		Colton		Rusland		Satterthwaite	
March	5 <sup>th</sup>			5pm	Celtic Evening Prayer		
	12 <sup>th</sup>					11.15	Holy Communion
	19 <sup>th</sup>			5pm	Evensong		
	26 <sup>th</sup>			11.15	Morning Worship		
Sunday		Hawkshead Church		Hawkshead Hill Baptists		Sawrey	
March	5 <sup>th</sup>	9.30	Morning Worship	10.30	Morning Service	11.15	Holy Communion
	12 <sup>th</sup>	9.30	Holy Communion	10.30	Morning Service	11.15	Matins
	19 <sup>th</sup>	9.30	Holy Communion	10.30	Morning Service	10.00	Holy Communion
	26 <sup>th</sup>	9.30	Morning Worship	10.30	Morning Service	11.15	Morning Worship
Thursdays at 10am Hawkshead Methodist Church 'Time at 10'							

### ROOKHOW NEWS

**OPEN DAYS** on the 1st and 3rd Fridays of each month 10am-4pm. Tea, coffee and homemade cakes. Our volunteer guides will be happy to show you around and you can wander into the woods too.

**Quaker Meetings** at Rookhow Meeting House

On the first Wednesday of every month 7.30-8pm and 1st and 3rd Fridays 12.30-1pm. All welcome.

**DAY BOOKINGS** - Rookhow Meeting House can be booked for meetings & day events (Monday-Thursday) and as a base for use of the woodland.

**SUMMER HOLIDAYS** - Rookhow has 6 whole weeks available in the Summer holidays (weeklong bookings Friday-Friday). Please spread the word to your friends and family from away who might want to come and stay in the Rusland Valley. They can hire the whole site- Bunkbarn, Meeting House, yurt, camping and woodland and have the place to themselves! These bookings help us to run the charity and also support the mental health groups who come to stay. We put at least 5% of bookings income into the Retreat Away Fund. Check the website: <https://rookhow.org.uk>

**FUNDING FOR MENTAL HEALTH GROUPS** - Rookhow has supported over 20 groups and 300 people to stay at Rookhow including refugee groups, family support organisations from Barrow, support for those who are long term unemployed, those recovering from drug and alcohol addictions and escaping domestic abuse. Round 5 of the Retreat Away Fund has been launched with a deadline of 15th March. Please contact Sue if you know of a group who would benefit from a subsidised stay at Rookhow or if you would like to donate to the fund.

**Contact: Sue Nicholls, Rookhow Development Manager Tel 07377 971783**

**Email: [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com)**



## HELP FROM CITIZENS ADVICE

**Q.-** I've been offered a new job. The new company wants me to start as soon as possible but we're really short-staffed where I am now and I don't know how soon I'll be allowed to leave. How should I bring all this up with my boss?

**A.-** There are set rules about notice periods. First check your contract, if you have one. If you've been in your current job for less than one month, you won't have to give any notice, unless your contract says otherwise. If you don't have a contract, and your employer has no written record of you agreeing to a notice period, but you have been employed for more than a month, you have to give at least one week's notice. Fixed-term contracts are a bit different, as you won't need to give notice if you intend to leave on the last day of your contract. Leaving before the end of a fixed-term contract usually means giving at least one week's notice, but again check your contract to see if this is different.

Although it may be tempting to hand in your resignation as soon as possible, it's worth waiting until your new employer has confirmed your new employment, for example by signing your contract or by giving you a start date. It's then best to give your resignation in writing (email is fine), so that you have a record of the date you told your employer. You can find guidance on how to do this on the Citizens Advice website, where we have a page on handing in your notice.

Don't forget about your holiday days during your notice period. If you have any unused annual leave, speak to your employer about either taking these during the notice period or being paid back for them in your final salary payment.

Finally, sometimes people can change their mind about moving jobs or find their circumstances alter. If this happens to you, you should speak to your current employer to see what your options are and if you can stay in your current role.

If you face any challenges with an existing or potential employer, contact your local Citizens Advice or visit the Citizens Advice website pages about what to do when you're leaving a job.

Citizens Advice, your local charity, is here for you.

Call 015394 46464 - this is being staffed from 9:30 - 2pm



**RUSLAND READING ROOM**  
AVAILABLE FOR HIRE  
CALL DAVID HOYLE 01229 860390

*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

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



**2x2**  
52 Market St  
Ulverston  
(01994) 409700

**Bespoke Heating Ltd**  
**015395 30326**  
**GAS OIL LPG**  
Based in Haverthwaite  
Over 18 years experience

 **Ex British Gas** 



**S & P Southworth**  
Plumbing & Heating  
Engineers  
Bloomery Barn  
Satterthwaite LA12 8LN  
Tel: 01229 860469/07850983849



**Andrew Stoker**  
Mobile Motor Mechanic

Servicing - Repairs - Breakdowns  
Engine Tuning - Pre-MOTs  
Reliable 24 Hour Service  
Covering South Lakes and Furness  
18 years motor trade experience  
Well Cottage, Satterthwaite  
Tel: Satterthwaite 860292  
Mobile: 07974 316986

**SD**  
**SIMMONS DECORATING**

Interior and Exterior Painting  
Wallpaper Hanging  
Quality Workmanship  
City & Guilds Qualified  
Call Ed for a free quote on -  
07974 746 148

**FORRESTERS**  
**SOLICITORS**

*Friendly advice for all legal problems*  
117 Duke Street,  
Barrow-in-Furness, LA14 1XA  
Tel: 01229 820297  
[mail@forresterassolicitors.co.uk](mailto:mail@forresterassolicitors.co.uk)  
[www.forresterassolicitors.co.uk](http://www.forresterassolicitors.co.uk)