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## **OHWC Committee 2022 - 2023**

Chair: Mike Hinks 0116 259 2144

Treasurer: Martin Beckett 07748 674223

Walks Co-ordinator: Geoff Mattock 0116 239 5381

Facebook & Website: Elaine Leaper 07443 833506

Secretary: Clare Savage 07818 185506

Membership Secretary: Mike Hinks 0116 259 2144

Social Secretary: Shirley Parsons 07540 719311

Newsletter Editor: Andy McQuaid 07932 430530

**Bank details for coach payments: Barclays Bank, Account Name. OHWC, Sort code. 20-49-08, Account. 50124990** (Please quote surname and month of walk.)

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## **MONTHLY CLUB MEETINGS**

Membership renewals continue on a positive note, and Mike will contact the 23 previous members to remind them to join, if they want to.

There were 34 joining the trip to Stokenchurch this month, with the club making a loss on the trip of £55. Absences are no doubt expected during the holiday months, but this loss is disappointing.

Outdoor walking groups help one to reconnect and socialise with others and has wide-ranging health benefits including reducing blood pressure, body fat, total cholesterol and the risks of depression. Hill walking and travelling to the picturesque location chosen by OHWC enhances these benefits and makes for a very enjoyable day out. Together we can ensure that next year the walking club reaches its 50<sup>th</sup> year of existence.

Our monthly meetings are held at the Conservative Club, 38 Long Street, Wigston, LE18 2AH at 7.30pm on the Wednesday after our monthly coach walk – however the next meeting is on the **13 July 2022**, a week later than usual because so many of the committee are away on Wednesday the 6<sup>th</sup>. If you want to know more about the group and perhaps join in on the discussions, please just come along.

## **THE APRIL WALK REPORT**

**Snowdonia Trip (There was no walk report this month – sorry) 17 – 19 June 2022, by Elaine Reaper.**

In last month's Newsletter we told you that Geoff Mattock, our Walks Co-ordinator, had organised a club trip to Snowdonia walking on the Saturday and Sunday. Our Facebook page highlights this successful trip and this report shows just some of the wonderful photographs taken. Please visit our Facebook page Oadby Hillwalking Club group, to find out more – and to keep track of what the OHWC is up to.

As in the past, they stayed at the Dolgam Campsite near Betws-y-Coed. The site offers tent camping, motorhome hook-ups or bed and breakfast. There is a toilet and showers block on site. See [dolgam-snowdonia.co.uk](http://dolgam-snowdonia.co.uk) for more details. The trip gave some club members the opportunity to climb higher mountains/hills than those normally offered by OHWC.

Some 11 walkers put their names forward for the trip, and they were not disappointed. Often the views from the top of the mountains is obscured by low cloud, but on this occasion they experienced fine clear weather and were greeted by some wonderful views. Below are just a few of the wonderful photos available on Facebook.

They had a brilliant club weekend break in Snowdonia National Park, and a great time was had by all – fab weather, food, drink and excellent company. The walks (often a bit of a scramble) were sometimes challenging, but all were fantastic – with stunning views at every point. They included a walk up Snowdon's Pyg Track to reach Snowdon's summit, then down again on the Miners' Track, enjoying a different outlook.

Thank you to Geoff and everyone who helped organise and participate in this great break!

Some photographs from the Club's recent Snowdonia trip.



### **SOCIAL ACTIVITY**

No update this month.

### **NEXT MONTHLY WALK**

The **Sunday 3<sup>rd</sup> July walk is to Church Stretton**, in Shropshire. Departing from the Oadby Car Park at 8am prompt and leaving Church Stretton at the new summer time of **5.30pm**. There are five walks on offer ranging from 8 to 15 miles and led by Carol Birch, Catherine Gwinnett, John Bastow, Karl Pochen and Mike Hewitt. The coach route is: M69, M6, M54, A5 and A49, parking behind the railway station. The boot stop is in Telford Services at J4, M54.

