

OADBY HILL WALKING CLUB NEWSLETTER



May 2024

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Club Membership Subscriptions Due

Club membership is now due. The annual membership subscription is £15, or a lower pro rata payment if joining mid-year. Can all members wishing to renew their membership please pay their subscription fee into the club's account before the end of **May 2024**.

Members will also need to fill in the Membership and GPDR forms that have been emailed to all members in the last month and send them back via the club's email at ohwcmil@gmail.com please.

The key benefit of membership is that members are covered by the clubs Public Liability policy, which means that in the unfortunate event of an accident and subject to a successful claim, they may benefit from a compensation payment. A key element of this insurance is that members are also covered if they accidentally cause injury to a third party or another club member.

Tick Season Information

What are ticks?

Ticks are small, spider-like creatures. They feed on the blood of birds and mammals, including humans. Ticks vary in size and are usually between 1mm to 1cm long. They have either 6 or 8 legs.

When is tick Season

Tick season is usually between March and October, but it may last longer. This is because wet weather and warmer temperatures make ticks active for longer in the year.

You should be aware of ticks all year round. This is because some symptoms of a tick bite, including inflammation, can take 2 to 3 months to develop.



Where can they be found?

Ticks feed from a variety of mammals and birds, including squirrels, deer, sheep and garden birds. This means they're usually found in areas with these animals, like:

- woodland
- moorland
- grassy areas
- gardens
- parks

Ticks don't fly or jump but climb on to animals or humans as they brush past.

Symptoms of tick bites

Tick bites aren't usually painful, but they may cause a red lump to develop where you were bitten. In some cases, tick bites may cause:

- Swelling
- Itchiness
- Blistering
- Bruising

Ticks in England can carry infections, including Lyme disease and, very rarely, tick-borne encephalitis (TBE). Ticks can be active all year round, but they are most active in the months April to July, and sometimes later in the autumn. Activity does continue over the winter months but at a significantly reduced level.



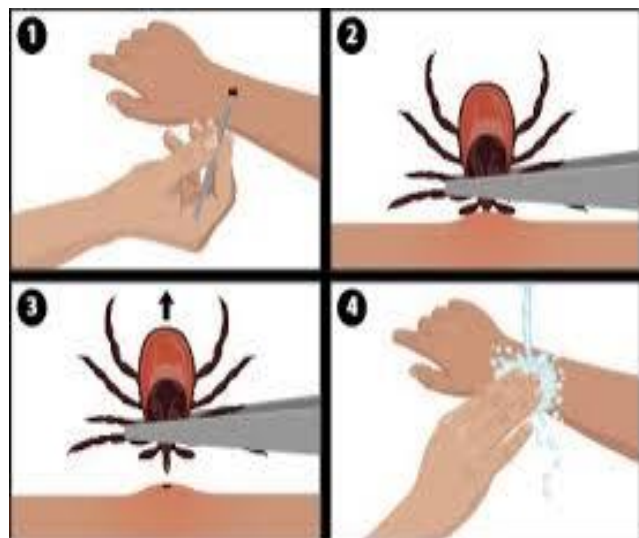
Preventing tick bites

- Keep to footpaths and avoid long grass when out walking
- Wear appropriate clothing (long-sleeved shirt and trousers tucked into your socks)
- Wear light-coloured fabrics that may help you spot a tick on your clothes
- Use insect repellent on exposed skin
- Check your skin for ticks
- Check your children's skin for ticks, especially the head and neck areas, including their scalp
- Make sure ticks are not brought home on your clothes
- Check that pets do not bring ticks into your home in their fur

How to remove ticks

If you've been bitten by a tick, it will attach to your skin. You should try to remove it as soon as possible. This helps to reduce the risk of getting a tick-borne infection, like Lyme disease. You should:

- Use a tick removal device or fine-toothed tweezers to gently grip the tick as close to the skin as possible.
- Pull steadily away from the skin without crushing the tick.
- Wash your skin with water and soap afterwards.
- Apply an antiseptic cream to the skin around the bite.





