

Ramblers newsletter13 22/06/20

I hope you are all well.

We are following the Ramblers Association guidelines on when to introduce group walks again. In the meantime, there is nothing to stop you planning and walking out new routes ready for when the restrictions are lifted, so long as you follow government guidelines.

The following information has been extracted from the Ramblers website:

Coronavirus - the latest Ramblers advice for supporters, members and volunteers - 19 June 2020

The Ramblers Association are reviewing their guidance regularly in response to the latest government advice. The priority is to protect the health of our members, volunteers and staff and to help suppress the spread of the COVID-19 virus.

The easing of lockdown measures allows more freedom for walkers. However, the advice remains to **limit your contact with others**.

The Ramblers Association does not recommend planning a 3 or 6 month walk programme at this time.

At this stage, **all Ramblers group walks and activities remain suspended**.

What can we do to get ready for group walks re-starting?

We need to work together to plan for group walks to re-start safely. Whilst restrictions are easing, it's clear that COVID-19 has not gone away, and we will need to be flexible and creative in our approach. Groups walks **may** need to be organised in different ways.

Walk leaders can plan walks for when group walks are able to re-start, however please think carefully about the types of walk people will want to do once restrictions ease and the issue of transport for those members who do not have a car. You should:

- consider short, circular walks which can be easily accessed on foot;
- avoid busy locations and 'honeypots' – staying local will often be the best option;
- choose routes on wide footpaths to make physical distancing easier;
- look out for different types of hazards which would make physical distancing difficult and plan alternatives – for example, avoiding routes with lots of stiles and narrow footpaths;
- think about facilities such as car parks and toilets, which may be closed for some time;
- recce your route again, close to when you plan to lead your group walk, in case conditions have changed. A fallen tree or broken stile might hinder social distancing!

Keep in touch, and let me know your ideas!

Stay Safe

Grace

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Surviving lockdown!!!!

Stranger in my house

I've got a stranger in my house,
I don't know who she is.
I find it very worrying,
It's got me in a tizz.

I think she must be pretty old,
Her hair's a straggly mess.
Her hands are rough, she's overweight,
It's scary, I confess.

Whoever let her in my house?
I need some calming tea.
And then at once I realise,
Good grief, dear God, it's me!!

Ilona M

Lonely as a cloud

I wandered lonely as a cloud
Two metres from the madding crowd
When all at once my name was called
To enter Waitrose hallowed hall.

This was the pensioners' special hour
I'd gone to get a bag of flour
But I forgot, when through the door
What I had gone to Waitrose for.

The Waitrose staff are extra kind
I told them it had slipped my mind.
They asked what else I had forgot
They clearly thought I'd lost the plot

I phoned my wife again to ask
She reminded me of this key task
"I need some flour to bake a cake
With all those eggs you made me take"

"Yes I recall" I had to lie.
I dared not ask what flower to buy
But then I saw them next the tills
A bunch of golden daffodils!

Anon



SOCIAL DISTANCING ALTERNATIVE

