

Newsletter of the Waveney & District Group of the Ramblers

Number 80: November 2019

Editorial

As ever, this walks programme covers the period when we have many extras: including the AGM on 21st November, where it would be really good if lots of members attended; the Christmas Lunch walk on December 4th; and the Christmas & New Year 'Festival of Winter Walks'.

Many walks in this period are on the east side of the A12 where it tends not to matter if we have had rain/snow, as it drains away quickly, but don't forget to re-proof your boots just in case! Also note the continuing Waveney Way circular walks throughout the programme.

This year's Christmas Lunch walk is similar to last year and if you just want to have the lunch, turn up at the 12 Lost Churches, Dunwich Heath by 12:45 pm please.

We need pre-orders for this and full details are enclosed. Hoping many members turn up as last year, as there is a minimum number needed for this carvery to go ahead. We are missing a Membership Secretary still, so any volunteer who is interested, please contact Alex; his contact details are enclosed. Also, after nine years organising the coach walks, Chris Sharp is passing this baton on. We need a new organiser for this as well.

As ticks and therefore Lyme Disease are becoming a problem in our area, particularly in the warmer months, a very informative article is included to help you prepare for next spring.

Tony Langford



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What has changed in 2019?

To answer the question, we have to go back 18 months to May 2018. When two events happened: On May 3rd I became Chair of Waveney Ramblers and three weeks later, on May 25th, GDPR Legislation was established in Law. GDPR was European Legislation that replaced the Data Protection Act of 1998 (the growth of the internet in the 20 years between 1998 and 2018 meant new processes were necessary to reflect the change). And I became the person responsible for managing the implementation of the new legislation for Waveney Ramblers. With the benefit of hindsight, I think I can safely say that no Chair since the formation in March 1975 of Waveney Ramblers has had to deal with such a high profile all-encompassing piece of International Legislation, affecting everything and everybody. In fact, I think that it can be said that there has been probably more change within Waveney Ramblers over the last 18 months than in the 44-year history of the Waveney Group. The effect of GDPR has been all-inclusive.

Waveney Ramblers today is a different entity to what it was in May 2018. In that 18-month time period, I would set the change gauge as 95% GDPR and 5% the Chair. That 95/5% split gives an indication as to what has driven the 18 months of change; unquestionably, GDPR. Whilst the introduction has not been incident free, I can only comment that the legislation is there for everyone's protection and, like it or loathe it, the legislation has to be adhered to and applied without favour accordingly. The required measures were done with the assistance and in consultation with the Official GDPR Ramblers Zen Helpdesk, throughout the introduction process. And I would like to record my thanks to them for their support to myself in taking me through the various nuances of the GDPR process.

GDPR is an important and technical piece of legislation, very detailed and very complex. In effect any entity engaged in legal activity is subject to GDPR Data Protection Legislation. (Just for the record that would include any Private function.) As an individual, if you are organising an event, you are subject to GDPR regulation. In the circumstance of something going wrong, you need to have an auditable process in place, so as to prove compliance. When a person or organisation starts to keep a record of names and addresses etc., that activity is subject to Data Protection Legislation. And as you are handling other peoples' information, individuals and Groups have to conform to GDPR Regulations. By being able to demonstrate that they have a process in place to protect personal data, along with evidence of individual consent. We (Waveney Ramblers) have to follow Ramblers Association National Policy and Guidelines. Like many other things in life, it only becomes an issue as and when something does not go to plan. At that stage individuals or organisations are required to demonstrate that the statutory systems are in place. Since May 2018, according to Ernst & Young, the world's 500 biggest Corporations

collectively will have spent around 8 (Eight) Billion dollars to ensure that they are in compliance with GDPR. And the costs are ongoing because the costs of not being in compliance are astronomical. (Note: Only illegal activities are not covered by GDPR legislation.)

When we joined the Ramblers we signed an agreement to support the charitable objectives of the Ramblers Association and to act in accordance with any applicable rules under its Constitution. And as of 25th of May 2018 GDPR compliance became a legal part of our Constitution. We might not be comfortable or indeed agree with some of the legislation, but we have to comply because on initially joining The Ramblers, we signed up to act in accordance with the Ramblers Association Constitution. It is a fact of life that like speed limits GDPR legislation is a legal requirement and in the event of being caught not observing the legislation, we are fined. Likewise, if the Ramblers Association does not comply with GDPR legislation because a member chooses not to follow an area of policy, it will be fined. (Up to 4% of annual turnover or £18 million Sterling, whichever is greater.) As we have a total membership in excess of 100,000, the odds of getting something wrong are very high; every day there are potentially 100,000 plus things that could go wrong. That is why we as individuals have to comply with Ramblers Association Policy. So as the Ramblers Association can produce the necessary evidence to prove that we do comply, should they be asked to do so. Protecting BRAND IMAGE is paramount, and all Ramblers have a part to play. We are expected to comply, after all we agreed to when we originally joined the Ramblers.

