

Monthly Newsletter

SASRA LTD

 June 2025 


*Providing Sporting, Social and
Recreational Facilities for the Local
Community*

What is SASRA.

Welcome to first edition of the SASRA Newsletter which will be issued monthly with information regarding activities within the organisation.

Since the acquisition of the SASRA facilities from the Nuclear Decommissioning Authority (NDA), the Staff, Executive Committee and the various section volunteers are striving to enhance the service currently provided to our members and the community. SASRA currently operate two social clubs, The Falcon at Egremont and the Windscale at Seascale.

Both of these offer social as well as sporting activities within their communities, information on current activities can be found within the newsletter.

I hope you find the information useful and any queries regarding the various Clubs and Sporting Section activities can be clarified by communicating with the respective contacts.

Geoff Turrell
SASRA Chairman

About the Board of Directors

SASRA has a board of 7 directors that volunteer their time to help ensure that the SASRA business runs smoothly. Unfortunately, we have recently lost Sharon Gallagher as one of are representative of the Seascale division of the business. We welcome anyone who is interested in volunteering for the business or becoming a member of the board please email the

General Manager Ellie Dunne at elliedunne-sasra@outlook.com. Along with Sharon leaving, our current Chairman , Geoff Turrell, will be stepping down after 9 years in the position. SASRA Ltd would like to thank Geoff for all his years of service for the business.

In this newsletter you can expect:

About the Sections

Seascale Updates

Egremont Updates

Winners?

Updates on the business

Staff Profile Highlights



What's happening at Seascale?

THE WINDSCALE CLUB

Situated in the village of Seascale, set back off the road by the Cumbrian Lodge and opposite the tennis courts, just a short drive from the Sellafeld site, the Windscale Club is fully licensed.

Don't let the word Club put you off, we are open to all and have a wonderful bar, serving all your favourites at reasonable prices.

Open daily from 4pm, 2pm at weekends.

Come on in and have a drink whilst watching the match on our brand new 100" smart TV- which takes our TV count up to 4!



If the football isn't for you, we have a pool table and 2 dart boards to keep you entertained.

Live music enthusiasts will be pleased to know that we have live music every couple of months in our function room, which is also available to hire out for any parties that you may be wanting to hold.

Check our facebook page for more info on opening times and future events.

We look forward to seeing you !



Tennis Club

Seascale Tennis Club is local friendly club for all abilities and all are welcome.

Our main club social sessions are Sunday and Wednesday mornings 9am- 12pm and Monday evenings in the summer 5pm - 9pm.

Within some of these Sunday sessions we hold a monthly fun competition.

We also run championship competitions and hold yearly run competitions along side a BBQ.



We enter teams into the Men's, Ladies, Mixed and Junior tennis leagues in West Cumbria in the Summer and a mixed league in the Winter, under floodlights, giving players the opportunity to compete against other club players.

We have a LTA Level 2 coach attached to our club providing weekly coaching sessions for children ages 5-16.

We have several training aids including a Lobster machine to enable members to practice and improve their skills.

Everyone is welcome to pop down at any of the sessions and have a game before becoming a member.

For more information regarding our club feel free to email seascaletennisclub@gmail.com

Cricket Club

Seascale Cricket Club are affiliated to SASRA and are sponsored by St Thomas Cross Garage at Egremont. They play their home fixtures at the Seascale Recreational Association (SRA) field in Seascale. The club has three senior teams and a junior teams.

The 1st XI play all their games on Saturdays in the Cumbria Cricket League. The 2nd XI play their games on Sundays in the West Cumbria Cricket League; a midweek team play friendly fixtures on week days. The junior team compete in the Cumbria Junior Cricket League.

New players are always welcome and can contact 1st team captain, Adam Brown on 07541752106 or adambrown1509@hotmail.com; 2nd team captain, Luke Birchall on 07931931774 or luke.birchall@btinternet.com Steve Brown on 07931946316 or s.cbrown@btinternet.com Or Andy Lee on 07415059778 or andylee615@gmail.com



Senior teams' practice on Thursday or Friday evenings.

