

Newsletter of the Waveney & District Group of the Ramblers

Number 79: July 2019

Editorial

Another summer and a packed programme of walks. Thanks again to all members who plan and lead these walks. Look out for details of the July Coach walk and the continuing Waveney circular walks on many Thursdays.

Within this Newsletter there are a number of important articles; much of it about making sure we do not fall foul of new legislation impacting on emails so do please read.

Unless your 'profile' held by head office shows that you are happy to receive email communications, this will be the last Newsletter that you will receive as an email attachment. **If you want to continue getting the Newsletter, please change your preferences on-line at ramblers.org.uk/register or call 02039 613300.** Or, you can do nothing and use the waveneyramblers.org.uk site to access the Newsletter; the choice is yours. **(Phoning them is very easy – Ed.)** If you get your programme by post, no need to do anything as you will still receive this Newsletter.

We now have a vacancy for the important role as Membership Secretary. If you would like to consider this role, give our Chair, Alex, a call. Details and his number are included within this Newsletter.

Feedback from those who went on the Staffordshire/Derbyshire holiday organised by Diana & Barry has been great, with all 20 members having a really enjoyable walking holiday and only the first day marred by rain. Photographs within the Newsletter.

Tony Langford



ramblers
at the heart of walking

The Ramblers is a registered charity (England & Wales no. 1093577, Scotland no. SC039799) and a company limited by guarantee, registered in England & Wales (no. 4458492). Registered office: 2nd Floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.

Essential Information following Ramblers Guidance on the GDPR Legislation

This article to advise you of changes that are taking place with the 'Programme & Newsletter'. As a consequence of GDPR, when people join the Ramblers it is reasonable to assume that they are going to want to know what walks are planned by their group. Therefore the Ramblers classify the walk programme as a contractual communication and as such can be sent by post or email. (Within a walk programme it is also deemed to be reasonable to include social events i.e. Tea Party, Coach Walk, Xmas Lunch.) See below on arranging future walking holiday.

Traditionally the Programme has been produced and sent out alongside the Newsletter. However, under Data Protection Legislation you need to give permission for us to be able to e-mail Newsletters to you as they are seen by the Information Commissioner's Office as Marketing. It is the ICO that has led the Ramblers into having the Newsletter defined as Marketing as opposed to a contractual communication.

What does this mean for you? If you wish to continue to receive a copy of the Newsletter by e-mail you must change your preferences and give your consent to receive marketing e-mails. This consent has to be recorded properly on your membership record as we have to be able to prove that we have your consent.

However, should you not wish to change your preferences you will still be able to view and download the Newsletter via the waveneyramblers.org.uk site. Why is this method available? You are entering the Site as opposed to the Ramblers sending you the Newsletter via e-mail.

This ruling only applies to those of you who receive your information via e-mail. We have a small group of people who will continue to receive their Programme and Newsletter via Post as they are not on-line. There are fewer restrictions and rules on sending this kind of information by Post. (Although you can also elect not to receive any Post.)

In summary if you receive your information (Programme and Newsletter) via email and IF you wish to continue to receive the Newsletter via e-mail, you will have to change your preferences. If you don't you will only receive the Programme via e-mail. To give you time to make the change this will apply from the November 2019 to February 2020 Programme and Newsletter. **Your deadline to adjust your preferences will be 1st October 2019.**

You can change your preferences on-line at www.ramblers.org.uk/register or call 02039 613300. Or you do nothing and use the waveneyramblers.org.uk site. The choice is yours.

Waveney Ramblers Holidays

As Waveney Group has to manage its publications under GDPR terms and conditions it is important that all Waveney Ramblers holidays that are advertised in our Programme and Newsletter follow the legislation. Because if the law is not followed we could put the Charity at risk of having a substantial fine imposed for not following the Procedure. So please use the following steps

1. Read the Data Protection Policy and guidance for membership secretaries in the GDPR Toolkit.

2. Advise the Chair that you intend to organise a Waveney Ramblers holiday and you will follow the Data Protection Requirements.
3. Provide details so that your holiday can be advertised in the Programme/Newsletter/Website.
4. Collect and store only the information that is needed.
5. Pass all data (paper and electronic) within a month of the end of the holiday to the Membership Secretary, so that it can be destroyed securely.

