

## HELP FROM CITIZENS ADVICE

**Q.** I am on a limited income and trying not to spend too much each month. Council Tax seems a big expense. Is there any way I can pay less?

**A.** You might be able to pay less council tax or not pay it at all depending on your circumstances. It is a good idea to contact the council and ask them.

If you are the only adult in your home, you will get a 25% discount. When working out how many people live in a property, some people are not counted - they are called 'disregarded people,' e.g. student nurses. If everyone in a house is disregarded there is a 50% discount. If everyone is a student or severely mentally impaired, you will not pay any council tax.

If you are entitled to a discount because someone has moved out, you are entitled to the discount from when the person moved out, even if you told the council later.

Next, if you are on a low income or receive benefits, you might be able to get your council tax reduced. The council will ask you details about your income and your circumstances, to work out your entitlement. You may also be eligible for additional support if you have reached State Pension age.

Even if none of the reduction criteria apply to you, the council can still make a 'discretionary reduction.' They will normally only do this if you can show that you are suffering severe hardship.

Contact South Lakes Citizens Advice. Call 015394 46464 (9.30am – 2pm, Monday – Friday)

Drop-in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday) or 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)



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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:

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SEPTEMBER 2025

324<sup>TH</sup> EDITION

*This issue is sponsored by the Rusland Valley Horticultural Society*

## “And Summer’s Lease Hath All Too Short a Date”

140TH RUSLAND SHOW – A REAL SIZZLER!

After months of meticulous preparation and perfect weather for the build-up, the stakes were high for this year’s 140th Show. The local press had taken an interest and Show Secretary Maureen Boyren was interviewed on both Radio Cumbria and Radio Lancashire leading up to the big day. No pressure then! Would the weather hold? Yes, another glorious day was forecast. But 24 hours before the show, we were suddenly without a President as Anthony Meanwell was sadly unable to attend at short notice. Maureen quickly contacted Vice-President Jim Bownass, the show’s commentator for 15 years, who had retired from the job just 2 years ago. Jim stepped up magnificently into the President’s role with characteristic enthusiasm and we were good to go – The 140th Show was on!

On the track and up on the fells the temperature was sizzling. The sunshine brought out nearly 70 eager runners for the first event, the Senior 5 Mile Fell Race. Jack Wright, last year’s winner, fought off all challengers to retain the men’s trophy and even managed to finish 43 seconds faster than last year. In the women’s race was Cat Taylor who, to the delight of the crowd, had got engaged to partner Harry at last year’s show during the egg throwing competition. This year she was first in the Women’s 5 Mile Fell Race and then doubled up in the Short Fell Race, winning two brand new awards for female fell runners - The Julia Crowe Trophy and the Yvonne Haddow Salver. To keep his cool, local runner Bobby Gard-Storry, who grew up in Grizedale, ditched his vest and applied his number directly to his chest. It almost worked – he took third in the men’s 5 Mile Fell Race and later even managed second prize in the Senior Egg and Spoon final!

On the track, junior and senior athletes did battle in the heat while the sun-drenched spectators cheered them on and enjoyed their ice-creams. Our very own Adam Crowe was first over the line in the Men’s 400m sprint and was heard confessing, ‘I’ll never get such a good mark again!’ while Carole McNeill aced the Short Fell Race and was the fastest female over 50.

The main marquee looked more splendid than ever as it sparkled in the sunshine. It was full to bursting with exquisite entries of flowers, fruit and vegetables and all manner of home produce and crafts. The floral art was outstanding, with every bloom looking crisp and fresh despite the heat. Spare a thought for our wonderful judges who worked so hard to choose the winners - with 14 Victoria sponges and 18 varieties of unbaked traybake, they had a tough day. In their classes, the children showed off their skills and creativity beautifully too, dispelling the myth that youngsters these days are only interested in their screens - that is certainly not the case in Rusland. Next door, the local interest and craft tents were buzzing. Happy shoppers were buying all manner of treats, artwork, glass, leather, wool and wooden items and also catching up with local organisations about everything that has been going on in the valley.

