



MAY 2025

320<sup>th</sup> EDITION

*This issue is sponsored by Pat and David Ham, Greystones, Force Forge*

## **BLOSSOM AND BLUEBELLS**

### **EARLY BIRDS**

Fran Townsend spotted a house martin whilst driving though Oxen Park on 5<sup>th</sup> April. Shona Brannigan heard a cuckoo on Sunday evening 13<sup>th</sup> April from Home Farm Cottages at Grizedale and John Walton saw a swallow at Roger Ridding on Good Friday

### **PRINTFEST 2025 AT THE CORO**

Saturday 3rd May 10am-5pm

Sunday 4th May 10am – 4pm

Exhibition and sale of original prints, with a variety of artists and printmaking techniques showing quality work. Come and talk to the artists and find out more about printmaking. Tickets £5 [www.thecoro.co.uk/printfest](http://www.thecoro.co.uk/printfest)  
Available online or on the door.

### **SOCIAL EVENING WITH TALK AND SUPPER**

Satterthwaite Parish Rooms -

Saturday 17<sup>th</sup> May at 6.30pm

Suzanne (Tiplady) and Kevin (Baverstock) are giving their illustrated talk on the Force Forge Bobbin Mills, to be followed by a buffet supper. There will be a pay-bar available throughout the evening serving wines, beers and soft drinks - please bring cash. It promises to be a fascinating evening. Reserve your place @ £10 by contacting Fran Townsend on 860206 or [panftownsend@gmail.com](mailto:panftownsend@gmail.com), by Saturday 10th May please.

### **ULVERSTON BOOGIE NIGHTS.**

Friday 20th June at The Red Rose, Ulverston. Professional DJs playing your favourite Disco tracks from the 70s and 80s. Fantastic light show, competitions for the best outfit and moves. Fun and friendly atmosphere. Great drink prices. Low-cost tickets. A not-for-profit event for St Mary's Hospice. Tickets now on sale: <https://www.trybooking.com/uk/81725>

### **EVENTS IN THE FOREST**

May 3<sup>rd</sup> Biketrebs Demo Day.

May 10<sup>th</sup> British Orienteering Championships (based at Grizedale) Large event with parking in David's field with over 1000 competitors using the East side of the forest and Graythwaite. May 10<sup>th</sup> will be a busy day locally as the Keswick to Barrow Walk is taking place with a water stop at Machell's and The Lap (47 miles around Windermere) starting and finishing at Cunsey. There is also a VE Celebration Day in Hawkshead.

We will be harvesting the area around Bogle Crag. The area north of the Breasty bridleway will also have harvesting work but the bridleway will not close. Work will be starting as soon as we can secure the contractor.

For more information please contact Rachael Morgan, Recreation Ranger Grizedale, Forestry England  
m: 07464 529770

[rachael.morgan@forestryengland.uk](mailto:rachael.morgan@forestryengland.uk)  
[www.forestryengland.uk](http://www.forestryengland.uk)

### **RVHS SUMMER GARDEN COMPETITION**

Now spring has arrived, it is perfect time to be planning for the Summer Garden Competition. Whether your garden is big or small, full of flowers or vegetables it might well be a prize winner!

Judging takes place in July and there is a trophy for the overall winner.

Do not forget there is also a Children's competition for best garden, hanging basket or planted container

We would love more entries so please get gardening!

### **FAMILY ORIENTEERING EVENT**

Saturday May 24th 1.30 - 3.30 from Rusland Reading Rooms. FREE and all welcome come and have a go. Check it out on [www.lakeland-orienteeing.co.uk](http://www.lakeland-orienteeing.co.uk)

#### **RUSLAND WITH BOUTH W I**

The April meeting was held at the Rusland Reading Room when members learnt how a "percher" hat is made and also that a "percher" hat does what it says - it perches on the head! Who knew? There were lots of hats for everyone to try. The walking group had enjoyed a walk at Wray Castle, the very successful craft group meets weekly at Finsthwaite, a photography group is being formed and more visits planned. The next meeting will be held at Oxen Park on Tuesday, 20th May at 7.30 p.m. when we will learn about aromatherapy. All welcome.

#### **OXEN PARK CINEMA CLUB**

We are now at the end of the season and preparing for our new programme starting in September. The new programme will be ready for the Rusland Show.