Booking Holidays

Section 5.13 GDPR Guidance and Regulation states that you will have to get written confirmation (not word of mouth or e-mail) from travellers who are going on the holiday that they are happy for you to pass on their details to interested parties. (FORM:- GDPR Publishing Volunteer Details Consent Form; which is obtained from the GDPR Toolkit.

In summary, the difference between compliance and non-compliance in this instance, is no more or less than a signature on the appropriate form. In addition to the organiser processing personal data to comply with the law. For holidays to be compliant the process could not be simpler. The person organising the holiday gets the members attending to sign the GDPR consent form. They then store the data accordingly. After the holiday the forms are forwarded to the Membership Secretary to be destroyed no later than one month after the holiday. That very simple process meets the legal framework for compliance. It really is that simple. Use the GDPR consent form for the holiday and everything remains as it stands at present.

Rosie Perham (Chair of Bury St Edmunds Ramblers) has advised me that they have built a GDPR requirement into all of their holidays and events since March 2018 (in effect ahead of the Legislation of May 2018) without difficulty. This is from a Group that has organised group holidays for up to 60 (sixty) members. With no GDPR administrative issues.

I have taken advice from the Area Treasurer, David Holmes, as to how the changes impact on the financial aspect of holidays and his reply was. For transparency and professionalism all monies should pass through the Waveney Ramblers Social Account. He expressed surprise that the Social Account was not already in use within the existing Waveney Group Holidays. (unless of course they are already 'private') see below.

Obviously if you elect to arrange a 'private' holiday outside of GDPR regulation. Which as an individual you can do. It would be a non-ramblers event and would sit outside of the Ramblers. However, as it is a 'private' holiday in future it will not be included in the Waveney Programme or Newsletter. Further as it is outside of the Ramblers such holidays would not enjoy any Ramblers Third Party Insurance Cover. Finally, so as to protect the Ramblers Charitable interests from a potential fine, it would only be courtesy to advise the Chair, as a matter of record, of your intention to go 'private'. Giving Waveney Ramblers the opportunity to officially record that it is a 'private' event outside of The Ramblers. So as to protect the Charity from the risk of a substantial fine, in the event of there being any issues with regards to the 'private' holiday.

Alex McPherson - Chair Waveney Ramblers



Man (plus a lady or two) and beasts



Flood at Dunwich



Broken stile hurdle



Saints Walk

Membership Secretary - Vacancy

There is a vacancy for Membership Secretary for the Waveney Group. It is a key position within the Group. It calls for good communication skills, computer literate skills and an understanding of The Data Protection Act. It is a very interesting role with monthly interaction with Ramblers HQ. With regards to new members, if any member is interested or would like more information about the vacancy, please contact me by email at agmcpherson1947@gmail.com or by mobile phone on 07594 499854.

Alex McPherson

Walk Planning Tool

The OS Map route planning tool seems to be working again but only if you visit via this link:

<https://burystedmundsramblers.org.uk/route-planner/route-planner-information.html>

I hope this helps.

Neil

Ramblers' Tea Party Success!

58 members and former members enjoyed a very successful tea party on Saturday 18th May, at Carlton Colville Community Centre. There was a delicious tea provided by the committee and members, and there was lots of good chat throughout the afternoon. Some of us had not seen each other for a year or more, so it was good to catch up. Looking through old photographs brought back memories of walks from the past. We had a collection of old programmes and newsletters which also added interest.

A wonderful social occasion, well worth continuing with.

On behalf of all those who attended, a very big thank you to the organisers and helpers who made it all possible and worthwhile.

Glenys and Peter Westmacott

Rambling in Paphos Cyprus

Paphos is not traditionally a Rambler's destination but there are some fine trails and views and it's good value in the cooler walking season. The country is full of expat- Brits and most of the locals are bilingual.

The buses are excellent. The coastal resort area has buses every 10 to 15 minutes during the day; that's buses 611 and 615, these lead to many of the walks. Walk 3 km, or catch the 618 to the town centre bus station, and a whole lot more possibilities open up. There are four routes up to villages at about 600 metres altitude. These walks mostly head out from the end of the bus line so there are no worries about where to get off.

Ten- to twelve-mile walks with stupendous views head back down to the sea and the coastal bus routes. Most of the best walking is on 4x4 trails of rock, stones and soil or mud. Nearer the sea, rural tarmac roads with minimal traffic are used. Of course, there is the occasional main road to cross or follow briefly.

