

JULY 2025

322nd EDITION

This issue is sponsored by Forestry England

SUMMER DAYS

THE SHOW GOES ON

Rusland Valley is celebrating its 140th Show this summer. Back in 1871, six local farmers and gardeners came up with the idea of holding a small flower show and plant sale - the rest is history and the show has never looked back! Some sports have changed over the years - there's no longer pillow fighting or the 'running high leap', but we have a host of Fell and Track races for adults and children, entered on the day, with cash prizes for adults & trophies for children (8 -16 years). There is also the Tug of War and the fiercely contested infamous Egg Throwing Competition! Schedules are out now with details of all the horticulture, home produce, art and handicraft classes you can enter (pick one up from the box in Oxen Park opposite the Manor House or check out the website).

'We are a traditional show for the community to get together, but we really welcome visitors from far and wide,' says Show Secretary Maureen Boyren. 'We love it when more people enter the show and display their talents.'

Please come along to Cumbria's friendliest show - there is a class for everyone!

This year's show takes place on Saturday August 16th at Whitestock Meadow, Rusland, LA12 8LB. Entry £5 adults £1 children which includes entry to sports competitions and classes.

ruslandshow.org for more details and how to enter. The Garden Competition is judged in mid-July, so please contact Sally Fisher by email sally.fisher072@gmail.com or phone on 007908429342 as soon as possible to register. We would love more entrants in the Group Entry category - this year the theme is 'A Miniature Garden'. Any help on the day or putting up marquees the weekend before would be much appreciated - please contact Maureen on 01229 885300.

CWT RUSLAND LOCAL SUPPORT GROUP

'Bioblitz' Event 17th July

Come and join in on our 'Bioblitz' event in 'Tim's Meadow' on Thursday 17th July, starting at 9.30 am. This is great opportunity to get adults and children involved in examining and listing our local flora and fauna in a beautiful setting in the heart of our valley. Experienced naturalists will be on hand to help find and identify as many different plant and animal species as we can during the day. Booking essential please via our email address:

ruslandlsg@cumbriawildlifetrust.org.uk

EVENTS IN AND AROUND GRIZEDALE

Bike Treks Social Ride - July 1st

Contact Biketreks for information

Conscious Self Pop up Sauna - Machells - 5th July

Demo Day - 16th July - Contact Biketreks

Totally Wild Foraging - 10/13/26th July

Bookings through Totally Wild

UK Challenge - 11th July Team Building event using fire roads on west side of forest

Grizedale Observatory - various daytime and evening events.

For more information please contact

rachael.morgan@forestryengland.uk

JAR FEST 2025 - 19th OCTOBER

Please note the date of this Oxen Park and Bandrake Head fund-raising event to be held on Sunday 19th October. If you are making any jams, chutneys, or other things that come in jars, over the summer, please make extra so that you can enter this inaugural show. Watch this space for further details.

Copy date for August edition, 26th July 2025.

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

RUSLAND WITH BOUTH W I

June's meeting was held at Finsthwaite where much fun was had trying to make paper roses. At the beginning of June we hosted three other WIs - Egton cum Newland, Hawkshead and Coniston to a summer flower demonstration by Joan Bentley, followed by afternoon tea. Music was provided by Peter Brown on his keyboard throughout the afternoon and many were successful in the raffle of Joan's flower arrangements. The walking group are meeting at the South Lakeland Nature Reserve on Walney Island. The craft group has finished their sessions for the summer but will reconvene in the autumn. The next meeting is on Tuesday, 15th July at Nibthwaite for a picnic and a demonstration by Owen Jones on the craft of making swill baskets and a private tour of Sizergh Castle is planned for September. Please visit our website for more news and details of events.

CINEMA CLUB NEWS:

We have now finalised the programme for next season - look out for copies at The Rusland Show - with some of the greatest films from the last 2 years. We are still looking for sponsors and business advertisements (both £25.00) so if you are interested then contact Carol - crimcneill@gmail.com before mid-July.

HELP FROM CITIZENS ADVICE

Q. I have just discovered that my brother has got into debt and is having to use a food bank because he has no money left after his monthly payments. He told me it is because he bought some furniture on a 'Buy now, pay later' deal which he thought was really good, but he did not realise how high the interest payments were going to be when they kicked in. How can I help him?
A. Suggest to your brother that he looks on the Citizens Advice website, or contacts his local Citizens Advice, for help on dealing with debt. He is not alone in being caught out by BNPL (Buy now, pay later) deals - over 10 million people use them but they are totally unregulated. The government itself calls it a "Wild West" situation. Citizens Advice has been campaigning for the past few years for BNPL products to be brought into regulation, and new legislation has now been announced. From next year, BNPL firms will need to follow consistent standards - so shoppers will know exactly what they are signing up to, whether they can afford it, and how to get help when things go wrong.
That means upfront checks to make sure people can repay what they borrow, fairer and faster access to refunds, and the right to complain to the Financial Ombudsman - bringing BNPL in line with other credit products.
In the meantime, encourage your brother to get help, because debt can be managed once you know how to tackle it.
Call 015394 46464 - 9.30am - 2pm, Monday - Friday

COLTON PARISH COUNCIL NEWS

The room was packed for the annual parish open meeting held at Finsthwaite & Lakeside Village Hall with guest speaker Gavin Capstick, Chief Executive of the Lake District National Park Authority. Thank you to Gavin, everyone who came along, who submitted a question and who helped make the meeting a great success.