Junior teams practice on Tuesday evenings and any new players (both boys and girls) can contact Dave Norcross on 07983108661 or norky76@sky.com.

We would love to expand the club; we would particularly like to start a Womens team. We start practising in early April and games start later in the month - Why not come along and say hello and watch a game, you will always be made welcome.

Rifle Club

The Windscale Rifle Club based in Drigg, Holmrook West Cumbria has been on running for the past sixty five years. Originally formed back in the 1950's the rifle club was based on the Windscale Site now called Sellafield around the Calder Hall Area of the site.

Once Calder Hall was being constructed it was said where are we going to put the rifle shooters. A building based on Royal Ordnance Factory Now Nuclear Waste Services site where the club was relocated to.

The rifle club which accommodates junior members from ten years old to adults into their mid-eighties. The club is affiliated to the National Rifle Association (NRA) which is the club's governing body.

Experience of the use of guns isn't necessary to join the club. Every 2nd and 4th Monday of the month we hold an Airgun night which gives people the chance to come and have a go for a small cost of £2.50. This gives people the chance to get the basics of the dos and don'ts of gun handling.



Those that have used guns before but are wanting to get into the sport again the club opens on Sundays, Tuesdays and Wednesday's weekly. The club can accommodate anyone from the novice to the experienced shot. The club has a very relaxed atmosphere and welcomes everyone.

Seascale Community Fitness Centre

At SCFC we aim to create a community feel which makes our gym a very welcoming and relaxed place to workout whatever your fitness ability, age, or fitness objectives.

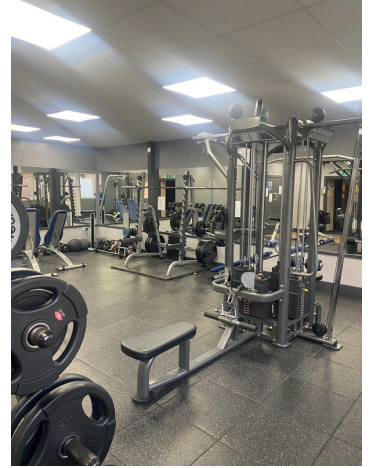
All members are introduced to the gym with a full introduction into the safe use of each piece of equipment and familiarise you with the parts of the body it is designed to exercise.

There is a relatively new weights room that was installed at the back of the gym, this has various equipment ie smiths Machine, squats rack, 4 station multigym, a racks of dumbbells, hyper extension.

We also have a new ski erg in the main gym area.

The facilities include gym lockers
Shower/changing facilities.

There are various Classes run on a weekly basis by our qualified instructors, these classes consist of Core workout, GP referral, HIIT class, Kettlebells, and boxercise, to book these classes they need to download the Gym Sync app,



Windscale Boat Club

Hi everyone. My name is Linda and I am the secretary for the Windscale Boat Club. We are a small club of 42 members and our club is situated on the Seascale Foreshore next to the children's play park. We have been running for the last 50 years.

We have a mixture of young and older members with a wealth of knowledge and experience. Some of our members don't have their own boats but as a very friendly club they love to pop in and have the "crack".

Last year one of our previous members rejoined and has reintroduced fishing competitions and we hope to have our first members boating fishing competition in about a month or so when the weather is more suitable.

We are hosting an open beach competition on Sunday 4th May from 10.30am to 2.30pm. Sign in from 8.30am onwards, with cash prizes for Adults and Juniors.

Even if you don't fish it would be very interesting to come along and have a chat with some of the competitors and see how they are doing and also the walk along the beach will be great for young and old. You could see what they have caught. No old boots we hope 'ha-ha'.

We have had a few raffles draws with all the proceeds going to the local St Bees RNLI. They don't always just include fishing tackle etc. like at Christmas there was a lot of edibles and thirst-quenching prizes. Well worth the ticket cost.

What's happening at Egremont?