If you want to join this walk, please contact Mike Hinks on [ohwcmil@gmail.com](mailto:ohwcmil@gmail.com) as soon as possible in order to ensure we have a big enough coach and that you have a place and make your payment via bank transfer (see above heading) or debit card on the coach. (Cheque or cash is acceptable as a last resort.)

**Walk Route Map:** Go onto the News section of the Club website, [www.oadbyhwc.com](http://www.oadbyhwc.com) a few days before the monthly walk, to see a map showing the walk routes. This will speed up selecting your walk when signing up on the coach.

### **MID-MONTH LOCAL WALK**

This month's walk will be led by Sue Dyson and is on June 26<sup>th</sup> from Bradgate Park. Newtown Linford starting at 10am. Dogs on leads are welcome.

### **Dates for your Diary**

Planned walks for the future which you can be pencilled in your diary.

<b>2022 Walk Programme</b>		<b>2022 Walk Programme</b>	
May 8th	Holmfirth, West Yorkshire	August 7th	Bollington, Cheshire
June 12th	Stokenchurch, Bucks	Sept 4 <sup>th</sup>	Youlgreave, Peak District
July 3rd	Church Stretton, Shropshire	Oct 2 <sup>nd</sup>	Northleach, Cotswolds

### **Limit on Walk numbers**

For safety purposes there is a need to limit the numbers on each walk to a maximum of 12, but this is at the walk leader's discretion. To help keep walk numbers to a manageable level have introduced a range of shorter, less steep, walks as well as maintaining the option of longer walks too.

### **Walk Leaders needed**

We need more walk leaders, particularly for the shorter walks. You can 'buddy up' to find out how it's done using paper maps, OS maps on-line or GPS tracking devices. It's easier than you think, and you will never be left on your own - unless you want to that is. Guidance, training and support on leading walks will be provided. Please email us or speak to any of the existing walk leaders if you'd be willing to get involved. You are not making a commitment until you say so.

Please make sure that you are carrying your up to date and completed Club Safety Form in the top of your rucksack - it will help you in a difficult situation. This blank form is available on the Club Website [oadbyhwc.com/essential-information/](http://oadbyhwc.com/essential-information/)

### **Prospective walkers**

Please contact [ohwcmal@gmail.com](mailto:ohwcmal@gmail.com) to book a seat on the coach. You will receive a reply confirming the availability or otherwise of a seat. You are reminded 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 members at various places on the Ring Road who have already booked a seat.

If you wish to be picked up on the way to the M1, at other places than the Oadby Car Park, please mention where when booking and please be aware that very occasionally another Woods coach may go past before ours arrives.

Members can book for the next month's walk on the return journey back to Oadby. You don't have to wait for the Club meeting or the Newsletter.

### **Bus Fares**

Please try to pay before the trip by BACS (see bank details above), otherwise you can pay on the coach by contactless card or exceptionally by cash or cheque payable to "Oadby Hillwalking Club".

Adult Members and Guest £15, Junior/Student Members £8.

### **Cancellations**

Members and guests - Cancellations up to Tuesday Midnight before the Sunday walk - no penalty.

Cancellations thereafter - full cost of the bus fare due. Please pay the fare by BACS or to the Treasurer, Martin Beckett, 5 Spinney View, Great Glen, Leics, LE8 9EP

### **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 "Bin Liner" and then take it onto the coach; thus negating having to search for your kit in the bus Luggage Locker.

### **Safety**

The club walk organisers are not qualified guides. You join them at your own risk and of your own free will. When you sign for a particular walk you are also signing to accept any risks. You are part of an autonomous group, responsible for your own safety and happy to accept the discretion and actions of any or all the participants on that organised walk or activity in the event of injury to you, the need to have you rescued or otherwise.

### **Essential Wear**

Jeans and/or trainers/sandals are **NOT** suitable.

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

- ❖ suitable walking boots (not shoes or trainers)
- ❖ waterproof coat and over-trousers
- ❖ warm clothing
- ❖ an appropriate rucksack.
- ❖ food and drink for the whole day

❖ a First Aid Kit is recommended

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.

### **Almoner's Report**

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