The February 2019 bus fares were €1.50 per ride. €5.00 for an unlimited day pass and €20 for a one week unlimited travel pass; this is handy. If the weather goes off or you get tired, it's often possible to shorten the walk and get the bus home. March might be the best month to visit, with slightly warmer, drier weather and many of the spring flowers. January and February were fine for walking and on a good day you could sit comfortably in the sun for a picnic-lunch break. Neil always had a fleece and cagoule. Only once did he wish for a hat and gloves; there was a hailstorm with freezing downdrafts.

To avoid getting lost, splash out on a Garmin eTrex 20x hand-held satnav. You can download a map of Cyprus and all the walks routes. Neil was never in danger of getting lost. Without this, there would have been a lot of dead ends! The local maps are only good for hire-car drivers.

And finally, Neil has made another guide book:

http://waveneyramblers.org.uk/walks/walk_guides/Paphos#walks
with maps, photos and GPX satnav downloads.



A rest in the bluebells



Wetton wanderers



Much a case of ups . . .

. . . and downs





A fine end to a good week



Now, where did all those cattle go?

IN CASE OF EMERGENCY CARD

PLEASE CARRY ON ALL WALKS

Personal Details

Name	
Address	
Contact number	
Date of birth	

Medical Information

Medical Conditions & Allergies	
Medication	

Primary Emergency Contact

Name	
Relationship	
Contact number	

Secondary Emergency Contact

Name	
Relationship	
Contact number	

Contacting the emergency services

With a phone signal

Dial 999 or 112 and ask for Police/Mountain rescue. It will pick up any available network.

With a reduced phone signal

Try to use Emergency SMS to text an emergency message to 999 or 112. Register your phone in advance at www.emergencysms.org.uk

Any emergency message should contain:

Your location (ideally terrain plus grid reference), name, gender and age of casualty, nature of injuries or incident, any known medical conditions, number of people in the party, the colour of your clothing/equipment, your mobile number.



ramblers

at the heart of walking

If you can't get any message through, the International Distress Signal is 6 blasts on a whistle or 6 torch flashes – at 1 minute intervals.

In Case of Emergency Cards

In March, one of our members fell over on a walk. She hurt her arm and shoulder badly enough for us to need an ambulance. We got a big "brownie point" from the paramedic, because she was carrying an ICE card. This "In Case of Emergency Card" is filled in with basic medical details and contact information. We were advised to check that all walkers on our outings have their card with them. Now might be a good time to check that you have a card and that it's up-to-date. The preceding page is a copy of this card for you to print or tear out.

Our member was taken to Norfolk & Norwich Hosital, in pain with the fractured arm, but otherwise OK. A paramedic arrived in about 5 minutes and the ambulance in 10. Since then she was spotted on the Derby/Staffs holiday.

Ramblers' Ailments - Part 2

Hipatitis - unusual gate or stile of walking

Fleabitis - very itchy

Sillycosis - caused by dehydration, hypothermia and hyperthermia, old age, and sometimes just by getting out of bed in the morning.

Assma - caused by excessive fibre in the diet.



Wet and Dry in Wetton

The lovely village of Wetton lived up to its name on the first day, as the 'intrepid' few who braved the elements got a bit of a drenching. Though, at the welcome lunch-stop café in a converted railway building, we were treated to a performance by a local jazz troupe. The rest of the time it was mainly dry, so we enjoyed the delights of Dovedale, Milldale, Lathkill Dale, Manifold Valley, as well as Ilam Hall, the Roaches and Lud's Church, not to forget the Hartington Cheese Shop. A number did shorter walks or visited nearby attractions; gardens, houses, or heritage railway.

Some of the hills received a few choice words from one or two who found them a little more challenging than our usual, less vertiginous, surroundings. Those of us lucky enough saw dippers in the fast-flowing streams, many wild flowers and great views from the hill-sides. The last-night group meal was a good end to the week. A big thanks go to Diana & Barry, for another great group holiday.

Roger

Contributions for next edition of *The Waveney Rambler* should be sent, by **20th Sept, 2019**, to: **Tony Langford**, 16 Holton Road, Halesworth, Suffolk IP19 8HF (tel. 01986 875694) or email to: langfordajs@hotmail.com. Contributors please note that articles should not exceed **350 words**, unless permission is given by the editor. **Relevant photos are always welcome.**