

OADBY HILL WALKING CLUB NEWSLETTER



July 2025

Table of Contents

Club Announcements	2
Walking Routes.....	2
Walking Boots	2
Coach Etiquette	2
Walk Leaders	2
Medical ID App for iPhone and Android mobiles	2
iPhone Set-up	2
Android Set-up	2
Almoner's Report.....	3
Fern Barrell	3
Elaine Akers.....	3
Charitable Endeavours	3
Walking for Barb: Rutland Water - Sunday 17 th August 2025	3
Dancing in the Streets in aid of LOROS - 26 th July 2025	4
June's Local Mid-Month Walk	4
July's Walk Report,	5
Next Monthly Walk: Bromyard, Herefordshire	7
Coach departs.....	7
Coach Route	7
Boot stop.....	7
Pub	7
Map.....	7
Booking Trips	7
Coach Fare	7
Cancellations - members and guests	7
Prospective Walkers	7
Walk Route Map	8
Boot/Toilet Stop	8
Essential Wear	8
Cotswold Outdoors Discount Card for Club Members	9
OHWC discount	9
Meetings.....	10
Safeguarding	10
Club Media and Bank Details.....	11
OHWC Committee 2024 – 2025	11

Club Announcements

Walking Routes

Can all club members look at the walking routes available [here](#) prior to joining each month's coach trip, so the walk list can be passed round the coach more efficiently please. Each month's walk routes are put up on the club website in the week before the monthly walk.

Walking Boots

Club members are reminded that when joining club walks, they must wear walking boots with ankle support. The only exception to this rule is if club members have a valid medical reason for not wearing boots with ankle support.

Coach Etiquette

Can any club members who wish to listen to music on the monthly coach trips, wear headphones so their music isn't a distraction to other club members.

Walk Leaders

The OHWC are desperately short of walk leaders for our monthly coach trips and mid-month walks. If any club members would like to be considered for this worthwhile role, please get in touch with either Adam Wakley on 07720 328700; or email the club at ohwcmail@gmail.com. No previous experience is necessary and full training will be given.

Medical ID App for iPhone and Android mobiles

We all know that accidents will never happen, unfortunately sometimes they do!

If you have an accident the first person to help you will probably be a friend / walk leader, a passer-by or maybe someone from Mountain Rescue. To help the first responder it is useful if they have some knowledge of your medical background. Are you diabetic? What is your blood group? Do you have any allergies? Do you have a pacemaker? Are you on medication?

Answers to all these and more can be placed on your digital Medical I.D. and stored on your phone. In the event of an emergency it can save time. Medical ID. is available as soon as your phone is switched on – there is no need to know any security codes. You can store any information you wish such as store your blood group, medications, NHS number, emergency contact and details of your GP's surgery.

iPhone Set-up

On an Apple iPhone, the Medical ID. is within the 'Health' app (a white square with a red heart on it). Details on how to set up your Medical ID on an iPhone can be found [here](#).

Android Set-up

For Android or Google phones, Medical ID can be set up [here](#).

Almoner's Report

Fern Barrell

Many club members will know Fern Barrell and may have wondered why she hasn't been joining us on our walks in recent months.

Fern contacted the club last year to inform us that she was involved in a very nasty car accident in June 2024. This accident left Fern with some very serious injuries; multiple fractures, including a broken femur.

She has recently emailed the OHWC with an update on her condition:

I'm really sorry but I don't think I'll be able to walk with the club for a while yet so won't be renewing at the moment. I still have some difficulty with walking on flat surfaces on a walk longer than about 4 miles and learnt this week that my fracture has not actually healed. It's the fixation that's been inserted that's giving me the level of stability I have. I'm very disappointed. The other driver is due at crown court next week on a charge of careless driving causing serious injury. Hope everyone at the club is well.

I am sure that all club members wish Fern a speedy recovery and are looking forward to her re-joining in club activities once she has regained her health and fitness.

Elaine Akers

Some club members may be aware that Elaine's eldest brother Steve sadly passed away after a sudden illness on 10th July 2025 at LOROS. He was only 68 years old and left behind his wife Karen, and children Claire and Daniel.

Steve was an avid mountaineer and hill walker, climbing many peaks both in the UK and overseas. He led a walking club in the Leicester Forest East area until recently.

In his memory, Elaine and her husband Tim will be raising money for LOROS this month and will be doing a MacMillan Mighty Hike of 26 miles around the Gower peninsula for MacMillan Cancer Research next July.

Details of their charity endeavour for LOROS are in the Charitable Endeavours section below.

Charitable Endeavours

Walking for Barb: Rutland Water - Sunday 17th August 2025

Club members will remember that Geoff Mattock's wife Barb sadly passed away last year, and, in her memory, Geoff organised a 16-mile charity hike around the Leicestershire Three Peaks which was very well attended by club members, raising over £1400 for Cancer Research UK.

This year, Geoff is organising a 22-mile charity walk around Rutland Water on Sunday 17th August. Details to follow about which charity and sponsorship details.

Any club member interested in joining Geoff on this endeavour is to contact the club by email at ohwcmail@gmail.com.

