

WARRINGTON H.F. RAMBLING CLUB

Affiliated with HF Holidays
October 2022 Newsletter



2022 Bulletin Board

Tues 25 October	Club Night, St Oswalds "From Hells Leathers to God's Family" – My Life's Journey from a broken home Colin Pownall
Tues 22 nd November	Club Night, St Oswalds, "The Ups and Downs of Walking" with an interesting "twist". David Woolf
Sunday 4 December	Weekend Xmas Walk & Meal on the Wirral
Wed 14 December	Wed Xmas Walk and Meal, Whitegates
Saturday 17 December	Christmas party with the Red River Band at St Oswalds
Fri 10/13 March 2023	Spring Weekend Away in Llandridnod Wells

Autumnal Times

As you will see from the pictures, we have had a great summer and spring for walking and as the year progresses into Autumn we have a new varied programme set out up to the end of March 2023. There are a number of standout events in the next 6 months. Firstly, the weekends away in October and March for which we are very grateful to Cathy and Peter respectively, strongly supported no doubt by Dennis and Linda. Secondly the very active social programme, especially the Christmas bash and meals.

The Club events are like a menu, please do get engaged with whatever suits you. Always look at the walk descriptions as you may find something unexpected....I recently went on Jo and Lindsey's Chester to Delamere Rail and walk (14 miles). It takes some planning to get such a long linear walk and it was a great day out.

Thinking ahead, the Christmas Party will welcome guests this year on the same basis as members, i.e. £5 entry and a food contribution to the buffet. Simon has done a great job getting the Red River Band so close to Christmas. More of that from Simon and Cathy nearer the time.

We are actively thinking about how we can restart our overseas walking holidays. If there is anything you want to suggest to your Committee we would be delighted to hear from you.

Happy Walking

Peter Winter, Chairman

What is new with Wednesday walks?

So how have some walks changed?

Perhaps the biggest changes seen, have been with the nature of Wednesday Walks.

Traditionally, Wednesday walks have been offered fairly local to Warrington and tended to be shorter than those at the weekend and little ascent. The club seems to be attracting more people onto the Wednesday walks so we thought we would stretch the boundaries.

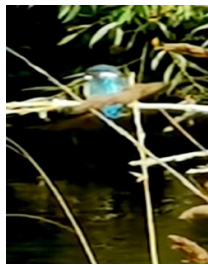


In May, Craig offered a walk at Arnside Knott, a bit further afield than usual for a Wednesday, however, it proved popular and 18 enjoyed this beautiful walk

More recently, Colin and Tony organised a lovely walk in North Wales, again with beautiful scenery all the way. Despite it being 10 miles and 1600 ft of ascent, 20 members turned out to enjoy this walk.



Elsie enjoying her lunch, the rest got their meals shortly after.



Thanks to Jean Gleadall For capturing this beauty

But don't worry, there will always be some shorter, less demanding walks and we will also keep the pub lunches which often accompany these. On a recent one led by Simon, we were lucky enough not only to meet up with Elsie who we have not seen out for some time, but also Jayne Adamson spotted a kingfisher by the river.

Other Walks

Autumn sees the end of our Wednesday Evening Walks as the nights draw in. Eight were offered this year and enjoyed by regular walkers and a few that come out of hibernation in the summer, just to join us for these walks. The one attracting the most interest was the Daresbury/Lewis Carroll one. 30 enjoyed a lovely summer evening.



Typical finish to an evening walk



Stunning sunset at Great Budworth at the end of Andy's walk – the last for this year
Thanks to David Bowker for sharing this

The ordinary weekend walks and the higher grade walks have also been very successful. It is great to be able to access all areas again after the constraints of Covid. Lots of great photos are available on the website

As a club, we are always grateful to those who volunteer to lead walks, without them, we would not have such an active, vibrant club. Leaders take time to recce routes prior to leading sometimes more than once to ensure they know the way. Thank you to all walk leaders.

Which leads us to look at: How can you help to ensure walks are both enjoyable and safe?

Whilst the leader and wherever possible, their back marker take responsibility for the walk, we, as walkers can play our part to help them. **There are many ways you can assist, but 2 stand out!**



Yes you do have to turn back when you go ahead of the leader and don't even read the signpost!!!