Many pharmacies and outdoor stores sell tick removal devices. These are useful if you often spend time in areas where there are ticks. If the tick's mouthparts break off in the skin and cannot be removed, this may cause irritation. However, they should fall out naturally in time.

Holiday Let, Aberporth, Cardigan Bay

Adam Wakley has a holiday let in Aberporth, Cardigan Bay. The West Wales Holiday Cottages website [here](#) has photos and more information.

Adam is willing to let it out to club members with 15% off the rates advertised on the West Wales Holiday Cottages site if it is booked directly with Adam and not online.

The let sleeps up to six people in three rooms with great coastal walks two minutes' walk from the front door.

Lost Property

There have been a couple of items left behind on the coach after our Monthly Walks in the last couple of months. They are:

- Black Fleece with a National geographic Motif on the left breast – found after May's walk
- A snood with mountain scenery print – found after April's walk.

If any club member believes any of these items belongs to them, please contact the club using the club email to claim your property.

May's Local Mid-Month Walk

Sunday 26th May, to Tilton-on-the-Hill

Led by Alison Beckett

Meet outside Rose & Crown pub on Main Street in Tilton LE7 9LF for 10am start. There is street parking close by.

Circular route, taking in Owston, Somerby and Burrough-On-the-Hill.

Approx 12 miles with 1450 ft of ascent & descent.

Please Contact Alison on 07557 199247 if you are wanting to go.



May Walk Report, by Kaz Humphries

Sunday 12th May to Chipping Camden

We started as ever with an incline up to a field where we found a chap on a ride on mower. Once we had startled him, he told us of how the right of way was established in around 1420. This was to provide a way through to Blockley. The reason being that the local had been banned from performing burials due to pocketing the money for the ceremonies.



On completion of the said path we arrived at Blockley where we sat in the church yard and visited a cafe toilet gratefully! On leaving Blockley we headed through the lovely village coming across a fallen finch fledgeling.



We crossed several wonderful buttercup bedecked fields, as sight to behold and our boots ended up covered in their pollen! Talking of boots. Poor Nigel was suffering with “I need new boots” syndrome; top tip was tightening your laces and stuff them with bits of wool. The local grazing sheep obliged here!

We were able to tell him that he will get a marvellous discount at Cotswold Outdoors as a member of the club!). The top of that field seemed a fitting place for lunch. After satisfying our appetites we headed on by the side of beautiful woodland towards Broadway tower with its fantastic panoramic views towards the Welsh borders and the Malverns. (A nice cafe there too and not forgetting another grateful toilet stop!).

Onwards, we went on the final stretch of our lovely walk through bluebell woodland to the quant town of Chipping Camden.

A walk through to the bus as a motorbike cavalcade of all sorts of grand designs rode through one by one. There the pub served marvellous refreshments of real ale cider and stout yum!



Next Monthly Walk: Clee Hill, Shropshire

Sunday 2nd June

Coach departs: Oadby Central Car Park (adjacent to the Trinity Methodist Church) at **8.00am sharp**.

Please note the coach will leave the pub at 5.30pm.

Coach Route: M69, M6 J10, A454 to Bridgenorth, B4364 left for Clee Hill, A4117

Boot stop: Corley Services

Pub: The Cross on the Hill, Clee Hill, SY8 3LZ

Map: [OS Explorer 138 1/50000](#), Kidderminster & Wyre Forest



Walk Leaders:

- C. Birch (long walk)
- K. Pochin
- G. Mattock
- J. Bastow (short walk)
- M. Wilcox (short walk)

Booking Trips: When booking onto monthly and mid-month walks, please **only** use the club email rather than phone, text or word of mouth.

Coach Fare: Preferably by BACS to the bank details given at the end of this Newsletter.

From May 1st, 2024, the Coach fare has increased to the following amount per person:

- Adult Members and Guest **£18**
- Junior/Student Members **£12**

Cancellations - members and guests

- Cancellations up to Tuesday Midnight before the Sunday walk - no penalty.
- Cancellations thereafter - full cost of the bus fare due.