Windscale Squash and Fitness Club

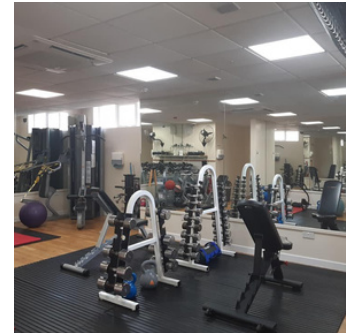
Windscale Squash and Fitness Facility have had a fantastic start to 2025 which include hosting an array of events and making plans for several facility improvements. They have certainly started as they mean to go on!

To kick start the year, five of Windscale's best squash players came together to take on the South African Knights. A tour that takes place every other year, but with the previous two tours postponed due to Covid 19, our club players were up against some

of the best players from South Africa who were on the 25th leg of their 30-game tour. Although there was a defeat for the Windscale team, all spectators were thrilled to witness some fantastic squash and enjoyed a question and answer with the visitors to learn all about life and sporting career to date.

Shortly after our international visit, it was time for Men's 1st team to play in the County Cup semi-final Carlilse C. The team were up against some tough opposition but managed to come through. This sees them now face Carlisle B in the county cup final on 29th March,

good luck to our team ahead of that final! In the league the Men's team top the table with a game to go needing 2 points to take the league title and set up a potential league-cup double. Such has been the interest in team squash this year that plans are afoot to start a second team for the 2025-26 season, watch this space.



Following a survey to all our members, feedback has been reviewed by our staff and committee and after seeking further advice from an industry expert we are hoping soon to start some kit replacement. Our fitness classes remain at full capacity, the requests for additional classes have resulted in the addition of the Flexibility and Build and Burn Classes which have quickly become very popular.

To accelerate facility and equipment upgrade, the club is look at available grants from local community groups and partnerships, hopefully we can gain some funding to accelerate our plans.

You may have noticed some electrical work ongoing in the gym, these upgrades are a precursor to the 5 yearly electrical testing and certification were are legally required to undertake.

We do hope 2025 continues to be a successful year for us following a great first few months and are also ready to welcome new faces to our squash lessons, classes, and facilities. For further information contact the facility reception on 01946 823 130.



Our squash news does not stop there! We are also well underway with our own club competitions where a range of abilities and ages are undertaking matches in our club championships, handicap, veterans, and non-ranked competitions. Racketball has been introduced into the competition programme for 2025.

All finals and presentations of all club competitions will take place on Saturday 5th April. All squash fans are welcome to come and spectate and then join us for the post final prize giving and refreshments in the Falcon club.

Not only have our seniors been successful but also many of our juniors with strong



performances in the County Championships, and Regional Tournaments. A few have also caught the eye of the county selectors and represented Cumbria.

To add to the success of all our events so far this year we also have also managed to raise £855 for our chosen charity of the year ITU STEPS West Cumberland Hospital (WCH). This charity is close to one of members and we will continue to host events until the end of the season to raise further funds for this local charity.

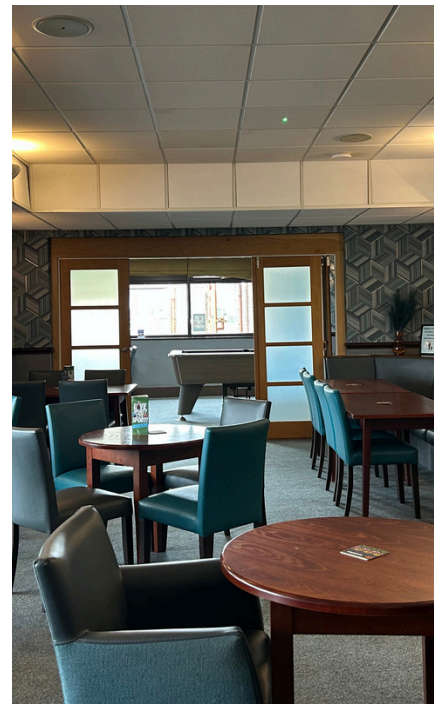
In other news, plans are in place for us to replace some gym equipment and formation of a core areas for all our gym goers!