1. Stay behind the Leader

This is really important and one or two walkers (you know who you are) are guilty of this!

Recently there was an incident where a walker got lost, since, being ahead of the leader they missed a turning and could not be found. The group were really concerned that the person had perhaps been injured since neither shouting nor using whistles for a good half an hour elicited a response.

Luckily it was summer and warm so they did not get cold and the person was found and all was well but, it could have been a more serious problem.

It is also highly discourteous to presume to lead for the leader and often pushes the pace for other walkers beyond their comfort zone.

2. Know where you are in the group

If you know who is behind you, then when the group in front turns off, check behind and wait to mark the spot until those following are aware that the group is leaving the current path.

Sounds simple and it is, however, all too often we get chatting and like sheep, just follow the person in front. Then those following can miss the turning and get lost. (It has happened on many occasions!!). Fortunately we have not completely lost anyone yet, but it could easily happen. Again, it is simple

We do send out a copy of the Walker's Charter to all new members and to all members once per year, but, if you want to refresh your memory of other ways to make club walks safe and cannot find a copy, it is on our Website: <https://warringtonwalkers.wixsite.com/warringtonhf/roles-and-responsibilities>



A well deserved Congratulations to Jean Gleadall

Jean joined our walking club in May. She mentioned at the time, her reasons for joining were to get back into walking and to get fit.

Recognising she also wanted to lose some weight she also joined Slimming World.

Fast forward to September and Jean has lost over a stone and is now a strong walker. Currently (at the time of writing) enjoying a walking holiday in Croatia. Well done for your perseverance Jean.



A Grand Day Out - Llangollen Canal Trip. 21st August 2022

We all missed out in lockdown, so Simon suggested we make up lost time and put in this exciting extra social event for the Summer. So in August, 40 of us enjoyed a leisurely four-hour cruise, starting in Llangollen.



Waiting to get on



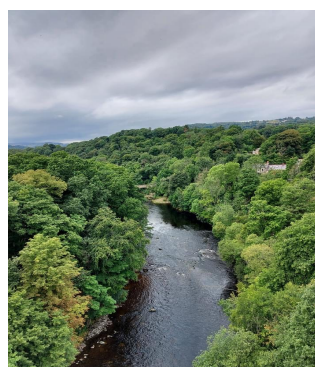
All aboard



We sailed along the Llangollen Canal taking in all the beautiful scenery that the Dee Valley and its river have to offer. We then passed over the Pontcysyllte Aqueduct.

For those who don't know this is now a Unesco Site and the Aqueduct is one of the most astonishing feats of engineering from the Industrial Revolutions.

The name Pontcysyllte means "the bridge that connects" and carries the canal majestically over the River Dee below. It is a result of some bold civil engineering solutions. Designed by Thomas Telford, a cast iron trough suspended 126 feet above the river, supported iron arched ribs, carried on 18 hollowed masonry pillars. Quite an experience to cross it twice!



And is that wasn't enough, we also had a scrumptious afternoon tea with prosecco which everyone enjoyed!



Your Newsletter

We welcome anything you feel may be of interest to members to publish in the newsletter. Please send any items of interest or amusement to secretarywarringtonhf@gmail.com for inclusion. Next Newsletter will be published early January 2023

Dareth sent this message for Club members:

"Just had my boots heeled at Cheshire Shoe Repairs – Stockton Heath
Cost £28. – Excellent job!"

Book
Now

Spring Weekend Llandrindod Wells - 10 -13th March 2023

Peter and Linda Hough have secured a fabulous deal at the Metropole Hotel in Llandrindod Wells for next Spring and bookings are already open. The hotel is 4* and boasts a beautiful spa which we will be able to use.



Llandrindod Wells is a lovely little spa town with a lake and small shops. The Metropole Hotel, which dominates the town, has a large rear car park. It has been family owned for over 120 years. <https://www.metropole.co.uk/> A number of rooms have been put aside for us.

Rates (really competitive for a 4 * Hotel)

Shared occupancy rates @ £65.00 per person per night for Classic Double or Twin

Cost includes VAT, choice of 3 course dinner plus tea/coffee, bed and breakfast plus use of spa.

Packed lunch is an optional extra currently priced at £8.50.

