



RUSLAND & SATTERTHWAITE
NEWSLETTER

JULY 2026

333rd EDITION

This issue is sponsored by All Saints, Satterthwaite P.C.C.

A SIZZLING START TO SUMMER !

THE RUSLAND SHOW 2026

Saturday August 15th

Whitestock Meadow, Rusland, LA12 8LB.

Entry £5 adults, £1 children, includes entry to sports competitions and classes.

Schedule and entry details are online at www.ruslandshow.org or available from

Show Secretary Maureen Boyren

at ruslandshowinfo@gmail.com

After a fantastic 140th Anniversary in 2025, the Rusland Valley will hold its 141st Show on Saturday August 15th this year - and we're hoping for another scorcher!

There are a host of Fell and Track races for adults and children, which anyone can enter on the day, with generous cash prizes for adults and trophies for under 16's.

If you've been tending your seedlings, or busy crafting, why not enter one of the many horticulture, home produce and art/handicraft classes... or print off some of your pictures for the photography competition? There's a wide range of children's classes too for ages up to 16 years.

Enjoy the craft and local interest tents and don't forget the Tug of War, the Dog with the Waggiest Tail and the infamous Egg Throwing Competition!

Schedules are out now with details of all the classes you can enter - pick one up from the box in Oxen Park (opposite the Manor House) or check out the website.

We look forward to receiving your entries and seeing you all at Cumbria's friendliest show, situated in the loveliest valley in the South Lakes. There is a class for everyone!

Copy date for August edition 26th July. Please send to: - Liz Cringle - 01229 860274

liggerc@hotmail.com ; Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206, pandftownsend@gmail.com. Carol McNeill -

Summer Garden Competition

A reminder that judging for the RVHS Summer Garden Competition is planned to take place during the week starting 13th July so you haven't got long now to get your entries in. The classes are: 1. Large gardens, 2. Small gardens, 3. Vegetable gardens, and 4. Children's container garden.

Please send your entry to

Colin Barr (cjbarr50@gmail.com or 07870 581535) by Friday 10th July.

CUMBRIA WILDLIFE TRUST:

RUSLAND LOCAL SUPPORT GROUP

A Guided Walk Around Hall Farm, Rusland

Thursday 9th July, 6.00pm - 7.30pm

Join us at Hall Farm, Rusland for a guided evening walk around some of our meadows and pastures. We are a family-run beef and sheep farm, Organic and Red Tractor certified. We farm with nature, looking to regenerate and enhance the soils, water quality, habitats and wildlife found on the farm. We have native breed Red Poll cattle for conservation grazing, meat and breeding stock, and commercial and native breed sheep which we keep for meat and wool. The event will be a relaxed farm walk of no more than 3km, with plenty of opportunities to stop, ask questions and learn more about how we farm with nature. Please wear suitable outdoor footwear. We will wander across uneven, undulating, and sometimes slippery wet ground throughout the walk. No dogs please.

Booking essential via

RuslandL.SG@cumbriawildlifetrust.org.uk

You can keep in touch with the CWT Rusland Support Group by: Joining the [Wild about Rusland](#) Facebook group, Contacting us by email on

RuslandL.SG@cumbriawildlifetrust.org.uk

signing up to our email list (to request this, send an email to the above address), or going to:-

<https://www.cumbriawildlifetrust.org.uk/rusland>

COLTON PARISH COUNCIL NEWS

Bouth Playground The new swings have been installed at Bouth playground, replacing the old ones that had fallen into disrepair. We are reliably informed that some of the younger members of the community have already put them to good use!

Colton Parish Open Meeting Thank you to everyone who came along to the Colton Open Meeting at Haybridge Nature Reserve. Special thanks to Colin Barr and John Atkinson for sharing their knowledge and stories about the area and its wildlife, and to Carole Dickinson for the delicious cakes. It was a wonderful opportunity to meet together, share ideas and discuss matters of importance to our community. Some of the issues we expect to be focussing on in the coming year are:

Emergency planning – supporting residents and communities to be prepared in case of emergencies such as extreme weather, damage to roads and other infrastructure, loss of power or communication networks.

