

THE WAVENEY RAMBLERS Newsletter

Number 90: March 2023

Editorial

Welcome to our ongoing programme of walks.

As many will know already, we are moving towards a constantly updated walks programme although our programme secretary would like to see all walks covered for at least 4 months when we reach the start of March, July and November. At the time of writing, we are still short of 6 Sunday walks and 2 on Wednesday so the usual call for more walk leaders please. Guidance and support will be readily available for any member or pair of members who would like to become walk leader/s.

Also, welcome to our new Chair, Margaret Wright who has already become very active in many areas of our group with the great support of the rest of the committee. Thank you Margaret, for stepping up in our 'hour of need'.

In recent months, we have had one or two accidents and incidents requiring support or medical attention. With this in mind the following pages cover a few things members might consider doing to help themselves and others.

Tony

Give Your Email Address to Ramblers Head Office

A reminder to give your email address to head office as all programmes and newsletters will only be available by email or on Waveney Ramblers website. This is to save costs but equally importantly to save a lot of hassle for the Programme Secretary.

The easiest way to do this is to phone head office (020 3961 3232) with your Ramblers card to hand and just give them the details and, if you also want to receive the newsletter, say that it is OK to contact you by email.

In Case of Emergency Cards

If you do not already have one, it would be a good idea to get one either from a member of the committee or print off from the website. These cards allow you to detail your address and emergency phone numbers together with any medical information and medications etc. [Download](#)

CPR Training

The British Heart Foundation has an excellent video on how to administer CPR. Just Google: [CPR RevivR](#)

First Aid Kits

Walk leaders are usually have a first aid kit with them but it is advisable to carry your own plasters and antiseptic cream, particularly if you are prone to accidents as some of us are!

Safety at Ramblers

Ramblers have a [Safety Advice Page](#)

Ramblers offers first aid advice and [Free First Aid Training](#)

Christmas Lunch



Many thanks to Sue & Roger for organising the lunch at the Barnby Swan following our walk in early December. Around 40 members joined the lunch; rather more than those who walked!

Ditchingham and Broome January Walk



Walberswick walk just before Christmas led by Neil who kindly offered to cover Tony's walk following his accident.



Car Parking Problems

As numbers have grown, particularly on Wednesday short walks, walk leaders are faced with having to find start points that can cope with 20 plus cars. If any member has contacts with landowners who have lots of parking space and might be willing to allow us a morning's parking, please let Tony know – contact details below.

Finding the Start Point

On a couple of occasions recently, members have struggled to find the start point of a walk. A reminder that, away from towns, postcodes can cover such a large area that they are fairly useless as a navigation aid.

Our website has navigation links that work with Google Maps and What Three Words. Click the compass rose or /// icon to launch the navigation. On a PC or tablet, you'll get a web page map. On a smartphone, you'll launch the Google navigation app or W3W with options to navigate with Google, Waze and other navigation apps. Follow the directions very close to the start point. This uses data so depending on your phone contract, you might want to use the WiFi only version.



Rushall and St Clements Common



Cyprus Trip – Three Walkers

This was interesting with much fine and a little dreadful weather.

Ramblers may be missing a trick. We met at least three other Ramblers groups, walking or doing recces. With a bit of coordination, we might be able to share resources and join each other's walks.

Neil will be updating the "Rural Rambles Round Paphos" booklet with at least one new walk.



A supercell thunderstorm – we got soaked and quite cold ...



And back in England ...

Some of the cleanest boots on this January walk ...



September Group Holiday

Friday September 15th till Sunday 24th.

Nine walks starting Saturday 16th.

[Website Programme](#)

[Printable Programme PDF](#)



Contact Ramblers

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Next Newsletter

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