If you would like to sponsor a film at £25.00 then let Carol know and she can pass on our new film list for you to choose. You will get two free seats of your choice. Our AGM is will be in June (9th or 16th) - look out for the date next month.

#### **SATTERTHWAITE PARISH COUNCIL**

Our next meeting is on 12th May, Satterthwaite Parish Rooms. I am leaving as Clerk. I finish on 30th June and Caroline Brock has agreed to take over from then. We are currently having meetings about a 20mph speed limit in Satterthwaite.

Please look out for the dates of the proposed litter pick and work party to tidy the graveyard.

We have a vacancy if anyone would like to join the Parish Council, please contact [clerk.satterthwaitepc@gmail.com](mailto:clerk.satterthwaitepc@gmail.com)

#### **COLTON PARISH COUNCIL**

Annual Open Meeting. 17th May, Finsthwaite Village Hall from 10:30 to 12:30

Please see April Edition for full details.

For further information email us at [clerk@coltonparishcouncil.org.uk](mailto:clerk@coltonparishcouncil.org.uk). phone 07761 485956

#### **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](mailto:anguslighthall@gmail.com) We look forward to hearing from you.

#### **HELP FROM CITIZENS ADVICE**

**Q. -** I was talking to my mum about the cost of TV licences the other day, and she said she had not bought one for a long time because it was too expensive. Will she get into trouble if she gets caught?

**A. -** Yes, everyone who watches, records or downloads live TV, or BBC iPlayer, on any device (even a phone) must have a TV licence by law. From 1 April 2025, the cost is £174.50 a year. Enforcement officers can carry out checks and visit homes to verify if a licence is needed. If you are caught, you can be prosecuted and fined up to £1,000 plus costs. However, if your mum belongs to certain groups of people, or is struggling financially, there is help available. If she is over 75 and getting Pension Credit, she will receive a free licence. Contact Citizens Advice for help with claiming Pension Credit. Blind or severely sight impaired individuals receive a 50% discount. If your mum is in residential care or sheltered accommodation, there is a concessionary licence of £7.50 – the Care Manager will have information on this.

There is also a Simple Payment Plan, which offers flexible fortnightly or monthly plans to spread the cost of a licence over 12 months. This is only available for specific customers in financial difficulty, but South Lakes Citizens Advice can make referrals. Do encourage your mum to buy a licence or to get help with payments right away, if that is applicable, to avoid a magistrate's court summons.

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)

#### **DALE PARK WEATHER**

The dry weather continues. March total 1.69", by far the lowest since my records began, with 22 dry days. April to the 24<sup>th</sup> 1.91" and 14 dry days.

The yearly total so far is 14.66" and 64 dry days. By contrast 2024 - March 7.53 (6 dry) April 8" (8 dry) and yearly total to that date 35") which makes this year 21" dryer than last year.

## CHURCH NEWS

**Dear Friends,**

John Dixon's very interesting Church News article last month spoke about how the date for Easter is decided. As you know Easter came quite late this year and I'm actually writing this article on Easter Monday with a deadline for the end of the week. With the message of Easter still very much in mind let me say something about hope and also about changed lives.

Hope is at the heart of Easter which is not just a happy ending after the grim story of Jesus' passion and crucifixion, nor should we see it merely as welcome relief after the sombre days of Lent. The resurrection of Jesus from the dead was pivotal moment in history, the start of God's new creation and a fresh beginning. If we take a moment and compare John chapter 20 with the first chapters of John and of Genesis we find a powerful sense of themes being repeated and developed; themes of light and darkness and about having a relationship with God. John 1 speaks of the right of Jesus' followers to become children of God and in John 20 for the first time Jesus describes God as 'your Father' and 'your God'. A new day, a new era, dawned with Jesus' resurrection, twice John tells us that it happened on the first day of the week.

Earlier on, in very human terms and before the crucifixion, the disciple Peter had denied even knowing Jesus and he then wept bitterly for having done so. But that moment of weakness did not need to be the last word and it was not. Following the events around the resurrection Peter was a changed man and he would become a strong leader within the church.

May the message of Easter be an encouragement for you.