Dancing in the Streets in aid of LOROS - 26th July 2025

On 26th July 2025, Elaine and Tim Akers are doing a 10km Twilight Walk alongside other family members in memory of Elaine's brother, Steve Harrison who until recently was receiving end-of-life care at the LOROS hospice in Leicester and sadly passed away there on his 68th birthday on 10th July 2025.

We will be joining hundreds of others celebrating the lives of loved ones who have been cared for at LOROS.



This year is LOROS' 40-year anniversary, so this year's Twilight Walk has an 80's theme. So, look out for them in their rara skirts and Steve Strange makeup!!

LOROS is a charity whose aim is to enhance the quality of life of adult patients with cancer, progressive neurological conditions and end-stage organ failure for whom curative treatment is no longer possible. Patients are treated at the Hospice and in the community based upon clinical need, regardless of background and the ability to pay.

If any OHWC members wish to sponsor Elaine and Tim, please visit their JustGiving site at: [Dancing in the Streets for Steve in aid of LOROS](#).

June's Local Mid-Month Walk

Bradgate park Sunday 20th July – with Adam Wakley

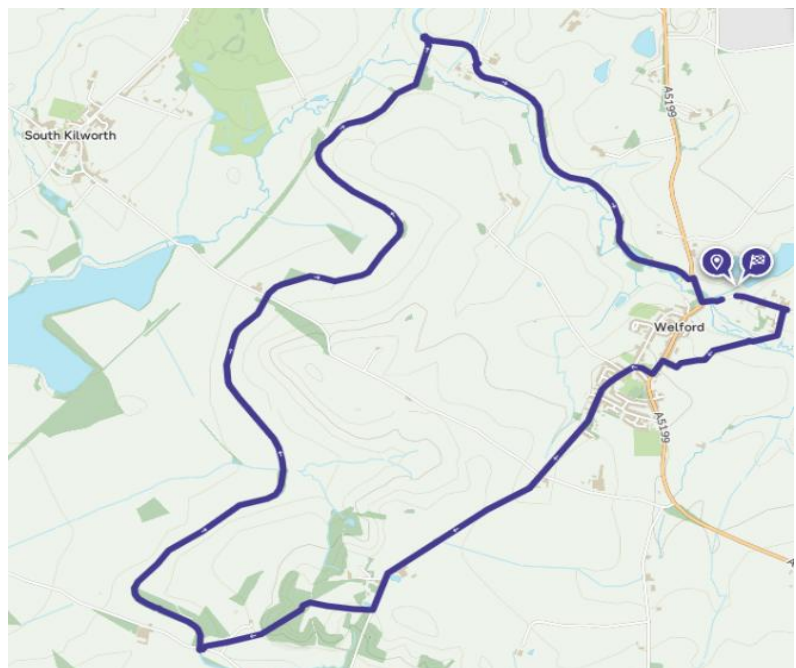
Adam Wakley has volunteered to lead a mid-month walk on Sunday 20th July. The walk will start at Welford / Sileby Reservoir car park at 09:30.

The walk is approximately 9 miles long, with an elevation of 90 metres.

The route Adam has proposed is to the right. If anyone would prefer to walk a shorter distance, they could meet the group by walking along the Welford Arm to meet the group in the other direction.

Bring a packed lunch and have a pint in the pub after if you so wish.

Anyone interested in doing this mid-month walk, please contact Adam Wakley on 07720 328700



July's Walk Report,

Painswick, Cotswolds, Sunday 6th July 2025

Sadly, I haven't received a walk report for Painswick, so instead, here are some photos from this excellent walk





Next Monthly Walk: Bromyard, Herefordshire

Sunday 3rd August 2025

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 to M6 J1, M6 to M6 J4, M42 (S) to M5 J7, A440, A44, B4214

Boot stop: Hopwood Services

Pub: Kings Arms, Bromyard HR7 4AE

Map: [OS Explorer 202: 1:25000](#) OS Map of Leominster & Bromyard



Walk Leaders:

- A. Wakley
- H. Everett
- K. Pochin
- Carol Birch
- S. McEwan

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

- | | |
|--------------------------|------------|
| • Adult Members | £18 |
| • Guests | £20 |
| • 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 ohwcmal@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 waterproof walking boots that have adequate ankle support
- Waterproof coat and over-trousers
- Warm clothing
- An appropriate rucksack.
- Food and drink for the whole day
- For winter walking, all members are to carry a serviceable head torch in their rucksacks.
- 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.

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-W9C**.

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 sign 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. This ensures one of our store specialists is on hand to help you get the best kit for your adventure.

Alternatively, Cotswold Outdoor has 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](#)

Meetings

Unless otherwise stated in this Newsletter or via email, 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.

Safeguarding

Safeguarding means protecting people's health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect. It's fundamental to high-quality health and social care.

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

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

Club Media and Bank Details

Website	http://oadbyhwc.com/
Email	ohwcmail@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	Ann Branson	07726 334583
Membership Secretary	Mike Hewitt	07484 731419
Walks Coordinator	Adam Wakley	07720 328700
Social Events & Media	Elaine Akers	07930 122030
Newsletter Editor	Tim Akers	07855 969183