

OADBY HILL WALKING CLUB NEWSLETTER



August 2025

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Club Announcements

OHWC WhatsApp Group

For the last couple of years, the OHWC has had an OHWC WhatsApp group chat for all club members. Some basic ground rules are:

- No politics or campaigning
- Keep it light and friendly. No bad language.
- Keep it on theme, i.e., OHWC matters, hill walking, trekking, climbing, mountaineering etc
- Please continue to book coach places on ohwcmail@gmail.com. Do not try to book using WhatsApp
- Selectively share photos, please don't swamp the group with all your holiday snaps !!

Club members who want to join this WhatsApp group but aren't yet part of it can email their name and mobile number to ohwcmail@gmail.com to be added.

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

Carol Clarke

The OHWC was saddened to learn of Carol's recent hospital admission. On behalf of all club members, we extend our best wishes for her speedy and complete recovery, and we look forward to welcoming Carol back to our hill walking activities in the near future.

Charitable Endeavours

National Walking Pilgrimage of Hope: 1st to 13th September 2025

Angela Bailey invites club members to join the National Walking Pilgrimage of Hope, which will conclude with a celebration at the Cathedral of St Barnabus in Nottingham on September 13th, 2025, the eve of the Feast of the Exaltation of the Holy Cross.

This Jubilee Year event features four routes named after the Evangelists — Matthew, Mark, Luke, and John — starting from cathedrals in Cardiff, Leeds, Norwich, and London. Registration closes on August 21st, 2025.

For more information and to register, visit [Pilgrimage Walk | The Pilgrimage of Hope](#).

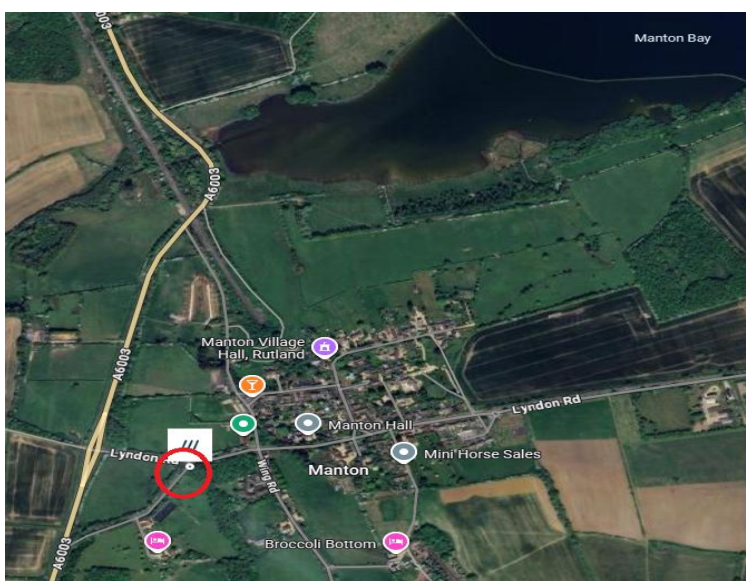
August's Local Mid-Month Walk

Rutland Water: Sunday 17th August – with Geoff Mattock

Geoff Mattock is organising a 22-mile charity walk around Rutland Water on Sunday 17th August in memory of his wife, Barb; meeting at 09:30 for a 10:00 start.

Club Members are not obliged to complete the whole 22-mile walk, there are other routes available which are less demanding!

Club members wishing to join Geoff are asked to meet on the outskirts of village of Manton (LE15 8SS for Manton town centre), on Lodge Lane, as per red ringed area in photo to the right (also, see [what3words: ///palms.photocopy.bravest](#)).



August's Walk Report, by Gala Suarez

Bromyard, Herefordshire, Sunday 3rd August 2025

Five of us (Janet, Emma, Rosie, Paulina and myself) joined Adam's Walk – a very enjoyable 11 miles and 1850 ft elevation across several commons.

It was also a very eventful ramble, in which we had to contend with dangerous (wild!) animals, such as cows, horses and dogs. Committing, walking with determination across the fields, and avoiding eye contact were our weapons.

We also encountered lovely lambs who behaved like puppies, and we witnessed the heroic rescue of a little lamb by our brave walk leader.



Starting at Knightwick (Worcester), we walked up and down the hills and spoke about every possible subject, and some more. Walked by a little brewery, beautiful woodlands, rolling hills, and a “help yourself” box giving away free baby cucumbers (which Paulina and Gala took full advantage off).

After passing “Nipple Common” (oh yeah) and “Ankerdine Common”, we went along an old bridge made of metal and stopped at the “Live and let Live” pub (great name!) for some well-deserved Guinness, Scrumpy and Appletiser. We also ate our lunch at the pub garden, which the lovely pub staff kindly allowed us to do.

We continued along and saw the Malvern Hills in the distance. Weather held up, bar about five minutes of very light rain. Passed a beautiful house, with walls full of Ivy. We ate so many blackberries and plums on the way, that we certainly had more than our Five a Day!

Crossing and walking along some country roads was a bit hairy having to squeeze ourselves against the bushes as a car towing a horsebox passed by, and a few road crossings where we run for our lives.



Finally, we hit the last part of the walk: Bromyard Downs Common, a 114-hectare area of registered common land located above Bromyard. We enjoyed such a beautiful clear sunny day that we were blessed with views of the Brecon Beacons, which was such a nice treat for the last part of the walk.

The walk ended at the beautiful traditional market town of Bromyard.

The town has roots tracing back to ancient times and thrived during the medieval period, particularly due to the presence of tanners and clothiers. Its name derives from the Old English “an enclosure covered or fenced with Broom or Gorse”.

Everybody was tired but feeling great about the gorgeous day we spent together. Finally, we met the other groups at “The Kings Arms” pub and had some drinks and loads of chats about our travelling experiences until we were ready to walk to the bus, which would take us back to Leicester.



September's Monthly Walk: Hope, Peak District

Sunday 7th September 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:

M1 north to Jct 28, A38 west to Alfreton, A615 to Matlock, A6, A6020, B6465, A623, B6049, A6187 to Hope.

Boot stop: Matlock Train Station

Pub: Unknown

Map: [OS Explorer OL1: 1:25000](#) OS Map of The Peak District - Dark Peak Area



**Walk Leaders:**

- G. McPhail (long)
- K. Pochin
- A. Wakley
- J. Bastow
- H. Everett (short)

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 ohwcmail@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 from other places than Oadby Car Park, please mention where at time of booking and please be aware that very occasionally another Orbit coach may go past before ours arrives.

Walk Reminder

Please make sure that you carry your completed Club Safety Form in the top pocket 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 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 Outdoor 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](#)

Cotswold Outdoors Discount Card

This year, Cotswold Outdoor, Runners Need and Snow+Rock have requested that OHWC Club members provide some sort of Club Membership Card to receive their discount. To that end, the club committee have decided to produce a Membership Card for club members to use if they want to take advantage of the discount offered.

Please print off this page and cut out the Card illustrated below.



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 OHWC 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
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