Gavin talked about the challenges of balancing LDNPA's aims and purposes with the needs of local people and it was good to hear about LDNPA's commitment to tackling climate change. But he was honest about the obstacles, the lack of resources and the limitations of LDNPA's Powers. The way forward seems to be working with partner organisations, including communities, businesses and the local authority. Additional issues raised by people who came along included:

- Tackling social isolation, loneliness and mental health
- Diversifying the local economy to help support our young people and others live, work and thrive locally.
- Improving our roads and lanes - and fixing potholes; please note we can all can report these problems using the link from this webpage
<https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/streets-roads-and-pavements>
- The impacts, positive and negative, of large events on small communities
- Litter and dog fouling

A report from our meeting will be on our website soon. To share your views on these and any other issues that affect local people, please get in touch.

20mph Consultation

Make sure you have your say on this initiative. Go to

<https://www.westmorlandandfurness.gov.uk/> and search 20mph consultation or call into one of the local libraries for details. The consultation closes on 18th July.

New Parish Clerk

We are delighted to welcome our new Clerk, Shelley Muldoon. Shelley has been working alongside our locum clerk, Beth Workman, for the last few weeks and will take over the role from 1st July. The contact details remain clerk@coltonparishcouncil.org.uk or 07761 485956 (email if you can, but if you can't, please phone or text)

Join us at our next meeting 7pm Monday 21st July at Rusland Reading Room. All welcome! Please note we do not have a meeting in August but please come and talk to us at our stand at Rusland Show on Saturday 16th August. See <https://coltonparishcouncil.org.uk/>

CHURCH NEWS

Dear Friends,

As I write, our Music for a Summer Evening concert programme in Hawkshead is well underway. I am struck by what a wonderful variety of musicians and musical styles we are enjoying.

It is very rare to meet someone who does not like music at all. I am sure most of us could name a piece of music or a song which is important to us. Maybe it reminds us of a person or a place; maybe it puts into words a feeling that seems otherwise to be beyond words. Music speaks to something deep inside us. It can transport us in our memories, make us feel happy, or match our sadness. Music is powerful.

There are so many different forms and styles of music that it is only natural that some of them 'speak' to us, and some of them do not. Whatever our preference, music can somehow transcend language, and take us to place of wonder and awe. I believe it is in that place that music points us to God, sometimes even if it was not written for that purpose.

Revelation talks about the music that will be found in heaven; a new and unending song that praises God for eternity. Given the special place music has in our earthly lives, this should be no great surprise. That goosebump-y feeling of amazement and awe you get when listening to a special piece of music is surely a glimpse of what it will be to join the angels around the throne of God, forever singing "Holy, holy, holy is the Lord God Almighty who was and is and is to come!" (Rev 4:8)

Emily

CHURCH SERVICES FOR JULY 2025

Sunday	Colton	Rusland	Satterthwaite
July 6 th	No Service	6pm Celtic Evening Prayer	
13 th	Green H.C. CW1	11.15 Holy Communion	
20 th	No Service	6pm Evensong	
27 th	Green M.W.		11.15 Holy Communion

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
July 6 th	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
13 th	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
	4pm Lego Church		
20 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
27 th	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 - If anyone would be interested in being on our list of available cleaners when our wonderful cleaners are busy or away, please let me know. Pay £14 per hour. Usual turnaround is 4-6 hours. Contact: Sue Nicholls, Development Manager. 07377 971783.

Email- contactrookhow@gmail.com Come up to Rookhow for a look around and a chat.

Quiet days at Rookhow - Thursday 11th September 10am-4pm 'A sense of place'

Monday 17th November 10am-4pm 'Craft and woodland meditation'

Enjoy a day's peace in the tranquility of Rookhow Quaker Meeting House and woodland.

To book a space, email Sue Nicholls contactrookhow@gmail.com

No charge. Donations welcome.

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 - Rookhow continues to be open to the public on the 1st and 3rd Friday of every month 10am-4pm. Come and be shown round the 300 year old Meeting House, take time to wander in the woodland (Rookhow is a member of the Quiet Garden movement).and chat with our friendly volunteers over tea and homemade cakes. All are welcome. No charge. Donations welcome.

Christmas and New Year availability - We have availability in the Bunkbarn over Christmas and New Year so if anyone is planning a big family or friends get together, please get in touch. Sole use (includes woodland). Minimum 2 nights. £390 per night for the Bunkbarn. 7 nights for the price of 6. Up to 16 people. Website: rookhow.org.uk

MUSIC FOR A SUMMER EVENING

A Programme of free Concerts to be held in the Parish Church Hawkshead, Summer 2025

Programme:

Tuesday 8th July 7:30 pm: The Dorian Players A local group of musicians specialising in early music
Tuesday 15th July 7:30 pm: Ken Forster, piano; Faye Bowness, soprano Faye and Ken join forces to present a programme of songs by French composers

Tuesday 22nd July 7:30 pm: Barrow Male Voice Choir A group of men who sing traditional, classical and modern songs in four parts

Tuesday 29th July 7:30 pm: Rombalds Recorders Performing recorder music dating from the Renaissance period to the present day.

Please Note: Entry to the concerts is free but there will be a voluntary collection in aid of the Church, local and national charities.

Tuesday 5th August: Lake District Summer Music – 2 concerts

2.00pm: Two Student String Quartets

7:30pm: Novo Quartet

Please note that these two concerts are ticketed. For tickets and more information visit

<http://www.ldsm>

PERSONAL

Preferably local person wanted to fell youngish Oak tree (approx 30ft high) in Satterthwaite. Tel: Patricia Kirkland 0779 415 5279



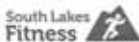
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SATTERTHWAITE PARISH ROOM



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

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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

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