



NEWSLETTER

September 2022

OHWC Committee 2022 - 2023

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

MONTHLY CLUB MEETINGS

Because of various absences, there was no committee meeting this month. However, there were 31 members joining the walk to Youlgreave in August. It was great to see those who could make it and we understand that for various reasons some people couldn't, but the walk resulted in a loss to the club of £113.

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 50th year of existence.

The 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. If you want to know more about the group and perhaps join in on the discussions, please just come along.

THE SEPTEMBER WALK REPORT

Youlgreave, 4th September 2022 by Gail Butler. After a short delay at Baslow due to the traffic queueing for the Chatsworth Country Fair we set out from Calver. Our destination was Youlgreave, 11 miles away, across hills and valleys and on paths that most of us had never traversed before. We had some fabulous views across the Peak District, it almost felt like we were on top of the world! There were many discussions ranging from 'Wendi the foot doctor' to how to interpret the weather forecast. Even though most of us looked at the BBC weather forecast our interpretations varied from '*we're going to get soaked*' to '*there's a really good chance of it staying dry*'. Luckily for us our group did avoid any showers.



We lunched at Ashford on the Water (pictured on the left) enjoying the views of the pretty village. Then whilst crossing the medieval bridge over the River Wye we were surprised to see a large trout gently floating in the shallows.

Having reached Youlgreave the knowledgeable in our group were astonished to see the coach had made it through the narrow roads of the village and was waiting for us at the pub. The driver happily set out for home continuing along the minor road with the aim of getting onto the 'A' road for home.

Unfortunately, he hadn't anticipated a 10'9" height limit bridge that the 12' high coach wouldn't go under! His reversing skills were then tested retracing our route for over a mile before there was a large enough space to turn in. The unorthodox manoeuvre completed to a round of applause, the driver quipped 'Some

say he goes better backwards than forwards!'. The rest of the journey home was thankfully uneventful. Thanks to Adam for a very enjoyable walk.

NEXT MONTHLY WALK

It was reported in error in last month's Newsletter that the September coach walk would be to Northleach, this walk will be later in the walk year. The **Sunday 2nd October walk is to Peak Forest**. Departing from the Oadby Car Park at **8am prompt** and leaving Peak Forest at **5.30pm**. There are four walks on offer ranging from 8 to 15 miles and led by Catherine Gwinnett, Geoff Mattock, Alison Beckett and Mike Hewitt. The coach route is: M1, J24, A50, A515, A6 and A623. The boot stop is at Ashbourne – bring 20p if you need to use the toilet.

Next month's walk is to Oakamoor, Staffordshire on Sunday 6th November.

If you want to join this walk, please contact Mike Hinks on 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 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

The Langton Brewery have an event, Langtoberfest on **Saturday 24th September**, the address is Grange Farm, Welham Rd, Thorpe Langton, LE16 7TU. Park in the field opposite the brewery entrance. Colin New (07939076486) is leading a walk prior to visiting the Langtoberfest so meet here at 9.30 am to start walking 9.45 prompt. The walk is 8 miles approximately - just turn up as there is no need to register.

To visit the event after the walk, the brewery management prefers that tickets are purchased online in advance costing £6.00 per person. When tickets are all sold, entrance will not be possible. For more information visit the Langtoberfest website on <https://langtonbrewery.co.uk/langtoberfest-2022/>

SOCIAL ACTIVITY

Please see the details of the Langtoberfest and walk, above.

CHARITABLE ENDEAVOURS

If you want to sponsor or donate to Fern Barrell's walk (climb!) up Kilimanjaro in aid of 'United Against Dementia' please do so on her Just Given page. Once you're on the Just Giving site carry out a search for 'Fern Barrell'.

GENERAL NEWS

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/

Prospective walkers

Please contact ohwcmil@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.