

Newsletter of the Waveney & District Group of the Ramblers

Number 85: July 2021

Editorial

This is being written on 21st May, just a few days before the extended deadline and, so far, there are only three leaders putting forward walks for both the short Wednesday and the longer Thursday/weekend walk programme!

Please, please can some other members come forward as leaders to help us fill the Programme. This plea will be too late for the summer programme, so the six mentioned above will probably try to fill the gaps; but that is not a long term solution, so contact Roger with maybe just one walk to start with or, if you need help, contact any on the Committee whose details are included here.

From now the Ramblers are able to organise walks with any number of members but still need to collate 'test and trace' details. This is best done by calling the walk leader before the walk, as filling in names and contact numbers for 20-odd people on the day will slow things down.

By the time you read this we will be into a beautifully hot summer, with endless blue skies and no confusing pub/café stop rules on bookings. Maybe just dreaming but you never know! - Enjoy the programme.

Tony Langford



all the fun of walking

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Registered office: 1 Clink Street, 3rd Floor, London SE1 9DG.

Healthy Walking

Is it just me or is everyone noticing the amount of print, TV and radio coverage telling us that getting out into the fresh air and walking is good for all sorts of reasons? Most, if not all, members will know this is true and perhaps it is just the current odd and stressful world we are living in that has the media running stories about the benefits.

One thing is certain, the message is getting through. All you have to do is just look at popular parking spots - now overflowing even on poor weather weekdays but at weekends, impossible to find a spot to park. On a wet, windy, Wednesday walk last week, starting from Dunwich beach, the place was packed on our return with folk queuing to park up. We should be pleased as the mental and physical health of some in the population will be improved but I cannot help thinking: 'Why don't they find somewhere else to go!?'

Very selfish, I know. Will just have to hunt out some other hidden spots for future walks, particularly during the summer months when, apparently, our coastal strip is full to bursting with much needed tourists.

And now, having just read the Ramblers 'Walk' magazine, I see that Defra are recommending bracing beach and coastal walks as: 'They play a significant role in boosting health and wellbeing, due to the therapeutic effects.' Thankfully, the same magazine does not have any walks in our area this month!



Website Overhaul

During lockdown, Neil updated the website for easier viewing on mobile phones. The new version has a couple of useful 'mobile' features. (*See page 3.*)

In the walk details, you can click the phone number of the walk leader to call and make your walk booking or find out the leader's location if you get lost on a walk; and there are satnav links to get you to the start of the walk.

One fires up Google Maps and the other links via What-Three-Words where there are links to other navigation apps. The navigation uses latitude and longitude instead of post codes which are notorious for taking you to slightly wrong places.

The new site is located at <http://waveneyramblers.org.uk/>

This is how the new website looks:







≡ Waveney Ramblers

Walks and Events

[Download Programme PDF](#)

Please phone to book a walk.

Leaders: Please tell [Neil](#) when full.

2021		
J U N E 2 1	Wed 2nd, 10:00 - 5.5 Miles Farnham Chris SPACES	
	Sun 6th, 10:30 - 12 Miles Mautby Marshes and Filby David SPACES	
	Wed 9th, 10:30 - 5 Miles Seething Grant SPACES	
	Sun 13th, 10:30 - 10 Miles Aldeburgh David SPACES	



South Elmham stop



Social distancing?



Beccles Marsh Trail



Thorpeness April walk



Refreshments after Thorpeness walk



Reinstating a cross-field path on Burgh St Peter walk



Berney Arms Mill



Leading a walk? David has it licked!



Westleton Heath have introduced voluntary parking charges for those with a smart phone!

As for Walk Leaders

To echo Tony's plea (*see Editorial*) for more people to come forward and lead a walk; don't be shy, there is a wealth of experience in the Group to help you. Just ask any of our existing leaders:

Alison, Ann, Brian, David, Debbie, Glenys & Peter, Grant, Harry, Neil, Paul, or Tony.

Hats off to all of them for almost filling the July–October Programme.

Generally, I know that some, members and leaders, find it tiresome to keep giving contact details to the walk leader but we don't yet know when we will be able to walk without first registering onto a walk, so I urge you to be patient. Hopefully, the time when we can exercise total freedom isn't too far away. Please, also remember to let the leader know as soon as possible if you are unable to attend your booked walk.

Finally, to keep up with the latest information about the covid situation, and how it relates to rambling, visit **ramblers.org.uk** and **waveneyramblers.org.uk**.

Roger Moore - Waveney Ramblers' Programme Secretary

Messages from our Chair

Most of the Waveney Ramblers are aware, or perhaps not, that the Waveney Group will be the next hosts of the Suffolk Area AGM. This is to be held on Saturday 12th February, 2022, at 10:00 am for a 10:30 am start.

The venue for this event will be Ilketshall St Andrew's Village Hall and I am happy to say that I have booked and paid a deposit to secure this facility.

A guest speaker from Head Office has been requested, though, as yet I have not had a reply for this request and therefore have no idea who it will be.

I feel sure that, as they have done so many times before, volunteers from on and off the Committee will willingly do hostess and kitchen duties please.

I look forward to seeing many members of the Waveney Group at this event. Please make a note in your diary, and pray that Covid does not rear its ugly head again to ruin it.

Many thanks, in advance, to you all.

David Harmer, Chair of Waveney Ramblers

Thoughts on continuing the 'Booking System' post pandemic

My walk on Sunday 20th June was cancelled because of inclement weather conditions. So, I contacted the booked-in participants by phone to save them doing an unnecessary drive to the start. That is one good aspect of the booking system and I, respectfully, suggest that what I did that morning becomes normal practice.

Regards, David (*Chair*)

finally, don't forget . . .



Contributions for next edition of *The Waveney Rambler* (Newsletter) should be sent, by **25th Sept, 2021**, to: **Tony Langford**, 16 Holton Road, Halesworth, Suffolk IP19 8HF (tel. 01986 875694) or email to: langfordajs@hotmail.com. Please note that articles ought not exceed **350 words**, unless approved by the editor. **Your photos are always welcome - the more the merrier.**