Shared occupancy upgrades per room per night:-

-Classic Plus Double or Twin @ £10.00 supplement

-Superior Double or Twin @ £25.00 supplement

-Luxury Tower Double or Twin @ £45.00 supplement

Single occupancy upgrades per room per night:-

-Single bed @ £10.00 supplement on top of sharer rate

-Classic Double bed @ £25.00 supplement on top of sharer rate

You must ring the hotel 01597 823700 to book quoting "Warrington HF Rambling Club" as a reference. Call Mon-Fri 09.00-17.00 and ask to speak to Lauren, Catherine or Greg, stating whether you require two or three nights. They will take £20.00 non refundable deposit per person, over the phone:
Please book ASAP, **and let Peter know by email:** peterhough2@gmail.com

Cancellation Policy on individual reservations; Deposit is non-refundable administration fee which is credited on a successful arrival. Individual reservations cancelled within 4 to 7 days prior to arrival are charged at 60%. Thereafter any cancellations received within 72 hours prior (4pm 3 days prior) to arrival are charged at 100%.

Autumn Supper Tuesday 20 September 2022



Despite some last minute changes when the restaurant we had booked informed us that they had moved, then, just before we went, told us they were now called the Moca Grill (not the Tiffin, nor the Spice Lounge!) 18 members managed to make their way there. All's well that ends well and we had an enjoyable evening, with delicious food and great company



At the AGM, we promised to organise a suitable First Aid training event for members. Thanks to Jane Burton for discovering this FREE one, which after attending she highly recommends.

Save an Adult Life (Heartstart) at Safety Central 27th September 2022

21 members attended the above course. We first enjoyed a tour of Safety Central, a fascinating centre which offers safety training to young people. It homes mock rooms in a house, where youths are encouraged to spot hazards and combines high tech to simulate a fire starting in one of the bedrooms. There is also a supermarket, stocked by the Co-op, used to role play a youth being arrested for shoplifting, then a police station where they are held and a courtroom where a magistrate tries the case!

Downstairs shows outside hazards, with a simulated roadway, a railway, a sub-station, a canal and even a silo in a farmyard, all available for spotting safety hazards.

A fantastic facility for getting safety messages across to kids.



Fire started by leaving a laptop on a bed

Street scene



We then spent about 2.5 hours (which flew past) with Graham and Sandy (qualified first responders) leading an informative and very useful course on First Aid.

We began by using the acronym to guide us through dealing with a situation when we found a casualty:

- D – Danger - check that there are no danger around before acting
- R - Response - gently shake the casualty and ask if they are OK
- S - Shout or phone for help (You are only helping until qualified first aiders can take over). 999 or 112
- A - Airway Check by gently putting two fingers on the forehead and moving the head back
- B - Breathing Check If not administer CPR
- C - Comfort - If they are breathing – put them into the recovery position.

Training encompassed teaching from the first responders, backed by instructive videos, then practical sessions, in which we practised putting the casualty in the recovery position, administering CPR (which is hard work), using a Defibrillator and then techniques for coping with someone who is choking. Advice was also given on how to stem bleeding, although, for obvious reasons this had no practical session!



CPR Practice




Dealing with choking hazards



Not only was it informative but everyone enjoyed it. Heartstart First Aid Course run monthly on Tuesday evenings At the Safety Centre, Lymm. You can book on for free at: <https://www.eventbrite.co.uk/o/heartstart-lymm-8541884549>

Very much looking forward to seeing you out walking again soon


Peter and all of your Committee (Cathy, Diane, Jayne, Vini, Peter H, Peter W, Simon and Wendy)




TAKE A HIKE

AWARD WINNING HOLIDAYS
IN THE UK AND ABROAD


Discover our favourite walking routes and enjoy accommodation in exceptional locations. We know the ingredients for a perfect hike – enjoy full days walking with fellow guests and leave all the planning and navigation to us; it's what we do best.






FOR MORE INFORMATION AND TO BOOK VISIT: [HFHOLIDAYS.CO.UK/WALKING-CLUB](https://www.hfholidays.co.uk/walking-club) CALL: 020 8732 1260


Book and travel with confidence. Please go online for our most up-to-date offers and prices plus full details: [hfholidays.co.uk](https://www.hfholidays.co.uk)



CO-OPERATIVES UK



ABTOT Member 5008



Platinum Trusted Service Award
Increasing Excellence 2021