

HELP FROM CITIZENS' ADVICE

Q. I've recently had to give up work due to a back injury and I'm worried about how I'm going to cope with the drop in income. I'm not sure what benefits I can get - where should I start?

A. To get started, you can use an online benefits calculator, using the details of your current income and expenditure, which will provide a quick idea of what benefits and other financial help you might be eligible for.

The main benefit available for most people of working age over 18 is Universal Credit if you have less than £16,000 in savings. If you're finding it difficult to work because of your injury, you might get more Universal Credit or not have to look for work. Inform the Department for Work and Pensions that you have a health condition when you claim and submit a fit note.

You might be entitled to other benefits. Disability benefits such as Personal Independence Payment aren't means-tested. You may also be entitled to the new-style Employment and Support Allowance (ESA). If you pay council tax, you might be able to get a reduction in your bill. There is also help available if you still don't have enough money to live on, from the government, your local council or a charity.

You can get information on all these topics on the Citizens Advice website. And if you're still not sure, remember you don't have to face this alone – contact South Lakes Citizens Advice. Our advisers can help to check what benefits and financial support you might be entitled to, and help you find a way forward.

Copy date for September edition 26th August. Please send to: - Liz Cringle - 01229 860274 liggerc@hotmail.com. Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206, pandftownsend@gmail.com. Carol McNeill – crimcneill@gmail.com



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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

To advertise in this space

Please contact Clare Farnworth

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AUGUST 2026

334TH EDITION

This issue is sponsored by the Rusland Valley Horticultural Society

HOT NEWS!

IT'S SHOWTIME AGAIN!
It's nearly time for the 141st Rusland Show!
Saturday 15th August 2026
Whitestock Meadow LA12 8LB
Field Opens at 11.30, Events start at 12.20
Admission £5 adults, £1 under-16's – includes entry to sports competitions and classes. More info at ruslandshow.org or pick up a schedule, entry form and green entry labels from the box opposite the Manor House, Oxen Park.

Entry forms to Secretary, Maureen Boyren, Hill Park Farm, Colton, LA12 8HP, 01229 885300 or by email ruslandshowinfo@gmail.com.

Don't forget to enter your produce, flowers, crafts, photos and there is so much, much more...

All Marquee Classes – Enter by Saturday 8th August

Sports – Enter on the Day

There are cash prizes for all adult races, trophies for 8-16 years races and loads of fun races for the under 8's.

Don't forget the Fancy Dress and the Pet Show!

Get your partner ready for the Egg Throwing and gather your team for the Tug of War with £100 cash prize for the adult winning team and £40 cash for the children's team.

If you can help on the day or with putting up/taking down marquees please let Maureen know – THANK YOU

EXTRA JAM?

If you're making jam, lemon curd etc for Rusland Show, why not make an extra jar to enter into JarFest, in October?

PEG LOOM WORKSHOP

Which will be run by The Mad Ruggers
1st October 9.30am - 3.30pm
in Rusland Reading Rooms

This course is kindly subsidised by R.V.C.T. With this support we can offer the special rate of £45pp

For a place or further information, please ring Gill, 07970219464

Anne, 07891899092

Refreshments are included but please bring a packed lunch

OXEN PARK CINEMA CLUB

The website and booking for the new season's films is now up and running. Go to www.oxenparkcinemaclub.org.uk

The first film is on Tuesday 1st September - 'Nuremburg'; followed by 'Late Shift' on Saturday 19th September. A new 'rule' is that members get preference for their choice of seat. So - why not renew or join this year - only £10.00

We'll also be at The Rusland Show on 15th August with the new programmes hot off the press. Hope to see you there.

RUSLAND COMMUNITY TRUST

We have a small pot of money and in the past we have helped local schools, organised courses such as computer, photography and upholstery and have started clubs such as writing, hand bell ringing, table tennis and orienteering.

If you need help or have an idea contact: - anguslighthall@gmail.com or Anne - ruslandannie1@icloud.com

COLTON PARISH COUNCIL NEWS
Meet the Parish Council! We'll be at Rusland Show on Saturday 15th August. Come and have a chat; we look forward to meeting you! If there is a problem on a minor road or lane, including blocked drains, overgrown verges and road signs that need cleaning, we might be able to help. Please contact clerk@coltonparishcouncil.gov.uk and report the issue to the clerk. Our Lengthsman, Archie, will assess what needs doing and if it's safe and practical for him to help, he'll add it to his schedule of work. If not, we can report it to the Council on your behalf. Please note, overgrown verges can be very beneficial to wildlife; we will cut them back when there's a safety problem but may not do so if they provide a wildlife haven.

Other issues we are working on now include: Concerns about pop up campsites where they might create environmental problems or put pressure on local communities. Pop up campsites are not subject to the planning rules that apply to permanent development, so we are not consulted about them; but there are restrictions, such as only being allowed to provide temporary facilities, e.g. port-a-loos, and not being able to lay hard standing. Our policy is to support campsites, both temporary and permanent where there is local support and benefit to the community.

Planning breaches and enforcement. We do not have any powers of enforcement but if local residents are concerned about this, we can work with you to explore the issues and pass them on to the Lake District National Park Authority, the planning authority for our area.

Illegal off roading and environmental damage. We are working with the police and Westmorland & Furness Council to put Traffic Restriction Orders (TROs) where they can be an effective tool to protect vulnerable landscapes.

Management of the East of Lake (east shore of Coniston). We are also working with our partners to ensure local voices are part of the conversation about effective management strategies to ensure access and safety for residents and visitors. Our next meeting is 7pm Monday 7th September at Finsthwaite & Lakeside Village Hall. All welcome!