Nick Hallam

### CHURCH SERVICES FOR MAY 2025

Sunday	Colton	Rusland	Satterthwaite
May 4 <sup>th</sup>		6pm Celtic Evening Prayer	
11 <sup>th</sup>		11.15 Holy Communion	
18 <sup>th</sup>		6pm Evensong	
25 <sup>th</sup>			11.15 Holy Communion
Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
May 4 <sup>th</sup>	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
11 <sup>th</sup>	9.30 Holy Communion with Baptism	10.30 Morning Service	11.15 Matins
	4pm Lego Church		
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	10.30 Morning Service	11.15 Morning Worship

Thursdays at 10am Hawkshead Methodist Church "Time At 10"

### ROOKHOW NEWS

**EMERGENCY/ RELIEF CLEANER AT ROOKHOW** - During our busy period we may need to call on another relief cleaner when our wonderful cleaners are busy or away. If anyone would be interested in being on our list of available cleaners, please let me know. Pay £14 per hour. Usual turnaround is 4-6 hours. Any day of the week except Saturdays. Contact: Sue Nicholls, Development Manager. 07377 971783.

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

**OPEN DAYS- 1st & 3rd Fridays 10am-4pm.** Free admission with tea/ coffee and homemade cakes. Please let Sue know if you want to come with a group. In the past local history groups, WIs, Mother's Union and reading groups have visited.

**QUAKER MEETINGS AT ROOKHOW** All are welcome to join us for Quaker Meetings for Worship at Rookhow, even if you have not been to a Quaker Meeting before.

1st Wednesdays of every month 7.30-8pm and 1<sup>st</sup> & 3rd Fridays of every month 12.30-1pm

Rookhow's 300th anniversary celebrations: Saturday 7th June - Rookhow will be celebrating its 300th anniversary on Saturday 7th June. 300 years ago people travelled from outlying areas to Rookhow to meet with their wider Quaker community. In the spirit of this, for the 300th anniversary we would like to invite people to travel on foot or cycle from different places to a big Quaker Meeting for Worship, shared simple lunch with an afternoon of speakers and activities.

There will be 3 cycle rides from local Meeting Houses and a walk from Newby Bridge via High Dam. People can also share lifts from local train stations, park close by and walk to Rookhow. Local people from other churches (or none) are especially welcome. For more

info: <https://www.trybooking.com/uk/events/landing/74130?> or contact Sue Nicholls, Rookhow's Development Manager Email:- [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com)

### 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.



## CUMBRIA WILDLIFE TRUST: RUSLAND LOCAL SUPPORT GROUP EVENTS

Our 'Dawn Chorus' Event on 10th May in Stoney Hazel woods is fully booked, but if you are keen to join us should there be any people dropping out, then contact Mandy Lane nearer the event date via [ruslandlsg@cumbriawildlifetrust.org.uk](mailto:ruslandlsg@cumbriawildlifetrust.org.uk). Future events include a 'Moth and Butterfly' event on 29th June at Oxen Park revealing the moths caught overnight followed by a short butterfly walk. Go to <https://www.cumbriawildlifetrust.org.uk/events> to book.

Look out also for our Rainforest Project Events: There is a walk and talk planned for 21st May in Brock Bank and Hall Brow woods – this will be led by Angus Walsh of Cumbria Woodlands and should be a great day learning generally about native woodland management as well as the key rainforest species. Please book via the Trybooking link: <https://www.trybooking.com/uk/events/landing/82925>.

## PERSONAL

We send our sincere condolences to John Park's family, following his recent untimely death.

Copy date for June edition, 26<sup>th</sup> May 2025. Please send to: - Liz Cringle - 01229 860274  
[lizzerc@hotmail.com](mailto:lizzerc@hotmail.com); Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206,  
[pandftownsend@gmail.com](mailto:pandftownsend@gmail.com). Carol McNeill - [crimcneill@gmail.com](mailto:crimcneill@gmail.com)



RUSLAND READING ROOM

FOR HIRE

Contact: Kasey Marshberry  
 Mobile: 07766699990  
 Email: [bookings.ruslandreadingroom@gmail.com](mailto:bookings.ruslandreadingroom@gmail.com)

South Lakes  
 Fitness

RENEE 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

[www.southlakesfitness.co.uk](http://www.southlakesfitness.co.uk)



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



2x2

52 Market St

Ulverston

(01229) 467003

[twobytwinonline.com](http://twobytwinonline.com)



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](http://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.



SCOTT

BERGAMONT

[www.ridebikes.co.uk](http://www.ridebikes.co.uk) 01229 860999

© 2014 Ride Bikes Ltd. All rights reserved.

## 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)