Planning – ensuring that we support 'thriving communities' and fulfil our statutory duty of protecting biodiversity.

Bouth Playground and village green – working with the local residents, who are currently considering all different the options for the future of the village green.

Illegal off-road driving – working with Westmoreland & Furness Council, the Police and other local partners to protect some of our unique and fragile environments that are being damaged by illegal off-road driving.

Recruiting more Councillors! We still have vacancies for the central part of Colton Parish and the East Ward, which is Finsthwaite, Lakeside and surrounding areas. Please get involved if you can; we need your support to make sure we are working for the whole community.

Community Champions At the heart of Colton Parish Council's Emergency Plan is the recognition that many people step up as 'good neighbours' to make sure those of us who need a little more help are not left stranded for example, when the power goes off or local roads are flooded. Now Colton Parish Council is looking to build on these informal networks to help everyone feel more prepared for future emergencies, whatever they may be.

We are looking for people who lead local community What's App groups in the Colton parish area, or people who would like to set one up for their patch. The aim is to have ways of sharing information as quickly as possible in times of emergency. To get involved please email clerk@coltonparishcouncil.gov.uk

Our next meeting is at 7pm on Monday 6th July at Bouth Village Hall. All welcome!

We don't meet in August, but you can catch up with us at Rusland Show on Saturday 15th August. See our website

<https://www.coltonparishcouncil.gov.uk/>, follow us on Facebook and Instagram, look for Colton Parish Council South Lakes or email clerk@coltonparishcouncil.gov.uk

RUSLAND WITH BOUTH WI

At the June meeting WI members and visitors were amazed by the scope and charitable nature revealed in the talk 'Blood Bikes. A life-saving journey'. This is an entirely voluntary organisation which delivers urgent supplies, such as blood, specimens, notes and medicines, between local hospitals and laboratories. They travel mainly on motorbikes, some funded by the service but often on their personal bikes. Making thousands of journeys each year we have probably all been the beneficiary of their wonderful work.

Glitter and Glue craft group are holding a 'Pants Day' making a pair of baggy pants on July 7. The next meeting is in Judy Dent's Garden in July.

Chris Jackson has organised a walk at Wray Castle.

Penny Seeds gave a book review 'Fires which Burn Brightly' by Sebastian Faulks. Set in Ireland, one man's lived experience over many years.

There is a theatre trip to Theatre by the Lake to see Calendar Girls on September 1st.

For any further information please contact Judy at tspeed585@aol.com

SATTERTHWAITE PARISH COUNCIL NEWS

Well, this month marks a year since I began as Clerk to the Parish Council and I cannot deny it has been a learning curve. I have become familiar with many policies, the Local Government Act and accounts! But I want to take this opportunity to thank the Councillors and the community for the support they have given me. Now I have the 'hang of things' a little bit more, it would be lovely to hear from you on what you want us to report more (or less!). Our next Parish Council meeting is July 13th at 7:30pm and then not until September 7th. Do email us at Clerk@satterthwaiteparishcouncil.gov.uk with anything you would like the council to discuss.

GREEN SPARKS NEWS

Join us for the Green Sparks summer picnic, 2-4pm Sunday 5th July on the green by the River Crake in Spark Bridge for the official launch of the new River Crake noticeboard. Bring your own picnic and blanket. All welcome. The village hall will be open in case of bad weather. Get ahead on energy costs Summer is the time to take steps to make your winter energy costs more manageable, protect yourself from the volatility of fossil fuels and improve the efficiency of your home. For advice on how to get started see

<https://energysavingtrust.org.uk/>

<https://www.moneysavingexpert.com/utilities/cheap-green-energy/>

<https://futureproofcumbria.org.uk/>

Add your voice to Friends of the Lake District's litter survey by completing their online questionnaire. Find out more here

<https://www.friendsofthelakedistrict.org.uk/news/litter-and-fly-camping-survey-2026/>

Contact us: -

greensparks.sparkbridge@gmail.com

CHURCH NEWS

Dear Friends,

As I write this, I'm conscious that today, 22nd June 2026, is a date that will be remembered. Keir Starmer has just resigned. Hearing this, President Zelensky has said that Keir will always be a welcome guest in the Ukraine and he offered his gratitude to him for his steadfast support in the war against Russia. Personally, I didn't vote Labour at the last election but, although we may not always agree with our politicians, we should pray for them. I'll be praying for Keir to whom I've have sent a note of thanks and my best wishes for the future.