Falcon Club

The Falcon Club, situated in Egremont offers a warm welcome and a wide range of facilities for members and their families from a quiet place to sit and drink to somewhere to have a family meal or bar snacks from Emma's X Falcon situated within the premises. The Club is easily accessible and has plenty of free on-site car parking.

The club is a fully licensed premises which has bar lounge showing all types of sports, a restaurant and a function room. The bars are well stocked with a wide range of premium on draught lagers, wines and spirits. The restaurant has recently been refurbished and is run by Emma and Chris who own Emma's Bakes.

The club runs a successful loyalty scheme whereby members can collect points on purchases which can be redeemed for drinks or snacks, the points collected are 6p back for every £1 spent. Points need to be used by January 31st of every year. Please enquire about our SASRA Memberships. We also have information on joining the 1,000 club which is a SASRA run lottery. Our lounge has 2 large plasma TV's showing a wide range of sporting events including live Saturday afternoon premiership football and all other live sporting events on both Sky and TNT. In the back lounge area, we have another large plasma tv, pool table and dart board. The club has a pool team who play on Tuesday nights and a men's darts team who play in the league every Friday. We can accommodate small



funerals tea in the lounge area and can hire out the back lounge area for a small private function like a baby shower or a small birthday celebration.



Function Room

Let us help provide the perfect day...

Deciding on the venue for any occasion is an exciting time but can also be stressful so let us help provide you with the perfect day.

The Function Room is available to hire for private functions such as wedding receptions, engagements parties, christenings, birthday parties, funeral teas, etc. It has the seating capacity of up to 150 with its own bar and raised seating area.

The Function Room overlooks the sports field and opens onto the patio area where barbeques can be held. Every Year there is Christmas parties held. To book or enquire about the function room and talk through your requirements please telephone 01946 820421 or contact us on Facebook



Emma's Bakes

Emma opened her door's here at the Falcon in January 2025. Emma's offers a wide range of services and products from teas and coffees to cakes and meals. Emma's also provide buffets for functions held at the Falcon Club and for outside venues too. Emma's X Falcon room is perfect size for a small function from baby showers to wedding anniversaries and other special celebrations. Call the Falcon to book a table or just come on down. Keep an eye on the Facebook for the latest News.

Sub-Aqua Club

The West Cumbria Diving Branch is one of the early branches to join SASRA, when it was formed. The Branch is affiliated to the British Sub-Aqua Club (BSAC), which was founded in 1953 and is the largest and most successful diving club in the World. The Diving Branch benefits from a wide range of volunteer divers and meets weekly in Whitehaven.

As with many Diving Clubs, the Branch no longer benefits from direct access to a swimming pool for sheltered water lessons or try-dives. As such the Branch can only accommodate qualified divers from either BSAC or the Professional Association of Diving Instructors (PADI).

The Branch has BSAC qualified instructors and can provide continuation of diver qualifications through BSAC's Diver Training Programme (DTP) and Skills Development Courses (SDC). The branch will also support cross-over training from PADI to BSAC. The branch has limited equipment for use, but does have several compressors and a RIB, which are all used on a regular basis. The Branch dives at local sites in West Cumbria, together with organised trips both nationally and internationally. The Diving Branch has links with other BSAC Branches both locally and more widely within the UK through it's former members. Divers must be a member of BSAC and SASRA and the branch charges £10/month for Full Membership.

Chairman: Chris Evans

Secretary: Adrian Cooper

Treasurer: Gordon Douglas



Stride entry from a liveboard trip to Scotland (Image courtesy of Charles Potter)



Windscale AFC

Windscale AFC is based at the Falcon Complex in Egremont and is an affiliated sporting section of SASRA Limited.

The Club provides football opportunities to the local community and beyond, catering for children of mixed gender from 5 years of age with a player pathway up to senior level.