Prospective Walkers

If you have not put your name down on the last coach trip, please contact ohwcmil@gmail.com to book a seat on the bus this month, prior to making a payment. You will receive a reply confirming the availability or otherwise of a seat. Please note that it is first come first served.

If you delay booking, you may not get a seat. Please do not turn up without booking and receiving confirmation that you have a place. You must book a place on the coach in advance, or you may not be allowed on as it picks up at various places on the ring road members who have already booked a seat.

If you wish to be picked up, at other places than the Oadby Car Park, please mention where when booking and please be aware that very occasionally another Orbit coach may go past before ours arrives.

Walk Reminder

Please make sure that you are carrying your completed Club Safety Form in the top of your rucksack - it could help you in a difficult situation. N.B. Don't forget to keep the form up to date. The form is available on the Club Website [here](#).

Walk Route Map

Please go onto the News section of the Club website [here](#) a few days before the monthly walk, to see a map showing the walk routes. Hopefully, this will speed up selecting your walk when signing up on the coach. The club has four OS maps available for Walk Leaders to use when leading walks.

Boot/Toilet Stop

Members are urged to keep the time taken at the boot stop to a minimum. At the end of the walk members should change their footwear and place dirty boots and rucksacks in the luggage locker before getting onto the coach, thus avoiding any congestion and mud in the coach.

Please do not wear dirty boots on the coach.

Those getting off the coach at Fosse Park and the Ring Road, may alternatively put your dirty kit into a plastic bag and then take it onto the coach; thus, negating having to search for your gear in the bus luggage lockers.

Essential Wear

Members and guests must be suitably equipped. As a minimum this must include:

- Suitable walking boots
- Waterproof coat and over-trousers
- Warm clothing
- An appropriate rucksack.
- Food and drink for the whole day
- A First Aid Kit is recommended.

N.B. Jeans and, or trainers/sandals are NOT suitable.

If you are not properly equipped for hillwalking, you may not be able to participate.

Only Registered Assistance Dogs are allowed on club walks, except on mid-month walks at the discretion of the Walk Leader.

Future Club Events

Snowdonia Trip 26th to 28th July 2024



Geoff Mattock has volunteered to lead a club trip to Snowdonia in Wales, staying at the Dolgam campsite [here](#). The campsite has spaces for tents and motorhomes with electric hook-up if required.

There are shower and ablution facilities on site. Dolgam also has B&B facilities, as well as 'Chicken Coops'. All details on the website above.

Can anyone interested in this trip contact the club secretary so we can have a record of numbers please.

Butterfly Walk with Colin New – 31st October 2024

General Information

We've heard about the impact Climate Change is having on nature, so Colin is keen to raise some money for Butterfly Conservation, the charity which works hard for our Butterflies and moths.

Colin always wants to see butterflies floating across our landscapes on our walks in warmer months and in our gardens - imagine life without them? Many are in decline.



Colin New is a volunteer for Butterfly Conservation, he shares two transects and have a third transect in the woods near to him which he does alone (A Transect is a walk/route, walked every week between 1st April – 31st Oct, all butterfly sightings are recorded and sent to Butterfly Conservation where they become part of the UK statistics).

Butterfly Conservation record all the sightings their volunteers report as a national record. There is a national shortage of transect walkers, especially in the Market Harborough area so please ask Colin should you want further information.





The Walk

On 31st October Colin is inviting any OHWC club members to a nature reserve managed by the Leicestershire and Rutland Wildlife Trust, in the summer to look for butterflies, you will be able to identify them and be able to take photos, all free of charge. Afterwards Colin will take you on a walk (the mid-month walk).

If interested, please donate a minimum of 50p to Butterfly Conservation [here](#) (or give cash donation to Colin New) and inform OHWC of your interest in this trip by [email](#) (it is not necessary to write what you've donated). Colin will collect any donations as well, adding £50.00 of his own money, handing it to Butterfly Conservation. Colin promises to inform the OHWC how much he has collected.