In the ring, the children paraded in their fancy dress costumes, ‘Anything Beginning with B.’ Two beautiful ballerinas took first and third prize, with a splendid miniature Bob the Builder sandwiched between them in second place. Adam Atkinson, our excellent new commentator, was less mobile than he should be with a pair of recently broken ankles - he kept the crowd up to date from the comfort from the public address system tower, while Jim absolutely loved being back in the ring with the microphone. Pet and owner lookalike was clinched by Pip and 10-year-old Rosie who had fashioned a fabulous pair of ears to match her puppy’s. The dog with the waggiest tail was as hotly contested as ever. Jim judged it with the help of a holiday maker who he selected from the audience so they could run away quickly once the verdict was delivered. But he need not have worried. The prize went to Bailey, led by seven-year-old Hessa, Huge thanks are due to everyone who worked so hard to make the show such a wonderful day - to Maureen, the committee, friends and family and all those who get involved. Two anonymous donors allowed us to increase the prize money for the senior track events this year and their generosity is much appreciated. Plus thank you to all participants, young and old, who ran, threw, grew, brewed, baked and crafted – you are the stars of the show and ensure that its tradition lives on. See you all next year!



**RUSLAND WITH BOUTH W I**  
After the August break our members are looking forward to meeting up again on Tuesday, 16<sup>th</sup> September at 7.30 p.m. at the Oxen Park Reading Room to hear a talk on the Windermere Shore Villas. The craft group re-convenes at Finsthwaite and a walk will take place towards the end of the month. A visit to the Barrow Food Bank is planned.

**OXEN PARK CINEMA CLUB**  
Our new season is under way and we look forward to seeing many of you over the coming months. The programme is up on the website and available from the box under the poster board at The Carthouse. Our September films are 'CONCLAVE' on Tuesday 2nd September, a gripping thriller about the closed world of the election of the pope, then on Saturday 20th September 'WHERE OLIVE TREES WEEP' - a hard-hitting documentary about the ongoing struggles of the West Bank Palestinians: come and take in what is really happening over there. Book at [www.oxenparkcinemaclub.org.uk](http://www.oxenparkcinemaclub.org.uk). We hope to see you soon.

**EVENTS IN AND AROUND GRIZEDALE.**  
Please call the Visitor Centre on: - 0300 067 4495 for details  
6<sup>th</sup> September - Low key evening orienteering  
14<sup>th</sup> September - Gravel Bike Event - Focal Events  
20<sup>th</sup> September - Bike Treks Demo Day - Book through Biketreks  
20<sup>th</sup> September - Totally Wild Foraging - Book through Totally Wild  
21<sup>st</sup> September - Swimrun – running west and east side of forest  
23<sup>rd</sup> to 30<sup>th</sup> September - University group orienteering  
Ongoing roadside tree cutting.

**DALE PARK WEATHER**  
July rainfall totalled 6.37" with 14 dry days (2024 4.52" 13 dry). Last year August was the wettest month of the year with 11.69" and only 7 dry days. What a contrast this year with August rainfall to the 25<sup>th</sup> totalling 2.75" and 17 dry days. The yearly total for this year is 38.83" and 131 dry days. 2024 at this stage of the year was 61.5" and 83 dry days.

Copy date for October edition, 26<sup>th</sup> September 2025. 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)

**JAR FEST**  
Don't forget to make those extra jars of jam etc for Jar Fest on October 19th. Schedules available now from all good outlets (or digital version from [cjbarr50@gmail.com](mailto:cjbarr50@gmail.com) on request) but see last month for the basics!

**THE HIGH ROAD TO DALTON**  
Suzanne Tiplady and Kevin Baverstock have just published a walking guide to this ancient route (created as a coffin road) taken by travellers traversing the moorland fells from Hawkshead to Dalton-in-Furness via Grizedale, Satterthwaite and Bethacar Moor. This pocket-sized, paperback guide is in full colour, 98 pages, price £8.99. E-mail: [info@saetrpress.co.uk](mailto:info@saetrpress.co.uk) for details.