GDPR will be the dominant feature for all future Chairs and Committees of Waveney Ramblers. However, as we become more familiar with the subject matter, it should become a seamless process. The groundwork has been done. There is no longer any ambiguity in what has to be done. That is now behind us. Waveney Ramblers, as of now, is in compliance with GDPR and Ramblers Association Policy. Moving forward, the management of Waveney Ramblers has to continue to work within the Legal Framework (without local deviation) for handling and processing personal data in addition to protecting the principle of individual consent. The last 18 months are just the beginning. I would suggest that the responsibilities of future Committees are totally different today than they were 2 years ago. But likewise in another 2 years it will be the norm. With your support and compliance, we are getting there. Hopefully, if nothing else has been achieved (in 2019), as a member of Waveney Ramblers, you are now aware of Data Protection within the Group. Its profile has been projected across the Waveney Ramblers Group. The conversation and the mind-set has changed, because it had to change so as to comply with the legislation.

Alex McPherson - Chair Waveney Ramblers



Summer in Shotesham



Carlton Marshes break



Wild Man in the Woods - he's the one on the right . . .



Blo' Norton Fen on Redgrave to Hopton walk

Website Photo Galleries

<http://waveneyramblers.org.uk/walks/history>

We have built up quite a large collection of photos from our walks.

There are over 6000 images with more added most weeks. Disk space is starting to run low. From 2020, Neil plans to delete some of the older images starting with high resolution duplicate copies. So, the website will look much the same but the older high resolution duplicates will have gone.

Members are more than welcome to download and keep their own copies of any photos they particularly like - for their own viewing.

Thanks and regards - Neil.



First Aid Training & 'what3words'

Those of us who attended one of the Ramblers/St John's First Aid Training sessions recently found it a very useful experience. You don't need to have previous experience of first aid training, as the instructors will teach you some basic first aid and life-saving procedures. If you are interested, please go onto Ramblers website and follow any links or let me know and I will try to get you the correct contact.

We discussed the use of grid refs to locate incidents but this continues to be an area where there is some reluctance for emergency services to take it on board, postcodes still being the preferred reference; also, 999 and 112 are still the preferred emergency phone numbers.

The instructor on the course informed us of a newer method of identifying locations, that some will be familiar with, called 'what3words' (more information can be found at <https://what3words.com>). This is a location app for phones etc., based on the world being divided into three-metre squares and each square having its own three-word designation. For example, the entrance to the Friends Meeting House is ///abundance.nitrate.migrants and the entrance to Quakers Hall next door is ///vivid.continues.simmer.

I suppose it will be some time before it becomes popular for start-points on walks but it would be a good way to locate a casualty anywhere in the world. However, if a number of Group members decide to use the what3words application, I will add the relevant reference to the meeting point information.

Roger Moore - Waveney Ramblers' Programme Secretary

The Coach Trip

As organiser of the annual coach trip, it was quite apparent by the 1st week in July that there were three choices:

1 -- cancel; 2 -- run at a loss of £200+ (pointless); 3 -- find an alternative that could work with the cooperation of those signed up to go. A plan to use a minibus and cars was created and, although it seemed 'messy', it worked out well on the day.

Early Sunday, with the light rain falling, thoughts of another disappointing day with the weather in Woodbridge (as last time) seemed likely, but some optimism was required, the rain stopped, and off to collect the minibus. Passenger pick-up points were a reverse of previous years; Beccles and then onto Oulton Broad and along the A12 for the final passenger. A rendezvous at Melton met with the car shuttle, then on to the start at Martlesham for the longer walks, and to meet up with David's car group. The weather was improving, being dry, although cloudy but warm too.

David's group, departed just by the A12 (close to BT's HQ), heading south, on a similar route as 2018, through to the Newbourne nature reserve and out to Waldringfield and the Deben, before turning inland (riverbank collapsed), then up to Martlesham Creek and onwards to Woodbridge, with no snags along the way.

Susie's group, also started just off the A12, on a route as 2018, making their way to Waldringfield and the Deben, taking a break at the Maybush pub for a coffee or beer before heading up river, turning inland and up to Martlesham Church, then onwards via the creek and finally to Woodbridge.