The Junior Section are the main heartbeat of the Club. Players from the age of 5 are given the opportunity to experience the game and potentially make new friends

in a non-competitive environment. Children from U-7 up to U-11s are entered into the West Cumbria Youth League. They play football against other local teams such as Whitehaven Amateurs. In the winter months the Junior Division of the Club compete in indoor Futsal fixtures, similar to 5-a-side. This ensures they are safeguarded against inclement weather. These games are arranged utilising Sports Halls at St Bees, Lakes College, Lillyhall and Moorclose Community Centre. The older age groups (U-12s to U-15s) also compete in the West Cumbria Youth League. These older age groups play continuous football outdoor all throughout the season, weather permitting.

Windscale AFC is totally reliant on the group of committed volunteers to ensure the sustainability of the Club. Coaches, committee members and grounds maintenance people and are always on the lookout for further volunteers to assist.

The Club is accredited to the Football Association through its affiliation to the Cumberland County Football Association. This ensures all our Coaches are qualified to FA Level 1 Standard as a minimum. To achieve this standard, Coaches must also meet the requirements for safeguarding and basic first aid through this process. Coaches who engage with minors under the age of 18 are also required to hold an in-date certification on Convention on the Rights of the Child (CRC) and Disclosure and Barring Service (DBS).

Please feel free to get involved.

Juniors -
youthsecretary@windscaleafc.co.uk
Seniors -
windscaleafc@talktalk.net

Angling Club SAC

The SAC was formed in 1979 and has the rights to fish a stretch of the west bank of the River Calder to the north of the Sellafield Site, running from Dukes Way Bridge to Knocking Wood. The rights are secured from the NDA through SASRA of which we are a sub section and it is therefore mandatory that all the people in this sub section are also members of SASRA.

The Calder is a small spate river. Fishing methods are predominately spinning, worm and shrimp, however there are limited opportunities to fly fish using a single handed rod. The season starts on the 1st February and finishes at the end of September for Sea Trout and the end October for Salmon, however the main runs of fish start in July with the best months being September and October.

There is a mandatory catch and release policy for both species on this river enforced by the Environment Agency.

Access to the river is provided by a small car park next to the river which is specifically for Club members.

In addition to the club annual subscription you will also need a Salmon and Migratory Trout Environment Agency Fishing Licence to fish the river.

For further information please contact Peter Cook, SAC Chairman via email: petecook1964@outlook.com



Other Affiliated Sections

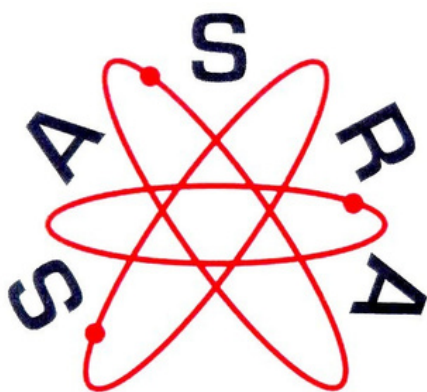
Along with the Windscale Football Club, Sub Aqua Club, Tennis Club, Cricket Club, Boat Club and Rifle Club, we also have an Archery Club which runs from the Falcon Club field. Role Play Club that runs from the Falcon Club every Tuesday.

Any enquires about any affiliated sections or about the general business please email the General Manager at elliedunne-sasra@outlook.com and she can point you in the right direction.

Thank you from SASRA to:

Mrs Lynda Fazakerley for the donation in honour her husband Mr Stephen Fazakerley and Susan Lucas who donated money towards new equipment for the classes she loved participating in before move back to her home village.

SASRA LTD	WWW.SASRA.CO.UK
Falcon Club & Emma's Restaurant Croadella Avenue Egremont CA22 2QN Telephone 01946 820421	Windscale Squash and Fitness Club Falcon Club Croadella Avenue Egremont CA22 2QN Telephone 01946 823130
Windscale Club- Seascale Community Fitness Centre Gosforth Road Seascale CA20 1PJ Windscale Club Telephone 01946 728468 Seascale Community Fitness Centre 01946 727882	



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