**SAVE THE DATE**  
Saturday 22<sup>nd</sup> November for the next Social Supper in the Parish Room - more details next time.  
Sady there is no Mid-Life Crisis gig in the Eagle's Head this coming November owing to band members having other commitments. Hopefully there may be a date early in 2026.

**TAKE A WALK**  
Friends of the Lake District have brought out a "virtual tour" of the Rusland Woods – it is quite impressive. It just misses Dale Park out although it might be seen in the distance. Go to: [www.friendsofthelakedistrict.org.uk/virtual-tours](http://www.friendsofthelakedistrict.org.uk/virtual-tours)

**CURTAINS AVAILABLE**  
Satterthwaite Parish Room has new curtains, so the previous ones are available free to anyone who can make use of them. To remind yourselves what they look like, go to [satterthwaiteparishroom.org.uk](http://satterthwaiteparishroom.org.uk) and click on the "tour" tab. Fran Townsend has all the dimensions, so contact her if interested: 860206 or [pandftownsend@gmail.com](mailto:pandftownsend@gmail.com)

**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.

**CHURCH NEWS**  
*Dear Friends,*  
*This September is a strange one for me, as Lydia, my daughter, is now heading off to secondary school.*  
*Big changes often give us pause to stop and reflect, particularly on the things and people that are important to us. Life often takes us down expected paths, and we find our priorities and attitudes changing. Sometimes those changes are joyful, sometimes they are painful; and sometimes they are a mixture of the two. Occasionally, we have to decide which friendships we carry forward with us, and which ones were for a season which has now passed. Yet even the friendships we leave behind make a mark on us. We are changed by the way we love and have been loved.*  
*In his first letter to the church at Corinth, St Paul wrote the immortal words: 'Three things will last forever - faith, hope and love - and the greatest of these is love.'*  
*When everything else changes, we can rely on the God of love who does not. His love is unconditional, and is ours for both now and eternity. So, as we face big changes as a family, I am pausing to give thanks for all the ways that love has changed us, and for the fact that, no matter where life takes us next, God's love remains forever.*  
*Emily*

CHURCH SERVICES FOR SEPTEMBER 2025					
Sunday	Colton	Rusland		Satterthwaite	
September 7 <sup>th</sup>	No Service	6pm	Celtic Evening Prayer		
14 <sup>th</sup>	Green H.C. CW1			11.15	Holy Communion
21 <sup>st</sup>	No Service	6pm	Evensong		
28 <sup>th</sup>	Green H.C. CW1	11.15	Harvest Holy Communion		
Sunday	Hawkshead Church	Hawkshead Hill Baptists		Sawrey	
September 7 <sup>th</sup>	9.30 Morning Worship	10.30	Morning Service	11.15	Holy Communion CW
14 <sup>th</sup>	9.30 Holy Communion	10.30	Morning Service	11.15	Matins
	4pm Lego Church				
21 <sup>st</sup>	9.30 Holy Communion	10.30	Morning Service	11.15	Holy Communion BCP
28 <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**  
Quiet days at Rookhow – Thursday 11th September 10am-4pm 'A sense of place'  
Monday 17th November 10am-4pm 'Craft and woodland meditation walking'  
Enjoy a day's peace in the tranquillity of Rookhow Quaker Meeting House and woodland. To book a space, email Sue Nicholls [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com)  
No charge. Donations welcome.  
Support for community groups - Rookhow's Retreat Away Fund subsidies stays for community groups. Already over 1,000 people from 65 groups have benefited, including refugees, people dealing with trauma, abuse and addictions, creative groups and local housing charities. The next deadline is 1st October.  
Please see the Rookhow website for more details: <https://rookhow.org.uk/charitable-work>  
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 & Quiet Garden Movement - 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.  
A reminder that on Open Days, Quakers' Wood is available as a 'Quiet space'. Rookhow is now a member of the Quiet Gardens movement. Just let us know when you arrive that you are here for Quiet Garden time and you will be free to wander undisturbed!  
Christmas availability  
We have availability in the Bunkbarn over Christmas 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](http://rookhow.org.uk)