Leicester Three Peaks

The committee has proposed that we tackle the Leicester Three Peaks at some point this summer. More details to follow.

Via Ferrata

Another possible trip being thought about is to visit Via Ferrata Xtreme at Honister Slate Mine in the Lake District. More information can be found on the Honister website [here](#).

Details to follow.



Evening walk around Rothley

It is proposed in either May or August, we have an evening walk around the village of Rothley culminating in a slap up meal at the fish and chip shop.

Almoner's Report

If anyone knows of any member who is poorly or unable to walk for any reason, please let one of the committee members know.

Safeguarding

The OHWC Safeguarding Policy and Guidance document is on the club website at <http://oadbyhwc.com/safeguarding>.

If anyone has any safeguarding concerns that involve the club, club activities, or club members, report in confidence by email, any safeguarding concerns to the club at OHWCsafeguarding@gmail.com.

Cotswold Outdoors Discount Card for Club Members

Once again, Cotswold Outdoors has allowed all Club members to apply for a Discount Card. This discount is for the personal use of club members only and must not be shared with others.

Club members benefit from:

- 20% discount in-store and online,
- Expertise, advice and guidance,
- Sustainability services,
- Explore More membership.

OHWC discount

OHWC Club Members will receive a 20% discount on full-priced items (excludes electronics and selected lines) both in-store and online with Cotswold Outdoor, Runners Need and Snow+Rock. The code to use is **AF-RAMBLERS-E9**.

This discount is strictly for personal use only and must not be shared with non-club members. Cotswold Outdoors reserve the right to amend or cancel it with immediate effect if they find this code has been leaked to unauthorised persons in any way.

Explore More

Club members will need to be signed up for their free Explore More benefits scheme to use the discount. This comes with its own benefits such as a 3-year extended warranty, a 100-day returns policy, Price Match Promise and much more! Members can sign up through any of the following brands:

- [Cotswold Outdoor](#)
- [Runners Need](#)
- [Snow+Rock](#)

Expertise, advice and guidance

The best way to tap into their outdoor expertise is for Club Members to book an in-store appointment at Cotswold Outdoor, Runners Need or Snow+Rock. These ensure one of our store specialists is on hand to help you get the best kit for your adventure.

Alternatively, Cotswold Indoor have a whole host of blogs online in our Advice & Inspiration areas. These include kit guides, itinerary ideas, inspirational stories and suggestions on how to be more sustainable. You can find these below:

- [Cotswold Outdoor](#)
- [Runners Need](#)
- [Snow+Rock](#)

Sustainability Services

For us the outdoors is everything, and across our three brands, we do everything we can to look after it for generations to come.

As a company, Cotswold Outdoors are working to become more sustainable, and they want to help their customers do their bit too. The services they offer to help with this are available across all their stores:

- [Make The Right Choice](#)
- [Care and Proofing](#)
- [Recycle My Gear](#)
- [Recycle My Run](#)
- [Our planet](#)

Monthly Club Meetings

Unless otherwise stated in this Newsletter, monthly club meetings are held on the Wednesday following the Sunday coach walk at the Wigston Conservative Club, 38 Long Street, Wigston, Leicester, LE18 2AH at 7.30pm. All club members are welcome.

Club Media and Bank Details

Website	http://oadbyhwc.com/
Email	ohwcmal@gmail.com
Safeguarding Email	OHWCsafeguarding@gmail.com
Facebook	Oadby Hillwalking Club group
Instagram	Oadby Hillwalking Club
Bank Details	Barclays Bank
Account Name	OHWC
Account Number	50124990 Please quote surname and month of walk (i.e., Smith July)
Sort code	20-49-08

OHWC Committee 2024 – 2025

Chair	Martin Beckett	07748 674223
Treasurer	Martin Beckett	07748 674223
Club Secretary	Clare Savage	07818 185506
Membership Secretary	Mike Hewitt	07484 731419
Walks Co-ordinator	Geoff Mattock	0116 239 5381
Social Events & Media	Elaine Leaper	07930 122030
Newsletter Editor	Tim Akers	07855 969183