The short walk group, with Chris leading, started from Martlesham recreation ground to partly circumnavigate Woodbridge across the railway under the A12, across a golf course and open farmland, with the odd cropped field, before negotiating a rather awkward path sloping and partially overgrown before crossing the A12 and onto the Suffolk Wildlife Trust at Foxboro Hall Farm, for a short break and back to Melton. Lunch was at the Wilford Bridge for the group, whilst the leader/driver collected a car nearby to retrieve the vehicle and return, awaiting a call from the longer walk group's arrival at Woodbridge, and the others had completed their meal.

On returning to Woodbridge, the diners left to explore locally. David's and Susie's groups were located enjoying refreshments near to the river. After, those with cars were returned by minibus and finally the short walk group, + 2 from the longer group, were collected at the Leisure Centre and we departed for the A12 and home.

Special thanks to David, Ken and Susie for assisting with their cars, and for David and Susie for leading the longer walks, which were well received, and to ALL for their patience and understanding in making the day a success.

Thankfully, the bleak weather forecast was wrong! It remained dry and the sun shone through briefly, making ideal walking weather.

Finally, I should have left the organisation of the trip to others this year, but felt one more go with better weather, would be an easy option! Not so, and after being involved for the past nine years with reasonably successful coach walks, I'll leave it for others and wish them well -- I'm sure these trips are not finished yet!

Chris Sharp

[And many thanks to Chris for organising such great and varied trips over the years. Ed.]



Break on sunny Rumburgh walk



Welcome coffee-stop after the coach walk



This bridge over the Blyth could do with weeding!



Walking in Lincolnshire

Lincolnshire holiday

The 15 of us who went to Westfield Farm Cottages at Stewton, near Lough, with another staying in the attractive market town, were treated to some varied walks in the wolds of north Lincolnshire; lead by Jean, Ann, Peter & Glenys, and David. One wet day tested everyone's wet-weather gear as we walked along the Viking Trail, taking a welcome lunch-stop in the Ramblers' Church, at Walesby.

We all enjoyed the drier days in the up-and-down landscape, so different from our usual surroundings, and to Somersby Church, with its Tennyson connection; also a coastal walk, courtesy of David, where some local ramblers, who joined us on a few of the walks, proved very useful by guiding us around one path which had disappeared, due to a combination of broken bridge and removed sign. The Tetford Lock Inn proved a useful lunch-stop on that breezy walk and the Royal Oak at Little Cawthorpe was host to a fine meal on a last-night nosh-up.

Heartiest thanks to Jean and Ann for organising this great short-break holiday so efficiently.

David



Waveney in the Wolds with some local friends



Another long hill-climb in Lincolnshire



Ramblers' church window

Ticks And Lyme Disease

Ticks should not be removed with tweezers as this can squeeze Lyme disease bacteria back into the bite area. It's safer to use a proper tick removal tool.

TickCards can be purchased from <http://tickcard.co.uk/> and other on-line shopping sites. This video has more information:

<https://www.youtube.com/watch?v=oCuWVqWdWUE&feature=youtu.be>

Neil

Footpath Maintenance

Some Groups within Suffolk Area, in an attempt to keep footpaths clear, have set up their own Working Parties to carry out path maintenance with Suffolk County Council approval. Roley Wilson, the Area Chair, would like other Suffolk Groups to ascertain whether or not this can be extended to all Groups.

With that initiative in mind, I am asking if there are any members of Waveney Group who would be interested in Volunteering to get involved in Footpath Maintenance. So as to begin to solve the growing number of paths that are in need of footpath clearance. If there are, would you please get in touch with me by e-mail or telephone to discuss the matter further.

Alex McPherson

Fly Tipping

I was asked by a member if Waveney Ramblers had a policy for reporting Fly Tipping. As he had noted on line that some Groups did appear to have a policy. When I checked on line I found that it seemed to be The Welsh Ramblers Association only who had the formal policy. I therefore contacted a Suffolk County Councillor who has advised me on previous issues and asked if a member or group encounters any Fly Tipping, if they are of a mind, to who should they report the matter to. She advised the direct contact should be <https://my.eastsuffolk.gov.uk/service/flytipping>. However, she did add that, if the Fly Tipping was on Private Land, the Council would not be able to do anything about it.

In summary if you come across any incidents of Fly Tipping, and you want to be public spirited enough to report the matter, report it to the published address. With the knowledge that if it is on Private Land the Council will not be able to take any action, as it would be down to the Landowner.

Contributions for the next edition of *The Waveney Rambler* should be sent, by **20th Jan., 2020**, 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.**