DALE PARK RAINFALL
June's total rainfall was 6.8" with 13 dry days. (2025 9.97" and 8 dry days.)
JULY- Total rainfall to the 25th is 1.21" with only 3 wet days! (2025 6.5" and 14 wet days. The yearly total so far is 41.18" and 87dry (2025 35.9" and 112 dry.)

RUSLAND WITH BOUTH WI
A lovely sunny evening in July, overlooking a glistening Esthwaite, was enjoyed by 20 Rusland with Bouth WI members in the glorious garden of Judy and Graham Dent. Many thanks to them for providing a welcoming venue for a delicious, sociable Jacob's Join feast. The evening included 2 flower themed quizzes set by Judy and a limerick competition 'There was an old gardener called Fred....'
The speaker at the next meeting will be Maria Benjamin, author and textile artist, aka Lake District Tweed at Rusland on September 15th .
There is a trip to Fairfield Mill with lunch at Sedbergh golf course on October 1st.

SATTERTHWAITE PARISH COUNCIL NEWS
Satterthwaite Parish Council are delighted to now be in receipt of all the quotes required to refurbish the playground. This includes the playground itself, a new shed for storage, an additional small building to be used for community events (for shelter when it rains!), refurbishment of the tennis court and some outdoor gym equipment. We will now be looking for appropriate grant funding.

We are also delighted about the pilot for a bookable bus service 'The Extra Mile' in the South Lakes, and we have sent the necessary information via our Facebook page and the community emails. The app can be downloaded via the following link <https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/extra-mile>.

Please save the date for a community BBQ to be hosted by the Parish Council on the 5th September - please RSVP to the usual email address. We will send further details nearer the time via email. The next Parish Council meeting will be the 7th September 7:30pm.

And finally, as no-one has yet to give any suggestions of what you would like to see in this item for the newsletter, I will finish with a riddle; *what disappears as soon as you say its name?* Send your answer to clerk@satterthwaiteparishcouncil.gov.uk. The person to send me the correct answer first will be announced in the next edition.

NEWS FROM THE FOREST
We have no major events booked in but...

- Tuesdays throughout the Summer Holiday various Family Craft Activities
- Room on A Broom Activity
- Gruffalo Orienteering

Please call 0300 067 4495 for details.

CHURCH NEWS

Dear Friends,
It hardly seems possible that it's been 3 years since I came to join you as a brand-new curate! Curacy is always a fixed, short-term role, and so my time has come to say goodbye. I'm not going terribly far - I'm going to be Vicar of the Benefice of Crosthwaite, Cartmel Fell, Witherslack and Winster (held in plurality) and Priest in Charge of the Benefice of Underbarrow with Helsington (and no, I haven't got a snappier version of this!!)
I've been really grateful for all of the opportunities I've had during my time in the Benefice, and my curacy has been a fantastic beginning to my ordained ministry; one which I will carry with me for the rest of my life. Thank you for welcoming me, sharing your lives with me, and baring with me when I've made mistakes (especially during John's sabbatical last year!) I've loved getting to know you and walking alongside you, and it's been a tremendous joy to lead worship amongst you, and to pray for you as I know you've prayed for me. Most of all, thank you for trusting me with your weddings and funerals - they have been the greatest privileges.
My ordination as a priest in the summer of 2024 was one of the best days of my life - and I'm so glad that the service happened in the Benefice (rather than the Cathedral in Carlisle!). To be ordained here and celebrate ministry surrounded by friends and family was just perfect.
You are all very welcome to join me to celebrate the end of my time here with you at the Benefice on Sunday 30th August... and to celebrate the beginning of my time in Crosthwaite on Tuesday 1st September at 7pm in Crosthwaite (me Kendal!) church.
"Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all." (2 Thes. 3:16)
Emily

CHURCH SERVICES FOR AUGUST							
Sunday	Colton		Rusland			Satterthwaite	
August 2 nd	No Service		6pm	Celtic Evening Prayer			
9 th	Green H.C. CW1				11.15	Holy Communion	
16 th	No Service		6pm	Evensong			
23 rd	Green H.C. CW1				11.15	Holy Communion	
30 th	No Service		10.30	Benefice H.C. at Hawkshead			
Sunday	Hawkshead Church		Hawkshead Hill Baptists			Sawrey	
August 2 nd	9.30	Morning Worship	10.30	Morning Service	11.15	Holy Communion CW	
9 th	9.30	Holy Communion	10.30	Morning Worship	11.15	Matins	
16 th	9.30	Holy Communion	10.30	Morning Service	11.15	Holy Communion (BCP)	
23 rd	9.30	Holy Communion	10.30	Morning Service	11.15	Morning Worship	
30 th	10.30	Benefice Holy Communion					
Thursdays at 10am Hawkshead Methodist Church 'Time at 10'							

ROOKHOW NEWS
VOLUNTEERING AT ROOKHOW - Every Friday we hold volunteer work parties at Rookhow, 9.30am-3.30pm. Friday is turnaround day so it's a chance to maintain the buildings and site in between groups staying. Tasks include DIY, painting, mowing the lawns, taking our invasive species in the woodland, chopping kindling, looking after the yurt, keeping the garage in order and sorting books and games. Some people who come are Quakers but some people are not. Local people have joined to lend a hand and love the team spirit, purposefulness, interesting conversations and of course the homemade cakes! We can provide travel expenses and all material and tools. Please contact Sue Nicholls, Development Manager Email- info@rookhow.org.uk Tel 07377 971783.

'MEET A TREE' DAY Thursday 24th September -Booking is now open for an immersive day in Quakers' Wood in September 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. <https://rookhow.org.uk/events>

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