As we know, it's a very difficult time for many people at the moment, both locally and especially across the world. Interestingly, the Bible passage which I'd already chosen to use in church this coming weekend, also speaks strongly about a challenging time. In this case it was for the early disciples at the hands of the religious authorities but, importantly, it also speaks of encouragement. The passage comes quite early in the book of Acts in the New Testament. Jesus' resurrection and then his ascension to heaven have each taken place and the Holy Spirit has come to empower the early church. The disciples, Peter and John, speak about these things and get quite a following from thousands of the local people. However, the Jewish authorities, feeling very threatened, arrest them and tell them to be quiet. But Peter and John refuse to be quiet, and the authorities, mindful of how much support they had, decide to let them go with a warning. The disciples then went back to their friends, prayed to God and we're told that "the place in which they were gathered together was shaken." The message for us is to be true to our faith and mindful of the needs of others, including our politicians. With warmest wishes, Nick

CHURCH SERVICES FOR JULY

Sunday	Colton	Rusland	Satterthwaite
July 5 th	No Service	6pm Celtic Evening Prayer	
12 th	Green H.C. CW1		11.15 Holy Communion
19 th	No Service	6pm Evensong	
26 th	Green Morning Worship	11.15 Holy Communion	

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
July 5 th	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion
12 th	9.30 Holy Communion 4pm Lego Church	10.30 Morning Worship	11.15 Matins
19 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion (BCP)
26 th	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship

Thursdays at 10am Hawkshead Methodist Church 'Time at 10'

ST PAUL'S CHURCH, RUSLAND

Rusland P.C.C. would like to thank all who attended the June Meeting about the future of St Paul's. All the issues raised at the open meeting continue to be explored.

ROOKHOW NEWS

Meet a Tree' day Thursday 24th September - Booking is now open for an immersive day in Quakers' Wood with Gareth Thomas from Woodmatters. The day will leave you with a deepened understanding and sense of wonder at the trees we all pass every day and don't often acknowledge for how special they are. Please come dressed for the weather and bring a packed lunch. Suggested donation £40. Quakers and non-Quakers welcome. Please book. 10am-4pm with coffee from 9.30am. <https://rookhow.org.uk/events>

Lanequest cycle orienteering event - 67 cyclists met at Rookhow in June for the charitable Lanequest bike orienteering event. Starting and ending at Rookhow, the cyclists had 2 hours to 'clock in' at 30 points in the Rusland Valley. The riders were really grateful for a delicious curry from Simon Brock of Rock Cottage Dining on their return. The event helped to raise money for Rookhow's Retreat Away Fund.

Open Days at Rookhow - Rookhow Quaker Meeting House is open to the public on the 1st and 3rd Friday of each month 10am-4pm all year round. One of our friendly volunteers will be happy to show you around and tell you about the history of Quakers in the area and our current work. We're also part of the Quiet Garden movement so if you'd prefer to wander in the woods on your own or sit in the yurt and have some quiet time, you'd be welcome. Coffee and homemade cakes at 10.30am. Postcode: LA12 8LA.

Quaker Meetings in the Rusland Valley - There is a Quaker Meeting for Worship at Rookhow on the 1st Wednesday of every month 7.30-8pm and on the 1st and 3rd Fridays 12.30-1pm. All are welcome, even if you haven't been to a Quaker Meeting before.

Sue Nicholls, Development Manager Email- info@rookhow.org.uk Tel 07377 971783

DALE PARK RAINFALL

The May total rainfall was 4.89", only slightly less than last year, although interestingly this year had 14 dry days and last year had 21. June to the 24th total is 6.29" and we had to wait until the 12th for a dry day, and so far there have been only 9 dry days. June was very wet in 2025 with about 8" to the 24th and only 8 dry days in the month.

