

## Ramblers newsletter 14 29/06/20

I hope you are all well.

The following information has been extracted from the Ramblers website:

### Coronavirus - the latest Ramblers advice (23 June 2020)

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

From **Wednesday 1 July**, small group walks can restart in England - subject to following the latest government guidelines.

**Group size must be limited to a maximum of 6 people in total.** This means the walk leader, plus 5 walkers. Ref: <https://www.ramblers.org.uk/volunteer-zone/coronavirus.aspx>

We need to work together to plan for group walks to restart 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.

The club committee has considered a variety of options and the general overall consensus was to wait and see for the time being and not rush into organising club walks. However this does not preclude walk leaders from walking out new routes in advance of the "go date".

Group walks **will** need to be organised in different ways.

Walk leaders **must** think carefully about the types of walk and the issue of transport for those members who do not have a car. You should:

- consider local walks which can be easily accessed on foot;
- avoid busy locations and 'honeypots';
- 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!

We have waited this long already and hopefully in another 2 or 3 weeks, restrictions will be further lifted. Walks will become less restrictive when social distancing is reduced to 1 metre. I will continue to advise members of the latest advice.

Thank you to Nicola, Lyn and Gordon for contributions to this newsletter.

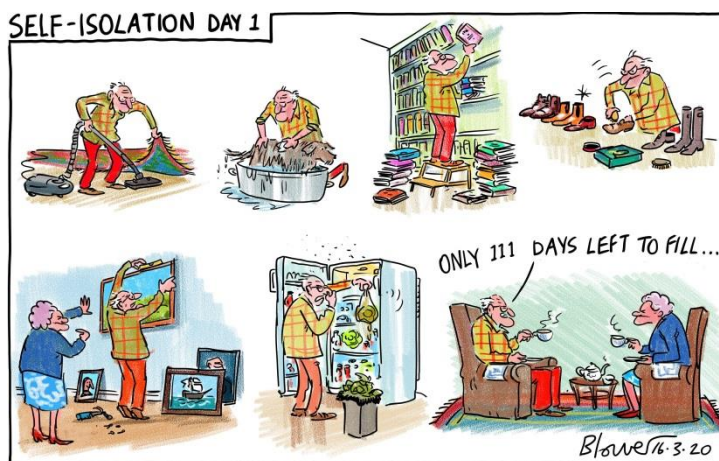
Keep in touch, and let me know your ideas!

Stay Safe

Grace

[gporter.gpr@gmail.com](mailto:gporter.gpr@gmail.com)

**The truth is, it's not so boring at home. But it's interesting how one bag of rice has 7,456 grains and another bag - 7,489.**



## Lockdown Pilates

By Nicola K

I thought I would teach Pilates, using the new App called Zoom

I contacted lots of clients and rearranged my front room

The response was good and they all were motivated

We didn't know how long we would be isolated

As the session started, I asked 'Is your Audio on?' and also, make sure your Camera is on!

Husbands peered in to see the routine and dogs licked the camera, thinking it was ice-cream.

I saw bedrooms, garages, lounges, and attics and quickly had to change some of my tactics

Bottoms appeared, legs were in the air, but we were all in sequence and we hadn't a care.

As the Lockdown continued and the virus peaked

It became the highlight for all of us and a great start to the week

We kept the pounds away and beat the blues, flexing and stretching and trying new moves

We are all looking forward to meeting very soon and but with happy memories about our Virtual Room



### **Solitude by Jacqui Rochford**

I have no fear of solitude,  
time passes in familiar ways.  
The sun, the moon, the stars the same,  
I greet each day with gratitude.  
I have my books, my paints, my pen,  
garden weeding, mowing, clipping,  
household chores and virus killing  
(instead of cafes, concerts, choral singing).  
Outside deserted streets, traffic gone, birdsong,  
a whirr of cycle tyres, joggers' panted breath.  
I smell the sweet scents of hedgerows  
now the air is pure, exhaust fumes gone.  
In the bay the sea shimmers, diamond bright,  
gulls swoop in graceful arcs, ride the wide blue sky.  
But there are no crowds, just scudding clouds,  
isolated and aloof, self-distanced, as am I.  
There is sureness in the rhythm of the waves,  
Nature's laws obeyed coronavirus undisturbed.  
The sun, the moon, the stars the same.  
Time passes and the world remains.

